

## Know Your KEM Colleague

### Mrs. Nilima Pathak (Physiotherapist)

Mrs. Nilima Pathak has completed her graduation from Government Medical College, Nagpur in the year of 1986. She joined the KEM Hospital in 1986 as a Physiotherapist while working with hospitals, such as, Ruby Hospital and NM Wadia Hospital (Cardio).

She later assumed the position of Head of Department (HOD) at KEM Hospital in 1988. She has also been a part of TDH and was treating paediatric cerebral palsy patients as well. While following a passionate routine towards helping the society and making them aware of physiotherapy has been her contribution, she has further played a pivotal role in shaping the department of physiotherapy as well.

Mrs. Pathak made a huge impact in the lives of people suffering from different dysfunctions associated with cardiology, nephrology, orthopaedics and neurology, to name a few. She was recently honoured to be the Chairperson in the Nephron Conference in 2014, upon reference from the KEM Renal Department for the physiotherapy rehabilitation provided for patients with bladder problems being treated at KEM for many years.

Apart from these valuable contributions, she has also been a part of few conferences and workshops related to physiotherapy. She has been a part of the clinical teaching at KEM and has groomed many interns and Post-Graduate students in the same field at the hospital.

While striving hard to make this world a better place, Mrs. Nilima Pathak has served the KEM Hospital for more than 30 years now.



**Mrs. Nilima Pathak**

## Welcome

The following consultants have joined us this month.

Please welcome...

**Dr. Aniket Zarkar**  
Associate Consultant  
Surgeon

**Dr. Rajesh Kaushish**  
AFMC, MS & MCh(CTVS)  
from MH(CTC)  
Cardiothoracic and  
Vascular Surgeon

**Dr. Arundhatee Khare**

World Breastfeeding Week is celebrated from August 1<sup>st</sup> to 7<sup>th</sup> every year to encourage mothers all over the world to give their children the nectar of life and robust health—her own milk. It is coordinated by the World Alliance for Breastfeeding Action (WABA). Breastfeeding has the dual benefit of enhancing the health, well-being and survival of both mother and child.

This year, we celebrated the World Breastfeeding Week at KEM with great enthusiasm. The theme was 'Breastfeeding: Foundation of Life'. It aimed to highlight the link between breastfeeding, nutrition, food security and poverty reduction—all aspects fundamental to achieving the United Nations' Sustainable Development Goals.

## Benefits of Breast Milk

There is no better springboard to life than breast milk. It is a comprehensive powerhouse of nutrients for babies. Another benefit is that contrary to formula or other baby food, breast milk is absolutely free of cost! It puts no additional financial burden on families and contributes towards reduction of poverty. Breastfeeding also prevents malnutrition and ensures food security for babies, even in times of crisis.

Our Lactation Counselors, Ms. Rashmi Poduval and Ms. Sayali Sathe took the lead in organising various activities throughout the week. Ms. Shirin Wadia extended her valuable support in creating awareness and arranging a lecture for our nursing staff.



## Spreading Awareness

On the 2<sup>nd</sup> of August, our lactation counsellors conducted a 'Breastfeeding and Nutrition' quiz for mothers and relatives of babies admitted in the Neonatal Intensive Care Unit. A total of around 15 participants were divided into four groups and each team had to tackle five challenging rounds.

It was a unique concept and received great feedback from everyone. The purpose was to impart knowledge in a creative, interesting manner while simultaneously dispelling common myths associated with breastfeeding. The participants and winners were given tokens of appreciation by Himalaya Healthcare.

## Engaging New Mothers

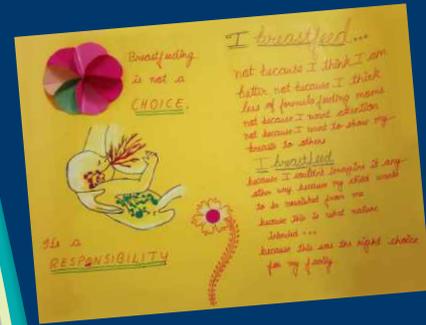
Many mothers whose babies had previously received treatment at the KEM NICU, submitted lovely posters using their creativity and experience during this week. These excellent posters were displayed throughout different bays in the NICU and had the pleasing effect of spreading positive vibes among mothers whose babies are currently admitted. A poster-making competition was conducted on the 4<sup>th</sup> of August for the NICU's nursing staff. The posters were evaluated based on their presentation, message, theme and content by the lactation counselors, who awarded the winner and runner-up with gifts and appreciation certificates.

## Breastfeeding Basics

Ms. Neha and Ms. Pramila from the L&D Department coordinated with the nursing staff to organise a lecture on 'Breastfeeding Basics' on the 7<sup>th</sup> of August at KEMHRC Auditorium. It was a grand success as more than 100 nursing staff members from various prenatal and postnatal wards as well as other departments attended the session. Ms. Sayali Sathe spoke at length about current recommendations, statistics, breast anatomy, physiology of lactation and detailed the 'Ten Steps to Successful Breastfeeding'.

Ms. Rashmi Poduval introduced this year's theme and objectives. She also spoke about various techniques, positions and troubleshooting of common problems associated with breastfeeding. She emphasised upon developing the right counselling skills in order to help the maximum number of mothers to benefit from the knowledge and expertise imparted.

This breastfeeding week has infused fresh vigour and excitement in our team of experts catering to mother-baby dyads. Together, we shall continue to work towards increasing awareness about this 'Foundation of Life' and improving our breastfeeding rates.





**Dr. Sonia Malhotra**  
Associate Consultant  
Child Psychiatry

The third session of the workshop series on Men's Mental Health was facilitated by Dr. Malhotra on 1<sup>st</sup> August 2018. The topic - On Fathers Separated From Their Children.

In this session, we discussed the role of the father and the paternal bond that forms with the child from infancy, thus causing considerable anguish and long ranging consequences for both child and parent when separated from their child when a family is breaking up through divorce. It can be a turbulent and distressing time with economic hardship and conflict.

The man's role and responsibilities as a father changes as a single parent. With a loss of custody, changes in contact time, access, emotional availability and communication with their child requires a two way healthy and conscious adjustment to continue a healthy bond.

\*MHPSS – Mental Health and Psychosocial Services

**KEM<sup>®</sup> Hospital PUNE**

---

**Mental Health & Psychosocial Services**

---

**28<sup>th</sup> June 2018**  
**On Men's Mental Health**  
Workshop Speaker: Dr. Paralikar

---

**29<sup>th</sup> June 2018**  
**On Depression & Stress Management**  
Workshop Speaker: Dr. Kasar

---

**1<sup>st</sup> August 2018**  
**On Fathers Separated From Their Children & the Impact on Them**  
Workshop Speaker: Dr. Malhotra

**Mental Health Awareness**

---

**Time: 12:30 PM - 01:30 PM**

---

**Venue: HMI Classroom, Banoo Coyaji Building**

# Cholesterol Awareness Months at KEM Hospital

1st September to 30th November

infoKEM

September 2018

A “Cholesterol Camp” was organised on Sunday, September 2nd, 2018 between 8 am - 12 pm at KEM Hospital with the objective of creating awareness amongst the population about the silentness of cholesterol as a problem.

The last two decades have seen a rise in the epidemic of atherosclerotic cardiovascular (ASCVD) disease in India. Indians usually get the disease at an early age, have a more severe form of the disease and have poorer outcome as compared to the western populations. There are many correctable risk factors for ASCVD. Of these, dyslipidemia has the highest population attributable risk for myocardial infarction (MI) as per the Interheart Study both because of its high prevalence and direct pathogenic association with atherosclerosis. Effective management of dyslipidemia remains one of the most important healthcare targets for prevention of ASCVD.

The Interheart Study, which was a large, international, standardised case-control study of acute MI patients in 52 countries, showed that the two most important risk factors for acute MI were Apo A-I: ApoB ratio and smoking, especially amongst the South Asians. It studied the association between Acute Myocardial Infarction and 9 risk factors—dyslipidemia, diabetes, hypertension, obesity, physical activity, consumption of fruits & vegetables, smoking, alcohol and psychosocial stress.

Of the 26 people enrolled in the Cholesterol Camp,

- 19 people (73%) showed skewed cholesterol values,
- 14 people (53%) were overweight while 3 (11%) were obese
- 7 people (26%) were known hypertensives & 2 (7.6%) were newly detected at the camp



**Dr. Rashida Melinkeri**  
Panel Consultant  
General Medicine



## Cholesterol Awareness Months at KEM



Because Prevention Is  
Better Than Cure

Get tested at a price of ~~₹1290/-~~  
₹999/-

Lipid Profile + Blood Sugar(FBS+PPBS) +  
ECG + Consultation

Coupon valid from Sept. 1<sup>st</sup> to Nov. 30<sup>th</sup> 2018\*\*

Consultation Every Wednesday

09:30 am - 11:30 am | Consultation by prior appointment only

For Appointment Call: 7888004676

On the eve of 7<sup>th</sup> September, which is celebrated as World Physiotherapy Day, the Physiotherapy Department organised the concept and demonstration on Pilates at the Auditorium, KEM Hospital. The invitees for this event were KEM Consultants, HODs, TDH staff, Admin staff and matrons etc.

Ms. Poorva K. Devi, BPTH, MPT—Ortho, Comp, who has recently joined the KEM team and completed her Masters in Musculo Skeletal Sciences (Ortho), presented the concept on 'Pilates and Core'. Pilates offers a gentle and effective way of strengthening our abs. It also de-stresses and relieves anxiety by watching our breath. And the best part is that everyone can do it!

Emphasising further on this topic, Ms. Devi explained that Pilates is based on the 'core' concept and helps in realigning our posture and strengthens the abdominal muscles. When we think about 'core', we invest our energy in building up abs and the cosmetic purposes associated with it. But this is just a superficial workout. The real abs workout involves strengthening the deep postural muscle—Transverse Abdominis. It is achieved along with thorough knowledge of core activation and optimal lumbar stabilisation. These were some of the major points that were taught in this informative Pilates session, presented by Ms. Devi.



We designed a special laboratory. A work flow has been developed to perform molecular diagnostics.

The nucleic acid amplification technology has analytical sensitivity unparalleled in laboratory medicine, creating new opportunities for clinical laboratory to impact patient care.

We use homogenous kinetic (Real-Time) PCR methods for product detection, wherein, target amplification and detection occur simultaneously in the same well.

Laboratory is equipped with Area-Mix- Agilent- RT PCR system to perform amplification and detection.

Following diagnostic tests have been standardized and evaluated using Fast Track (LUXEMBOURG) quality control references;

<b>Investigations</b>	<b>C/P/T (Rs)</b>
• Respiratory pathogens (21)	4000
• Bacterial pneumonia	2500
• Tropical fever	5000
• Rickettsia	1200
• Dengue/Chickengunia virus	3500
• HBV (DNA) Qualitative/ Quantitative	4000
• HCV (RNA) Qualitative /Quantitative	2500/6500
• CMV Qualitative and Quantitative	3000/5000
• HSV Qualitative	2000
• M.T.B. detection	3000

### About The Centre

KEM Hospital has committed itself to the care of challenged children since 1979, with the inception of the TDH Centre, the first of its kind in India, which was started in collaboration with a West German social service organisation – Terre des Hommes. The main aim of the Centre was to provide diagnostic and therapeutic services for all kind of disabilities UNDER ONE ROOF. A unique, inter-disciplinary approach, involving doctors, specialists and therapists, was put in place. The motivating force behind this Centre was, and continues to be, Dr. Anand Pandit, renowned Paediatrician, Researcher and Director of Paediatrics at the KEM Hospital since 1973.

In 2007 Dr. Anjali Morris, a Paediatrician and Dr. Don Morris, a physicist, very generously offered to re-equip and redesign the TDH Centre into a child friendly integrated unit through their Morris Family Fund. In recognition of their munificent contribution, the name "Morris Child Development Centre" has been added to the TDH Rehabilitation Centre.

The focus of all work done at the Centre is enabling each child to achieve his/her potential. Early detection and intervention are important steps in this direction.

### The Steps Are:

**The First Contact:** For complete medical assessment

**Developmental Paediatrics:** Every angle of child development assessed and managed

### Child Development Unit:

- **Assessment:** By various updated tests
- **Counselling and Therapy:** Rehabilitation therapy and drug management
- **Occupational Therapy:** To improve gait and motor skills
- **Physiotherapy for Children:** To improve wrong posture and contractures



**Dr. Anand Pandit**  
Researcher &  
Director of  
Paediatric  
Department



**Audiology Clinic "Big Ears":** For total correction of hearing disabilities

**Medical Social Worker:** To motivate and educate families to avail these facilities

**Other Activities at the Centre:**

- Parent Counselling
- Support Groups
- Skill Workshops for teachers, parents, medical and paramedical professionals
- Awareness building in the community
- Registry of severely challenged children

**TDH Rehabilitation Centre's Future Plans Are:**

- Evening and weekends OPDs for working parents and school going children
- Sensory Integration for Autistic Children
- Remedial Teaching
- Outreach Programme

