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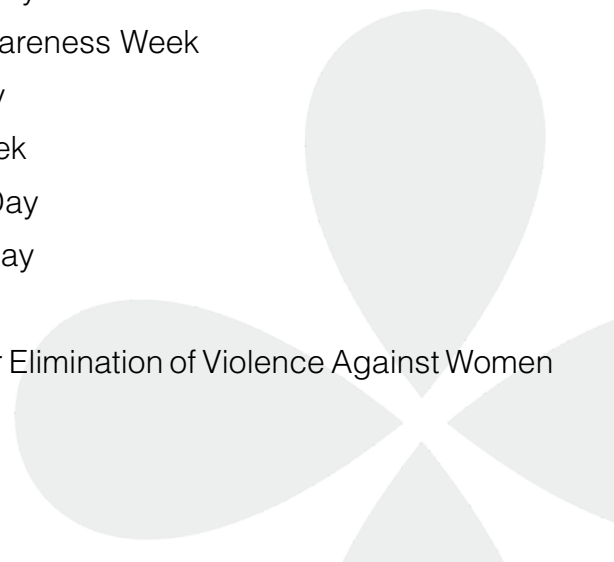
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Know Your Consultant



Dr. Rashmi Walimbe
Consultant Anaesthesiologist

Dr. Rashmi Walimbe was born in the heart of Pune. She studied at Hindustan Antibiotics School, Pimpri and Modern College, Pune before completing her MBBS from MIMER Medical College, Talegaon Dabhade. She went ahead to pursue her Diploma in Anaesthesiology at our very own KEM hospital, Pune. Later she completed her DNB in Anaesthesiology at Durgabai Deshmukh Hospital, Hyderabad. She has also completed a Fellowship in Anaesthesia for Bariatric and Minimally Invasive Surgery at Max Hospital Saket, New Delhi. She worked in Delhi for four years before returning to Pune in 2011.

In Pune she worked at the Sancheti Hospital for 3 years, where she honed her skills at Ultrasound guided Regional Anaesthesia. Later she joined Apollo Spectra hospital, Pune catering to Bariatric and Orthopaedic surgeries and also headed the Surgical ICU there for six years before returning to her alma mater as a Consultant in the department of Anaesthesiology. She is married to an Engineer and has two adolescent kids.

She is a bookworm in the true sense and finds great pleasure in reading to her heart's content. She also enjoys singing and travelling. Her parents and in-laws are retired and provide the much needed support on the home front. She is a member of Indian Society of Anaesthesiologists and Anaesthesia Society for the Obese. She has contributed as Faculty in National and International Conferences on Anaesthesia for Obese.

Being an Anaesthesiologist, her patients range from the paediatric to geriatric age groups and from small for age neonates to morbidly obese adults with multisystem comorbid and metabolic diseases. She believes in complete perioperative care from preoperative optimisation to postoperative stabilisation and an excellent postoperative pain relief using ultrasound and nerve stimulators.

**Thank you so much
for
bravely battling the pandemic to keep us safe!**

Our sincere gratitude to our Biochemistry team whose contribution during this pandemic was commendable. We salute your selfless and tireless efforts to keep our community safe.



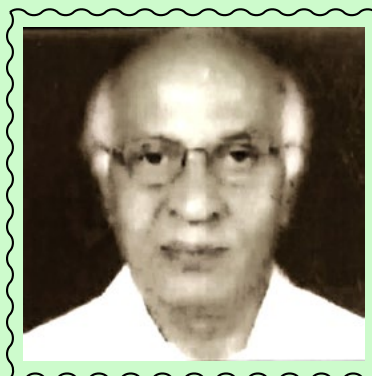
Ravi Khare



Ashok Yadav



Laxmikant Khot



Dr. Sadanand Naik



Dr. Mrs. Deepali Karnik



Vijaykymar Ghatge



Shradha Shirsat



**Bravehearts
of KEM**

**We thank you all with pride
for your brave and tireless
efforts in our continued
battle against COVID - 19**

Epilepsy: A Neurological Disorder

Epilepsy is one of the most common neurological disorders with hugely varied presentations. There are about 70 million people with epilepsy worldwide and of these 12 million people live in India. Traditionally, our perception of seizures is limited to the dramatic 'Grand mal' seizures (now tonic-clonic seizures). In reality, the disease encompasses a large number of other seizure types.



What is a Seizure?

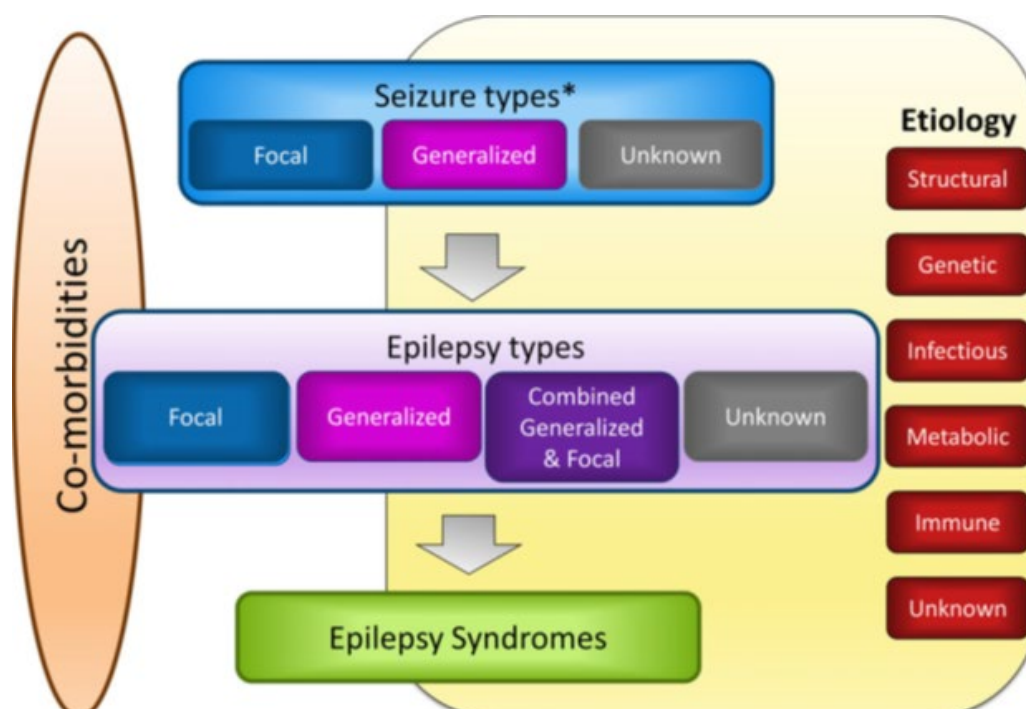
A seizure is a transient occurrence of signs and/or symptoms due to abnormal excessive neuronal activity in the brain.

What is Epilepsy?

Epilepsy refers to enduring predisposition to generate seizures and the consequences (neurobiological, cognitive, psychological, and social) of this condition. In other words, a seizure is an event and epilepsy is the disease involving recurrent unprovoked seizures.

We consider epilepsy when a person comes with at least 2 unprovoked seizures occurring more than 24 hours apart; or already has features suggesting an epilepsy syndrome.

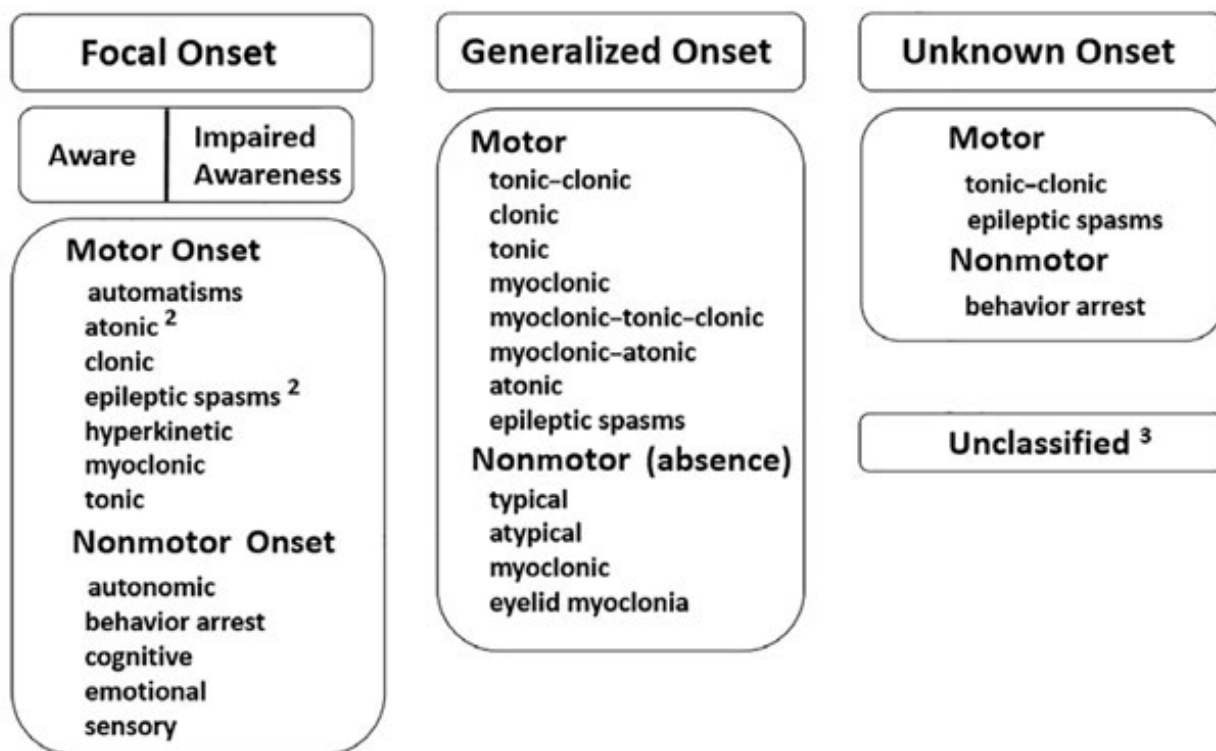
Classification of epilepsies



The International League Against Epilepsy (ILAE) presents a revised framework for the classification of the Epilepsies, designed to work with the classification of seizure types. We consider:

- Levels of diagnosis: seizure type, epilepsy type (focal, generalized, combined generalized and focal, unknown) and epilepsy syndrome
- An etiologic diagnosis (for the cause of seizure) should be considered from when the patient first presents, and at each step along the diagnostic pathway as it aids management.

ILAE 2017 Classification of Seizure Types Expanded Version ¹



A systematic approach to patients who present with a first seizure helps distinguish between an acute symptomatic seizure, a provoked or unprovoked seizure, and potential mimics. Routine testing with EEG and MRI may reveal a predisposition for further seizures and help to establish the underlying epilepsy syndrome. An acquired cause can be identified in about one third patients with established epilepsy. The remaining 70% of patients have a presumed genetic etiology.

Management of epilepsies

Pharmacologic treatment:

Various antiepileptic drugs are available in current era. The choice of drug depends on the type of epilepsy, pregnancy or other vulnerable physiological states, and the presence of co-morbidities such as psychiatric illnesses or obesity. Valproate, phenytoin and levetiracetam are amongst the many drugs available.

Nonpharmacologic treatment:

Ketogenic diet, avoiding stressful lifestyle, proper sleep hygiene, avoiding alcohol will help in seizure control. Proper patient education and counseling goes a long way in preventing morbidity. Particularly in patients with specific epilepsy syndromes or suspicion for an autosomal dominant inheritance, genetic testing and counseling should be considered.

Epilepsy surgery

In certain epilepsies where there is structural defect in the brain, resection of epileptic zone is helpful in controlling seizures.

Practical Strategies advised to Reduce Risk of Seizure - related Injury

- Wear a helmet when biking or horseback riding
- No unsupervised swimming
- Use a shower rather than a bathtub
- Adjust the temperature on the hot water heater to lower the risk of scalding
- Use a microwave versus a stovetop
- Avoid locking the bathroom or bedroom door
- Place bed mattress on the floor
- Use an epilepsy safety pillow (designed to reduce risk of suffocation if lying face down)
- Use soft or padded furniture
- Avoid high ladders
- Follow driving regulations for people with epilepsy
- Take medication as prescribed

Conclusion

Epilepsy is a treatable condition and we should guide these patients towards proper treatment modalities. Finally it's our duty to help these patients live normal life without any social bias.



Dr. Dhairyashil Saste
Consultant Neurologist

Obstructive Sleep Apnoea



Regular and sufficient good-quality sleep is of vital importance to maintain healthy physical and mental health. Sleeping is like getting your body recharged for the next day.

"OSA(Obstructive sleep apnoea) is hugely underdiagnosed condition even today"

Sleep disordered breathing

Unfortunately, sleep disorders go unnoticed both by patients and their clinicians very often in clinical practice. Most people know when to seek medical help for physical discomfort such as fever or pain, but the same is not true about sleep related disorders such as Obstructive Sleep Apnoea (OSA). OSA is the most common sleep-disordered breathing observed in clinical practice.

Obstructive Sleep Apnoea is characterised by partial or complete collapse of the airways causing intermittent hypoxia during the sleep. This leads to disruption of normal sleep resulting into excessive daytime sleepiness to compensate for the lost sleep in the night. It may also lead to variety of symptoms starting from morning headaches, reduced cognitive performance, resistant hypertension, vehicle accidents during one of the irresistible naps during driving. Sleep disordered breathing can be diagnosed with overnight polysomnography or sleep study.

Sleep study or polysomnography can be conducted either in hospital or at home. It is a non-invasive overnight examination which monitors thoracic and abdominal respiratory efforts, nasal flow, ECG, EEG, oxygen saturation and body movements throughout the sleep. It also has a microphone to record snoring. The data collected digitally in the overnight sleep is analysed by the sleep specialist next day. After analysis of data collected, sleep specialist can give a diagnosis of the type of sleep disordered breathing and guide treatment.

Moderate to severe severity of OSA can be with CPAP device. Other approaches include surgical correction on the advice of ENT or maxillofacial surgeon. Treatment of underlying abnormalities such as obesity, hypothyroidism, retrognathia etc also helps in reducing OSA symptoms.

Indications for sleep study

Common indications for sleep study / polysomnography:

Polysomnography or sleep study is indicated in following subset of patients

- a.** Patients of with excessive daytime sleepiness or insomnia
- b.** Heavy snoring associated with observed apneas and/or excessive daytime sleepiness along with
 - I.** Resistant hypertension
 - II.** Atrial fibrillation
 - III.** Unexplained pulmonary hypertension
- b.** Patients with chest-wall and neuromuscular diseases whose illness is complicated by chronic hypoventilation, polycythemia, pulmonary hypertension, disturbed sleep, morning headaches, or daytime somnolence and fatigue
- c.** Patients with COPD whose awake PaO₂ is > 55 torr with pulmonary hypertension, right heart failure, polycythemia, or excessive daytime sleepiness

Polysomnography / Sleep study experience in KEM Hospital

KEM hospital started conducting regular sleep studies in 2012 at the sleep clinic. We have experts from relevant fields required for comprehensive management of OSA. A multidisciplinary team of consultants from Chest medicine, ENT, Paediatrics, General medicine, Nephrology unit, Maxillofacial surgery helps in management of patients with OSA.



Dr. Smita Dhadge
Junior Consultant, Diabetes Unit

Achievements

We are proud to share that our hospital has received pre-entry level certification from the NABH. Thanks to all the medical and non-medical staff without whose active contribution this would have not been possible.



PEH-2020-1310

Congratulations!



Dr. Chittaranjan Yajnik, as you have been elected as a Fellow of the Indian National Science Academy (INSA). Many congratulations to you for this recognition. And also hearty congratulations for getting listed in World Top Scientist list.



Dr. Govind Datar, for receiving K. C. Sogani Gold Medal award by the Indian Association of Pediatric Surgeons, for year 2020



Dr. Rajashree Godbole, for your article getting published in International Journal of Recent Surgical and Medical Sciences.
Follow below link for the article:

<https://www.thieme-connect.com/products/ejournal abstract/10.1055/s-0040-1713564>

Events and Activities



कोविड १९ च्या पार्श्वभूमीवर सर्वांना विविध अडचणी उद्भवत होत्या. अशा काळात केईएम रुग्णालयात ज्यांना नियमित रक्त लागते, अशा थॅलॅसिमिया ग्रस्त रुग्णांना रक्त उपलब्ध होणे म्हणजे साक्षात देवच भेटणे होईल!! नाही काय? म्हणूनच मी म्हणते - हो देव पाहिला मी!

केईएम डे केअर सेंटरचे सर्व डॉक्टर्स व सहयोगी तसेच स्वतः कन्नन डॉक्टर साहेब प्रत्येक वेळेस भेटून धीर देत व काळजी न करता सतत हसत राहण्याचा सल्ला देत. ब्लड बँकचे कर्मचारी आमच्यासाठी रक्त उपलब्ध करण्यासाठी झटत होते. एम एस डब्ल्यू विभागातील सहकारी अन्य विविध पातळीवर कार्यरत होते. विविध सामाजिक दायित्व जपणार्या व्यक्ती व दानशूर व्यक्तींना मदतीसाठी भेटत होत्या.

श्री विश्राम देव, रक्तदाते व मोरया गोसावी संस्थानचे विश्वस्ता, श्रीकांत मोहन चिंचोळकर, रक्तदाते व नाथ मठाचे सेवक, श्रीकांत गायकवाड, अभियंता, मनपा रक्तदान संदेश वाहक, श्री. बांगड साहेब, रक्ताचे नातेवाईक, संस्थेचे संस्थापक यांचे नाव तर घेतल्याशिवाय यादी पूर्ण होऊ शकत नाही.

होय देव पाहिला मी या सर्वांमध्ये!

13 नोव्हेंबरला आम्ही थॅलॅसिमिया ग्रस्त व केईएमचा स्टाफ निवडक व अन्य सर्व झूम मीटिंग वर एकत्र आलो आणि साजरी केली केईएम डे केअर सेंटर मध्ये देव दिवाळी!!

- सौ. मेघा सचिन राऊत



The Academics Committee Meeting Update

The Academics Committee, KEM Hospital, organized a meeting on 19th Nov for guides of DNB students with an aim to enhance skills with respect to thesis writing and preparation of thesis protocols. Prof. Mohan D Gupte -Chairperson, Institutional Ethics Committee, KEM Hospital Research Centre, led the discussion on 'How Best to Guide Students'. He was assisted by Dr. V Lobo and Dr. Jyoti Sharma. Twenty faculty members were present and participated actively in the dialogue. Prof. Gupte suggested that it would be useful to have a resource group of faculty who would be able to advise students and conduct a "Research Methodology Workshop".



Surgical Camp at Vadu

Contribution: A key to happiness

“...but it ain't about how hard you hit, its about how hard you get hit & keep moving forward!” Don't we all gush with spirit when “Rocky” Sylvester Stallone says this in his charming Italian swag? The year 2020 has been all about survival through this global pandemic. Despite the scarcity of resources in an economy like ours, India has bravely faced this crisis with the zeal of a crusader. As an underwriter, a doctor and a “COVID warrior” as they call it, let me share this wonderful experience.

About 30 kms on the Ahmednagar - Pune road, sitting on the banks of the river Bhima is the village of Vadu (Budruk), popularly known as a place where the last rites of the great Maratha warrior Sambhaji Maharaj were conducted. The KEM hospital runs a rural health centre here. With a vision to reach out to the needy, a brainchild of late Dr. Banoo Coyaji, this health centre is well equipped with all the necessary health care facilities & round the clock health care.

We recently conducted a surgical camp here on Oct 31st and Nov 1st. With a mission to reach out to the grassroot level and bring health care to their doorstep, two brilliant Surgeons, Dr. Vinod Naik and Dr. Bharat Kalambe, along with their team of young surgeons chalked out the modus operandi of this camp.

The day was set and the villagers were made aware. Many of them were unaware unattended or were afraid to ask for help during the lockdown. The fear, apprehension due to lack of knowledge clubbed with financial constraints made it worse. Following all the set guidelines and precaution measures laid by Government of India, this camp roared into action.

The villagers who approached were attended, counselled and if required admitted with nominal fees and free medications. Patients requiring surgery were investigated appropriately explained regarding risks and complications and with consents posted for surgery. Those requiring higher centres were offered help and transportation at the same concession fee to KEM hospital, Pune. An OPD of about 65 patients plus was noteworthy.

By evening the Anaesthesia team arrived lead by Dr. Saroj Bande. All the pre-anesthetic checkups, Medical fitnesses were done with a total of 12 cases posted for the OT day–Nov 1st. The day of the OT



was well orchestrated by Dr. Juvekar, General Administrator and Mr. Pandurang Jadhav, the Admin Officer of the rural health centre. Along with the Surgical and Anesthesia teams with help of the nursing staff all surgeries were carried out smoothly as planned.

As a result of vigilant post operative care, by doctors and Nursing Unit with a success rate of 100% all the patients were discharged with smiling faces & grateful hearts. Carrying out a great task requires meticulous planning and co-ordination and often a great victory pales without team effort.

Working tirelessly to provide and make this mission possible Dr. Madhur Rao, Ms. Shirin Wadia, Dr. Pranjal Melge, Mrs. Pooja Pawar have a lion's share in this victory. A big shout out to the pharmaceutical giants who not only showed solidarity but also provided free equipments and medications – CIPLA, Meril, Abbott, Curetic, GSK.

As they say, when you get, GIVE; and when you learn, TEACH. It is a privilege to contribute, to help, to reach out and walk along together in this. Because as difficult might be the climb, the view is definitely worth it!

**- General Surgery Team,
KEM Hospital, Pune**



Circular



Dr. Suchita Agrawal, DPM-Psychiatr has joined us as an **Associate Consultant Psychiatrist**.

OPD Timings: Every Thursday; 9:00 AM - 11:30 AM



Dr. Shivprakash Mehta, MS-ENT has been appointed as an **Associate Consultant ENT Surgeon**.

OPD Timings: Every Friday; 11:30 AM - 1:30 PM



Dr. Ujjwal Deshmukh, MD-Anaesthesiology has joined us as a **Consultant Anaesthesiologist (Cath Lab)**.



Dr. Kedar Deogaonkar, MS, DNB- Orthopaedic Surgery, MRCS has joined us as an **Associate Consultant Orthopaedic Surgeon**.

OPD Timings: Every Monday & Friday; 1:00 PM - 3:00 PM



Dr. Aniruddha Bhosale, DNB-General Surgery has joined us as an Associate Consultant Hepatobiliary and Liver Transplant Surgeon.

OPD Timings: Every Wednesday & Saturday; 11:30 AM - 1:30 PM



Dr. Rahul Prakash Saraf, MD- Paediatrics, DCH has been appointed as an **Associate Consultant Paediatric Cardiologist**.

OPD Timings: Every Wednesday; 2:00 PM - 4:00 PM



Dr. Sagar Kulkarni, MD-General Medicine, DNB-General Medicine, DNB-Nephrology has joined us as a **Full time Junior Consultant, Adult Nephrology**.



Dr. Bharatkumar Dholu, FCPS - General Medicine has joined us as a Full time **Junior Consultant in the Department of Medicine.**



Dr. Shirang Ranade, MS-General Surgery, M.Ch-CVTS, DNB-CTS has joined us as a **Panel Cardiovascular & Thoracic (CVTS) Surgeon.**



Dr. Shardul Madhav Soman, MS, DNB- Orthopaedics has joined us as a **Panel Consultant Spine Surgeon.**

Testimonials

All doctors provided good service and helped us a lot. But to mention few names Dr. Pramod Kulkarni, Dr. Madhu Otiv, Dr. Dhruv, Dr. Krishna and Dr. Suresh did excellent job.

- Relative of patient from PICU

Thanks to Dr. Abhijeet Benare Sir and his entire team. His diagnosis and treatment is excellent. He is very co-operative. He gave very satisfactory answers to all our doubts and queries. All the best to him and his team. Thanks once again. God bless!!

- Relative of patient from Nursing Home, 2nd Floor

मी सागर भंडारे, रा. वडगाव.बु. ता. शिरूर, जि. पुणे, दिनांक ३१-१०-२०२० रोजी के. ई.एम हॉस्पिटलच्या वड.बु. येथील आरोग्य शिबिरामध्ये माझे आजोबा श्री. गेनबा दिनकर सातव यांना तपासणीसाठी घेऊन गेलो असता, सदर तपासणीमध्ये डॉ. नाईक यांनी ऑपरेशनचा योग्य सल्ला व मार्गदर्शन केले व सोमवार दिनांक ३-११-२०२० रोजी के. ई.एम पुणे इथे ऍडमिट केले. ४ नोव्हेंबर रोजी सर्व तपासण्या फ्री ऑफ चार्ज करून ऑपरेशन करण्यात आले व दिनांक ७ नोव्हेंबर रोजी डिसचार्ज देण्यात आला. सदर सर्व प्रक्रियेमध्ये डॉ. नाईक सर व डॉ. प्रांजल मॅडम आणि विशेषतः पूजा पवार मॅडम यांचे मोलाचे सहकार्य आणि मार्गदर्शन लाभले याबद्दल मी सर्वांचे विशेष आभार व्यक्त करतो. अशा प्रकारचा उपक्रम आपण भविष्यामध्ये राबवावा अशी आशा व्यक्त करतो. धन्यवाद!!

- सागर भंडारे

Health Awareness Communications

• Lung Cancer Awareness Month

LUNG CANCER PREVENTION TIPS

- Eat a variety of fruits, vegetables, whole grains and legumes**

- Exercise regularly**

- Avoid smoking and passive smoking**

- Check your home for radon**


 **For more details contact**
020-2621 7460 or 020-6603 7460



• Family Caregivers Month

Caregivers need care too

You are not alone  Ask for help if needed 


Join a support group

 020-2621 7460 or 020-6603 7460 

• World Immunisation Day

Timely immunisation today protects your family's tomorrow

Safe and effective
Prevents serious diseases
Protects you from serious infections

 **Call for enquiries and details on**
020-2621 7460 or 020-6603 7460

WORLD IMMUNISATION DAY
10th November

• **World Pneumonia Day**



Pneumonia is the #1 infectious disease killer of children under 5

Simple solutions to prevent pneumonia

Healthy lungs for all - especially children



Vaccination



Breast feed the baby for first 6 months



Good nutrition for children aged 6 months to 2 years



Frequent hand washing with soap



Adequate indoor ventilation



Safe drinking water and good sanitation



For more details
020-2621 7460 / 020-6603 7460



• **World Antibiotic Awareness Week**

PREVENT ANTIBIOTIC RESISTANCE

Use Antibiotics Responsibly

Never demand antibiotics if your doctor says you don't need them

Never share or use leftover antibiotics

Always finish your course of antibiotics as prescribed by your doctor

Always follow your doctor's advice when using antibiotics



World Antibiotic Awareness Week
12-18 Nov



020-2621 7460
020-6603 7460

• **World Diabetes Day**

Diabetic?

World Diabetes Day
14th November

5 WAYS TO CONTROL IT

Eat Right

Eat fresh fruits and vegetables. Avoid sweets and bakery products

Exercise

Regular physical activity is necessary

Monitor

Visit your doctor regularly for health check-ups

Medication

Take your medication as prescribed by your doctor

Be Aware

Know the symptoms and causes

For details and inquiries
020 6603 7366 020 6603 7368



Quality and ethics in patient care

• **New Born Care Week**

The first 28 days of your new born baby's life are very vulnerable

TAKE THE RIGHT PRECAUTIONS



Wash your hands before handing the baby.



Give the baby a sponge bath until the umbilical cord falls off and the naval heals completely.



Keep the baby warm.



Only Breastfeed the baby for the first 6 months. The baby should be breastfed at least 8 times in 24 hours.



For more details and inquiries **020 6603 7344**



• **World Prematurity Day**

17th NOVEMBER

WORLD
PREMATURITY
DAY 2020



Some happiness comes a little sooner than expected



• **National Epilepsy Day**

Epilepsy is a nervous system disorder which causes seizures

PRECAUTIONS TO TAKE FOR A PERSON HAVING A SEIZURE



Keep other people back. Give them space



Keep hard or sharp objects like glass and furniture away



Turn patient to one side and loosen clothing around their neck



Don't hold them down or stop their movements



Time the length of the seizure



Call a doctor or an ambulance




In emergency please call 020-2621 7460 or 020-6603 7460





• **World COPD Day**

Chronic Obstructive Pulmonary Disease (COPD) includes lung conditions that block airflow, making it difficult to breathe



Chest tightness **Difficulty in breathing on exertion** **Cough with sputum** **Breathlessness** **Wheezing**

Consult our specialists if you have any of these symptoms

 **020-2621 7460 or 020-6603 7460** 

• **International Day for Elimination of Violence Against Women**



ACT to prevent violence against women

Stand up! Speak out!

 **020-2621 7460**
020-6603 7460