



inf+KEM

MAY
2022



Vol. 83

**Know
your
Health**

Children's
Mental
Health

Nd:Yag Laser
Capsulotomy

**Procedure
in focus**



World
Asthma Day

Children's Mental
Health Awareness Day

International
Nurses Day

**Health
Awareness**



World
No Tobacco Day

International
Women's
Health Day



**Know your
Consultant**

Dr. Kishor Jadhvar
Dr. Vidya Ganapathy

Achievements

Team KEM



**Events &
Activities**

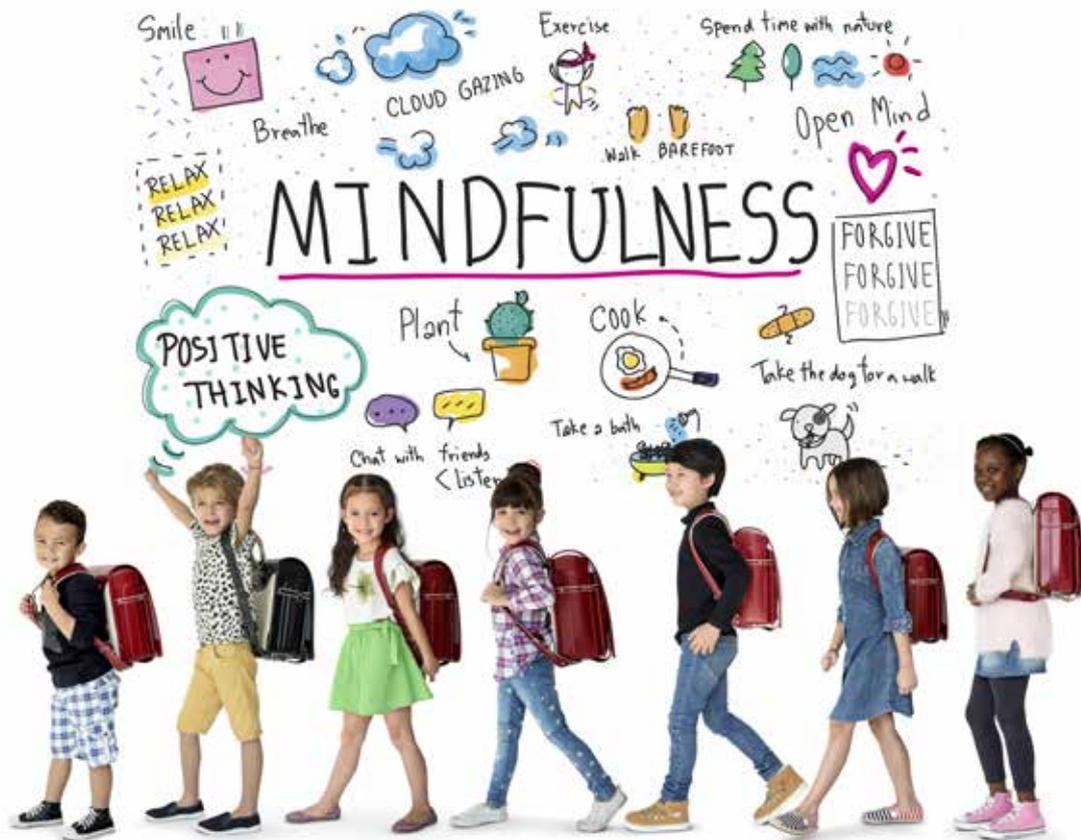
Workshop
on Autism

Celebration of
International
Nurses
Day



Discussions
in Paediatric
Nephrology

Session on Thesis
Protocol
Writing



Children's Mental Health

As parents, we experience various emotions when going through the parenting journey, joy, anger, irritation, sadness. Along with each of these emotions is a sense of responsibility, a sense that we are responsible for fostering the well-being and growth of our child/children. To this end, as they are growing up, we teach them how to brush, how to bathe, how to read and play, and maintain their physical parameters within the normal range for their age. As professionals working in the medical field, and in this era of masks and sanitisers, we take especial care to teach all hygienic precautions to our child.

Equally important is the concept of mental hygiene right from early childhood. The foundation of emotional wellbeing is laid in the school going years, so it is necessary to teach them caring, kindness, and acceptance of differences and build a strong value system in these early years. Like brushing and flossing prevents plaques and caries, this training could well be the primary preventive care for mental health disorders. Half of the of mental health needs like depression, anxiety, substance use have their origin by the age of 14 years. So let us start inculcating mental hygiene as an essential part of all learning in childhood.



Let us develop a sense of connection with our children's emotional needs, so that we are there to support them as soon as they have concerns, be it meltdowns, academic issues, behavioural problems or relational needs. As per studies, the average delay between onset of mental health concerns and intervention is 8-10 years. The focus on children's mental health becomes all the more important in the current context because of two reasons:

1. The internet explosion with its huge addictive potential, which is preventing our children from going out there in the real world and playing, problem-solving and building relationships.
2. The COVID-19 pandemic which has thrown school and play routines out of gear, giving rise to anxiety, social isolation and delay in getting therapeutic help.

Let us hereby take a pledge to make our children mentally sound, emotionally regulated, giving, productive, cyber-responsible citizens of the future. Let us start putting their emotional development above their academic progress. Let us, in the process, model self-care, practise mindfulness, healthy lifestyle practices, as our children tell us in the words of Confucius' I hear and I forget. I see and I remember. I do and I understand'.



Dr. Vidya Ganapathy
Associate Consultant,
Child Psychiatry



Dr. Kishor Jadhavar

Associate Consultant, Psychiatry



Dr. Kishor Jadhavar was born in Pune. He completed his MBBS from MGM Medical College, Navi Mumbai. He went on to pursue MD Psychiatry at NKP Salve Institute of Medical Sciences, Nagpur. After his post graduation he started working as Senior Resident Psychiatrist at KEM Hospital, Pune. Apart from working at KEM, he practices at his clinic at Hadapsar, Pune. He has been working in the field of psychiatry for 11 years.

Dr. Kishor Jadhavar is a compassionate, polite doctor and brings empathy while delivering treatment to his patients.

He sees patients suffering from various psychiatric disorders, including psychotic disorders, affective disorders, anxiety disorders. His special interest includes management of Schizophrenia, Obsessive Compulsive Disorder and Depressive Disorder. He is avidly involved in clinical research related to drug trials in the field of psychiatry.

He is a member of Indian Psychiatric Society (IPS), Indian Medical Association (IMA) and Association of Medical Consultants (AMC Pune).

He loves to go cycling and swimming regularly. He likes to sharpen his skills of playing chess, during his free time.

OPD Timing:

Every Tuesday, 9:30 AM - 1:30 PM



Dr. Vidya Ganapathy

Associate Consultant, Child Psychiatry

Dr. Vidya , a psychiatrist, an avid reader and nature lover, has studied from K.G to P.G. classes in Mumbai. Having done her M.B.B.S at Seth GS Medical College and KEM Hospital and her Psychiatry training from Topiwala National Medical College and BYL Nair Ch. Hospital, Mumbai, she then went on to train in different capacities in NIMHANS, Bengaluru. She found her special area of expertise, Child Psychiatry, while doing her certificate course in Child Psychiatry from NIMHANS, before moving to Pune. She likes to describe herself as a Mumbaikar at heart and a Puneekar by choice. Dr. Vidya has a professional experience of 18+ years in Psychiatry. She is fond of teaching and training, interacting with students helps to keep her young at heart, she was actively involved in training nursing, physiotherapy and medical students at Smt. Kashibai Navale Medical college. She also did Consultation-Liaison work with the departments of medicine and paediatrics, and has published her clinical research.



Working with Children on the autistic spectrum and identifying their unique strengths excites her, and she has done her Certification in Early Intervention in Autism from COMDEALL, Bengaluru. She has also recently completed her certificate course in Child and Adolescent Mental Health from the Pathways Foundation.

She is a 'Child and Family Psychiatrist' at her private clinic, Mansa Psychological Wellness Solutions, which she has co-founded. Here, she works with a multi-disciplinary team to help build happy families. As a parenting coach, Dr. Vidya helps parents enjoy the journey of parenting, while trying to do the same herself at home with her school-going daughters. She aims at increasing awareness among teachers and parents, of the emotional needs of children and the problems arising when those are not met. She believes in a skill-



building approach to enhance emotional wellness and has designed 'Smell the roses, Beat the thorns' a mindfulness and activity based interactive wellness program. She conducts live sessions on various child psychiatry topics and answers parent queries on a 3000+ member parenting community. Dr. Vidya has also conducted several workshops for parents on Cyber hygiene and Cyber-parenting, being a strong advocate of limiting screen-time in children as a factor for fostering their emotional growth.

Dr. Vidya hopes to bring in these skills to benefit the families seeking help at TDH, KEM Hospital, Pune. Children with various neurobehavioural and developmental needs like ADHD, ASD, Conduct disorder, Gender Identity disorder, Internet Addiction come to the TDH centre from all over the city, and the state. Dr. Vidya is extremely passionate about working with these children and their families to achieve common goals.'

OPD Timing:

Every Wednesday, 2:00 PM -5:00 PM
(TDH Centre)



Obituary



We are sad to announce the sudden passing away of Mr. Umesh More, our OT technician on 02/05/2022. This came as a shock not only to his colleagues but to everyone at the hospital. He joined our institute on 17/7/2017 as an OT technician. He was a hardworking, sincere and responsible employee in our institute. He is survived by his wife, his son and two daughters.

It is with deep sorrow that we mourn his absence.



Nd:Yag Laser Capsulotomy

An unsung hero

Nd yag laser capsulotomy is an outpatient procedure done in patients post cataract surgery, who have developed posterior capsule opacification.

When a patient has cataract surgery, the ophthalmologist removes the eye's cloudy lens and replaces it with a clear, artificial intraocular lens (IOL). The IOL is held in place in the eye's natural lens capsule. Weeks, months or years later, this capsule can become cloudy or wrinkled, causing blurry vision. This is called posterior capsule opacification (PCO). PCO is the most common delayed complication of cataract surgery. Its reported frequency ranges from 8.7% to 33.4%.

Symptoms of PCO:

- Blurred/hazy vision
- Coloured rings around lights
- Glare of oncoming headlights

Nd:YAG laser capsulotomy is accepted as standard treatment for PCO. In this procedure, a laser is used to make an opening in the cloudy capsule. Thus, the procedure helps to restore clear vision.

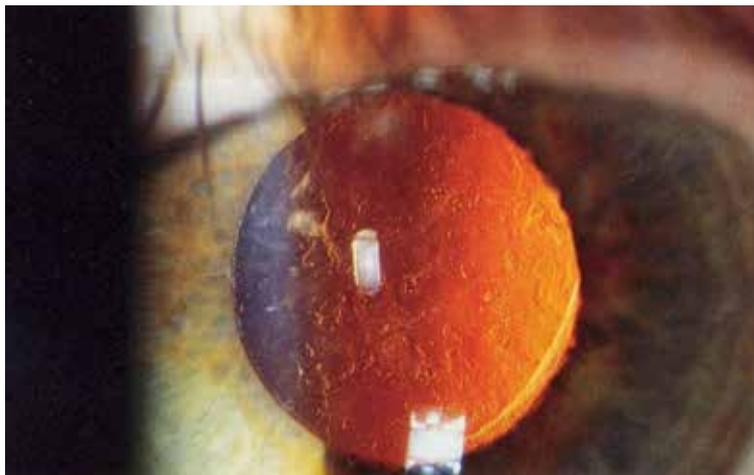
The procedure is done in the outpatient department.

It only takes about 5 minutes and a special Nd:Yag laser machine is used.

- The eye is dilated with eye drops prior to the procedure.

 PROCEDURE IN FOCUS

- The ophthalmologist will point the laser at the back of the lens capsule and make a small opening.
- Once vision is clear after the procedure, usually all normal daily activities can be resumed. Recovery is quick and painless.
- The patient is given eye drops for one week after the procedure.
- If there are no other eye problems affecting the vision, sight should improve in about 24 hours.



What Are the Risks of Posterior Capsulotomy?

As with any procedure, there are possible risks and complications with posterior capsulotomy. Some of them are:

- The pressure in the eye may increase.
- There may be swelling in the eye, which may need to be treated with steroid eyedrops.
- Retinal detachment (where the tissue lifts from the back of your eye). The patient may see what looks like a gray curtain moving across the field of vision. They might also see a lot of floaters or flashes of light. You should call your ophthalmologist immediately if this happens to your vision.
- The IOL might move through the posterior capsule opening (if it is too big).

Overall it is a very safe and effective treatment for restoring pre-operative vision in a patient who is having visual problems due to PCO. It offers immediate visual recovery from the next day onwards and patients are very happy with the outcome



EVENTS AND ACTIVITIES



Workshop on Autism

On 30th April 2022, we held a workshop for the parents of children with autism. Twenty five children and forty five parents attended the session. This time, we decided we will have no “lecturebaji”. So we asked the 7 and 8 year olds to perform and asked the mothers to talk about their efforts to raise these difficult children.

The programme started with a 7 year boy playing ‘Vande Mataram’ on his Casio. This was followed by a ‘lokgeet’ song with a ‘dholaki’ by another 8 year old. After each performance, the mother or father of that child spoke up about their troubles and tribulations and how they overcame these problems with grit. One boy recited a poem while the other boy read a story. The ‘dholakiwala’ now dressed as Shivaji Maharaj boldly recited his “Pratidnya”. The programme ended with a ‘Jana Gana Mana’ played on the Casio by our music wizard. Some mothers got very emotional while describing the difficulties they faced while bringing up their children and left the audience also teary-eyed.

All in all, the talks by the parents were far more appealing to the audience than the usual theoretical talks by the faculty.





EVENTS AND ACTIVITIES

International Nurses Day

International Nurses Day is a special day to honour and celebrate the contributions of nurses all over the world. The day is celebrated on Florence Nightingale's birth anniversary i.e. on May 12 of every year. This year, the theme for Nurses Day is "Nurses: A Voice to Lead – Invest in Nursing and respect rights to secure global health."

On the occasion of Nurses day, we have organised various competitions like greeting card and poster making, best out of the waste & talent hunt. Many nurses participated in these competitions and won the prizes.

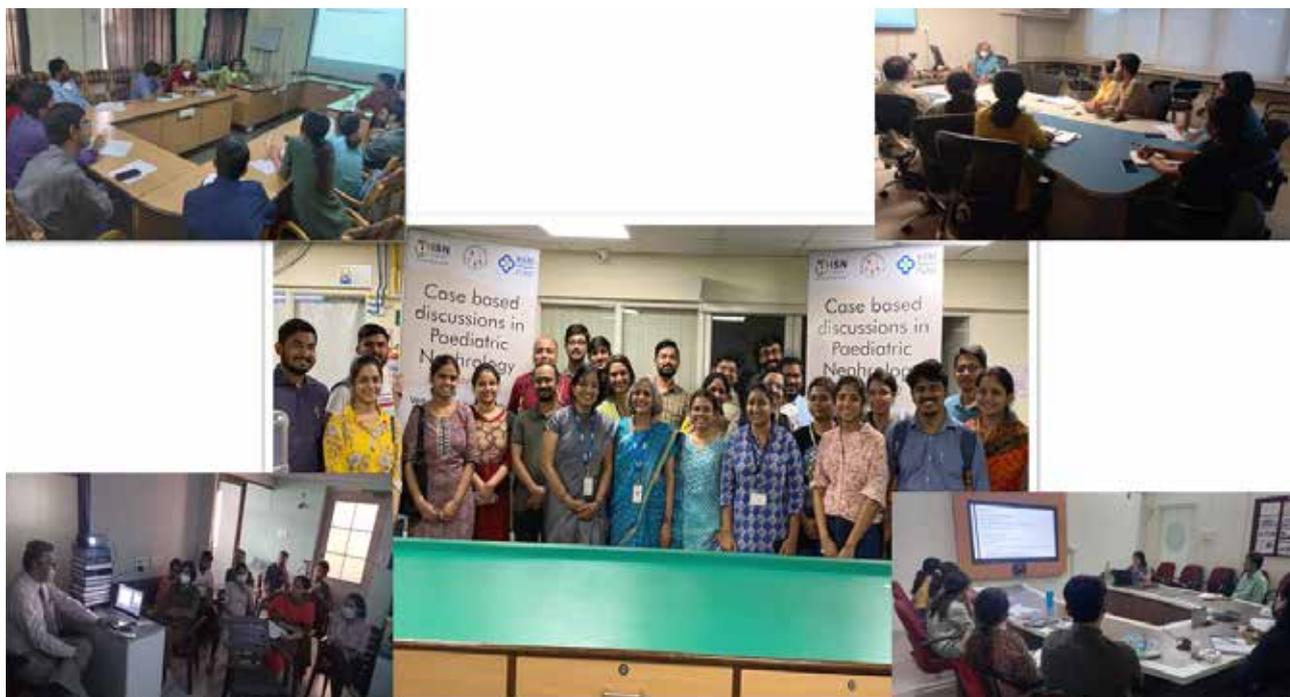
The programme started with lighting of the lamp, offering prayers to Florence Nightingale, followed by Ganesh Vandana presented by our nursing staff. Nursing Superintendent Ms. Neeta Mahankale spoke on the theme and gave guidance to the staff. Dr. Yemul & Dr. Tehnaz encouraged the nurses through their speeches. Prizes were distributed to the winners of the competitions.

Nursing school students performed mime act on scope of nursing & a skit on Florence Nightingale's lifetime journey. The programme ended with a group-song and a vote of thanks given by the Nursing Superintendent.





EVENTS AND ACTIVITIES



Case based discussions in Paediatric Nephrology

The training course was held on 7th May 2022 from 2 pm to 6 pm, organised under the auspices of Sister Renal Program of International Society of Nephrology and Indian Academy of Paediatrics, Pune Branch. Forty-four paediatric post-graduate students from medical colleges and teaching institutes in Pune attended the program.

Students were divided into four groups and 45-minute interactive sessions were held on Hematuria by Dr. Manoj Matnani (Paediatric Nephrologist, Jehangir Hospital and DY Patil Medical College), Nephrotic syndrome by Dr. Nivedita Pande (Paediatric Nephrologist, KEM Hospital, Pune), Chronic Kidney disease by Dr. Jyoti Singhal (Paediatric Nephrologist KEM Hospital, Pune) and Hypertension by Dr. Jyoti Sharma (Paediatric Nephrologist, KEM Hospital, Pune). Each session was case based and all students participated with great enthusiasm.

Soft copies of quick reference on practical aspects of paediatric nephrology like calculation of eGFR, modification of common drug dosages to eGFR and recent guidelines on steroid sensitive nephrotic syndrome and paediatric hypertension have been shared with the participants via their mail.

The positive feedback on the program that we received from students and their respective teachers to whom they reported left us greatly rewarded for our effort.



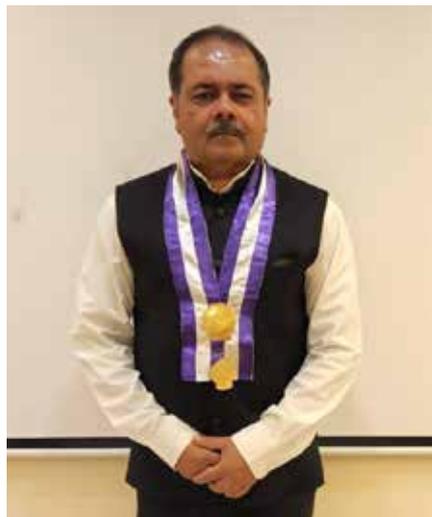
EVENTS AND ACTIVITIES

Session on Thesis Protocol Writing

Writing a thesis protocol within a few months of joining a PG program can be an overwhelming task in the face of the huge amount of new information a resident is faced with. To assist in this process, the Dept. of Academics organised a session on Thesis Protocol Writing in which Dr. Valentine Lobo gave a talk and answered queries. It was well attended by not only the students who had joined recently but also by faculty members.



ACHIEVEMENTS



Congratulations to Dr. Joyshankar Jana, who recently took a charge as President of Indian Society of Study of Pain, Pune city.

 ACHIEVEMENTS



Congratulations to nurses from EMD who got consolation prize in poster competition organised by Indian Society of Critical Care Medicine Pune branch on the occasion of International Nurses Day.

Congratulation to students of Dept. of Surgery of batch 2018 – Dr. Perichetla Sindhuja and Dr. Nandini Khairnar have cleared their Post graduate final exam in Jan 2022 and Felicitated for Rank 1 and 2 respectively on 8th May 2022.



Dr. Nandini Khairnar, (Lecturer) Dept. of Surgery won the prize for in category for Best Video Presentation at Masicon 2022 held at JW Marriot Pune on 30th April 2022. Her topic was - “ Thoracoscopic Right lower lobe Pneumonectomy”



TEAM KEM



DR. PUJA PABLE
MS
(Obstetrics & Gynaecology)
as a Consultant
(Foetal Medicine)

OPD Timing:
Tuesday, Thursday
& Friday
5:00 PM - 7:00 PM
Saturday
3:00 PM - 7:00 PM



DR. KISHOR JADHAVAR
MD
(Psychiatry)
as an Associate
Consultant
Psychiatrist

OPD Timing:
Tuesday,
9:30 AM - 1:30 PM



DR. MEENAL AGARWAL
MD
(Obstetrics & Gynaecology),
DM (Medical Genetics) has now
joined us as a
Full Time Medical
Geneticist.

OPD Timing
Monday – Friday,
9:30 AM- 2:30 PM
(IVF Centre)
Wednesday,
1:30 PM - 3:30 PM
(Nephrogenetics
OPD)



DR. SAMRAT SHAH
MD
(Internal Medicine)
will now be working
as a
Panel Consultant
Physician



MR. SANKAR BASANTA
has joined the KEM
team on
9th May 2022 as
Night Administrator



MR. SHRIKANT KULKARNI
has joined the KEM
team on
9th May 2022 as
Manager – IT

  HEALTHCARE AWARENESS



Your child's **mental health** is more important than ~~their grades.~~ **ANYTHING!**


Healthy and active for a lifetime

7th National Children's Mental Health Awareness Day

020 2621 7460
020 6603 7460

 #WorldNoTobaccoDay



Quitting is not always bad!

Replacing the smoke on your face with a smile today will replace illness in your life with happiness tomorrow. Quit now!



Breathe Better. Feel Better.

YOU CANNOT CURE ASTHMA, BUT YOU CAN CONTROL ASTHMA.

 For more information call 020 2621 7460 | 020 6603 7460

YOU CANNOT CURE ASTHMA, BUT YOU CAN CONTROL ASTHMA.

People with asthma can have normal, active lives when they learn to control their asthma.



 For more information call 020 2621 7460 | 020 6603 7460

YOU CANNOT CURE ASTHMA, BUT YOU CAN CONTROL ASTHMA.

People with asthma can have normal, active lives when they learn to control their asthma.

You can sleep well at night.



 For more information call 020 2621 7460 | 020 6603 7460

YOU CANNOT CURE ASTHMA, BUT YOU CAN CONTROL ASTHMA.

People with asthma can have normal, active lives when they learn to control their asthma.



You can avoid most asthma attacks.

 For more information call 020 2621 7460 | 020 6603 7460



A MOTIVATED NURSE FORCE EQUALS GOOD HEALTH FOR ALL

Nurses help protect global health!

Protect their rights and help build a qualified and resilient health-force!

#NursesDay





BED WETTING

Any child who is 5 years old or more and wets the bed needs professional help

Don't wait for the child to grow out of it!!

Most common reasons for bedwetting:

-  Reduced bladder capacity
-  Over-production of urine at night
-  Difficulty waking up

It affects self-esteem and emotional well-being of a child

Wet's Bed-Wetting Day 21st May 2022

Pediatric Nephrology OPD, Mon, Wed & Fri | KEM Hospital, Pune