



inf+KEM

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2022

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Bone Health

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Your
Health

Annual Day
Celebration

Annual Award
Function



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Cancer
Awareness Month
Learning Disabilities
Awareness
Month

Inauguration
of Parking Tower
Awareness
Programme by
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World
Mental Health Day
World Arthritis Day
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Stroke Day



Health
Awareness

Paediatric
Oncology
Symposium
E-Programme on
Hand Hygiene for
Staff Nurses



Virtual CME on
Paediatric Chronic
Kidney Disease

Achievements

Team KEM

Media
Coverage



Annual Day Celebration



Annual Award Function














 ACHIEVEMENTS

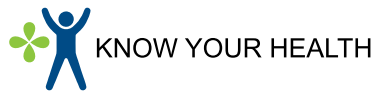
Congratulations !
Dr. Aniruddha Bhosale for receiving Asia Today Research and Media Award for Best Organ Transplantation & Hepato-Biliary Surgeon of the Year Maharashtra.



Congratulations Dr. Asir Tamboli for receiving Fellowship in General Infectious Diseases by CMC Vellore.

Congratulations!
Dr. Kiruthiga Kala Gnanasekaran for your research papers which got published in international journals namely Human Pathology and American Journal of Clinical Pathology.

Link for the papers:
<https://pubmed.ncbi.nlm.nih.gov/36239684/>
<https://pubmed.ncbi.nlm.nih.gov/35987347/>



Maintain your Bone Health

As the name suggests Osteoporosis is a condition where the bones become porous. Our body constantly is in a sort of a dynamic mode where old bones are broken down and new ones are formed. As we grow older, the balance may get disturbed and the processes may slow down. In simple terms it is a condition where bone density decreases and causes bones to become brittle. In such a situation, there is higher risk of fractures from even small falls or injuries. The resulting fractures are generally seen in wrist, spine and hip bones, especially in the elderly. This can result in loss of mobility and in turn dependency and poor quality of life.



Any individual can be affected with osteoporosis but it is seen more commonly in females. The protective hormones become unavailable after menopause. This hampers calcium absorption and affects the bones.

The risk factors include family history, certain medical conditions, dietary factors, lifestyle habits and hormone levels. What can be easily and consciously achieved is a good lifestyle which can reduce the risk. After the menopause, women should go for Bone Mineral Density test (BMD) which indicates how much calcium and other minerals are in the bone. It is generally done using DEXA scan or CT Scan and indicates the risk of bone fractures and osteoporosis (if the BMD level is below average). Establishing an exercise regime, consuming foods rich in calcium, stopping smoking, alcohol and maintaining an active lifestyle can help.

Although the likelihood of any individual getting osteoporosis depends on the bone mass attained in youth along with hereditary and other factors, a good and active lifestyle can help reduce the risk of osteoporosis.



DR. RAHUL NERLIKAR
HOD & Consultant - Orthopaedics



Awareness Programme by Anaesthesia Team

As a part of the Platinum Jubilee year of ISA celebration, anaesthesia awareness and COLS activity was conducted at Chhatrapati Shahu park in Pune. People from diverse walks of life very interestingly learnt about the 'Anaesthesiologist and Anaesthesiology' and importance of knowing about Compression Only Life Support (COLS).



From KEM Hospital dept. of Anaesthesiology, Dr. Saroj Bande, Dr. Archit Shah, Dr. Debjani Ghosh and Dr. Mubina Sayed participated as instructors



Inauguration of Parking Tower





Paediatric Oncology Symposium



We at KEM Hospital, Pune organised a symposium in Paediatric Oncology which was addressed by various National and International faculty.

The symposium was focussed on addressing challenging aspects on paediatric oncology by the experts in Tata Memorial Hospital Mumbai and KEM Hospital. Dr. Sajd Quereshi, Dr. Maya Prasad and Dr. Bharat Rekhi from Tata Memorial Hospital along with Dr. Kannan Subramanian, Dr. Shweta Mutha and Dr. Amol Galge participated in the panel discussion, which portrayed real life cases of paediatric oncology. All aspects of Paediatric Oncology was covered in this symposium including Paediatric Surgery (Dr.

Shashank Shrotriya), Oncology (Dr. Sarita Verma Kokane), Radiation Oncology (Dr. Sanjay MH), Pathology (Dr. Avinash Pradhan), Paediatric Endocrinology (Dr. Arundhatee Khare), Medical Genetics (Dr. Meenal Agarwal) and Palliative Care (Dr. Priyadarshini Kulkarni). KEM Hospital Pune has successfully managed more than 500 hematolymphoid malignancies from 2010 to 2022 and around 80 solid malignancies over the past 2 years including Askin's tumour, SPEN, neuroblastoma etc. Diagnosis of paediatric tumours is challenging; however the pathology department which is equipped with the state-of-art diagnostic technologies including a wide range of immunohistochemical markers delivers the standard of care.





EVENTS AND ACTIVITIES



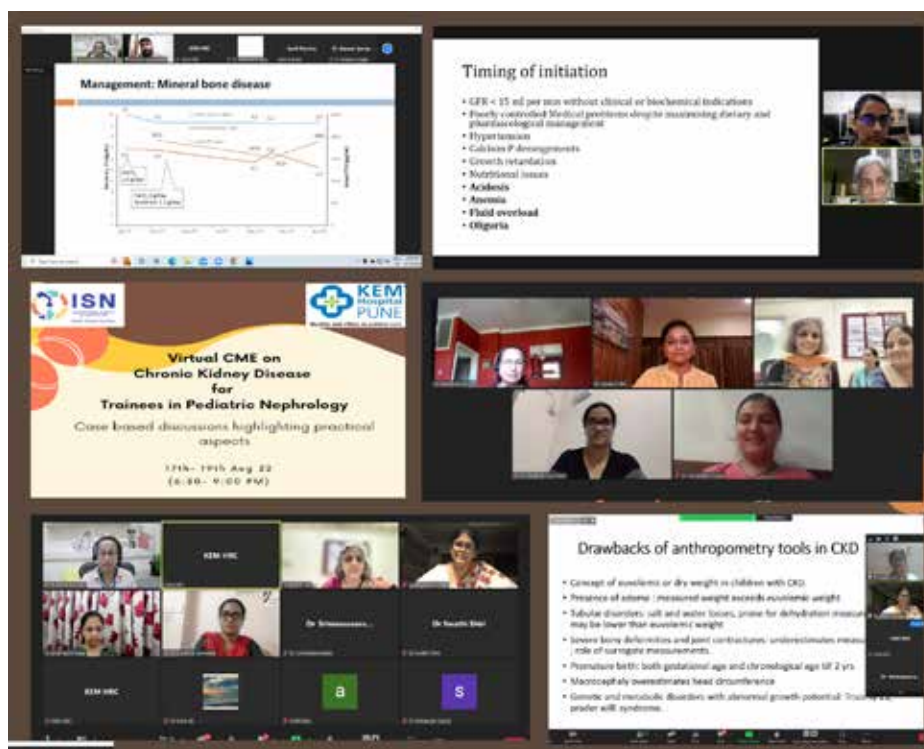
Most of these malignancies were managed with the help of funds directed towards paediatric oncology by various non-Governmental organisations easing the financial burden on the families. This improves patient compliance to treatment and hence the outcome. Arranging for funds is taken care of by the social workers at KEM hospital, led by Ms. Jyoti Pillay. Fully functioning day-care centre, blood bank and laboratories are strong pillars that aid in timely and adequate treatment for children diagnosed with cancer.

International speaker Dr. Hiroyuki Shimada, the founder of International Neuroblastoma Pathology Classification gave a guest lecture on the recent molecular classification of neuroblastoma. KEM hospital is in the process of associating with Dr. Shimada for neuroblastoma research. The paediatric oncology group at KEM hospital conducts multidisciplinary tumour board meetings fort-nightly to focus on treatment decisions of individual patients. This will now be conducted in a virtual mode so that other peripheral institutions treating solid paediatric cancers can benefit from the decisions made by experts in various fields.





EVENTS AND ACTIVITIES



ISN-SISTER RENAL CENTRES' PROGRAMME Virtual CME on Paediatric Chronic Kidney Disease for Trainees

17th, 18th and 19th August. 6:30 – 9:00 PM

The virtual CME conducted on three consecutive evenings included practical topics related to paediatric chronic kidney disease (CKD), especially curated for trainees in pediatric nephrology. The first day of the CME was dedicated to non-nutritional management of CKD and included nutrition and mineral bone disorder in paediatric CKD. The second day was focused on hemodialysis and the third to peritoneal dialysis.

The faculty included Prof Rukshana Shroff, senior nurse practitioners from Great Ormond Street Hospital, London as well as eminent paediatric nephrologists doctors Uma Ali, Arpana Iyengar, Alpana Ohri, Sukanya Govindan from various Paediatric Nephrology Centers in India and a dietician Dr. Meenakshi Bajaj. The sessions dealt with initiation of the two dialytic therapies including setting up automated PD. Case presentations by trainees and discussions based on these cases made the sessions interactive as did the sessions on troubleshooting on HD and PD. Approximately 60 delegates attended on all the days. The positive feedback from the attendees left us feeling greatly rewarded for our effort and grateful to the logistic support that we received from the IT team KEMHRC. This CME was supported by the grant from the International Society of Nephrology (ISN) under the ISN-Sister Renal Centers' program, a two-year liaison.



EVENTS AND ACTIVITIES

E-Learning Programme on Hand Hygiene for Staff Nurses



Retirement Function

It was held on 31st October '22 for Mr. Kishor Dhumal (Blood Centre Counsellor).





City Pune Mirror Sunday, October 9, 2022 3

NIP IT IN THE BUD

Mental health blues see sharp rise in teens; experts point to academic rat race, virtual media stress, curtailed time with parents as reasons



The international community is gearing up to observe World Mental Health Day on October 10. The theme this year is: 'Making Mental Health & Well-Being for All a Global Priority'. The phenomenon, which has been largely ignored in India, is finally drawing attention. Beginning today, Mirror brings you three in-depth series of articles focusing on issues among adolescents and teenagers, young adults, office-goers and the elderly, and ways to tackle them.

The low availability of parental support and the lack of quality interaction on their part are other important factors that have increased the risk of problems in this age group.

The added COVID-19 has changed mental health into a global crisis. It disrupted children's education and their lives in general. Stress related to pandemic is common.

When mental issues start to rule lives

WHO says 15% working-age adults battle psychological conditions; unable to cope with freedom after protective environment

It's a given that mental health is not taken as seriously as physical health in our society. This approach in general does not bode well for the mental health of people living in the world today. What is of more concern is that the number of people with mental health issues is increasing. Experts warn that the problem is getting worse as we move towards the end of the century.

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Patients suffering from MIS-C with other illnesses can be fatal: KEM study

Tracking the virus

Dr. Anubhav Mishra, a paediatrician at KEM Hospital, Pune, says that MIS-C is a condition where children get sick with symptoms similar to COVID-19 but without the virus. It can be fatal if not treated early.

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Old is gold: Value the elderly for that hidden treasure trove

'On time diagnosis, treatment of mental issues in seniors will reap rich results, make social fabric strong'

Dr. Anubhav Mishra, a geriatrician at KEM Hospital, Pune, says that elderly people have a wealth of experience and wisdom that can be passed on to younger generations. It is important to value and support them.

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Older adults battle psychological conditions; unable to cope with freedom after protective environment

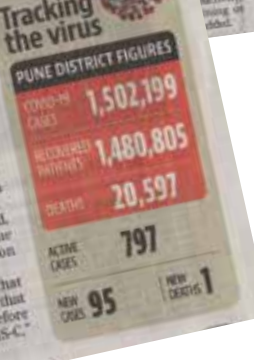
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DR. ABHAYA KHARAT
DMRD, DNB
(Radio-diagnosis)
has joined our hospital as a
Consultant Sonologist.



DR. MANOJ THAKUR
BAMS, M Phil (Ayurveda)
as Ayurvedic Consultant.
OPD Timings:
Every Tuesday & Thursday,
01:30 PM - 03:30 PM



DR. AJITKUMAR MANDLECHA
BAMS, M Phil (Ayurveda)
as Ayurvedic Consultant.
OPD Timings:
Every Monday & Friday,
01:30 PM - 03:30 PM



DR. TEJAS MANKESHWAR
MD (Radio-diagnosis)
has been appointed as a
Junior Consultant in
Radio-diagnosis & Imaging.



DR. DEVANSHI KATIRA
MD (Homoeopathy)
as a Consultant Homoeopathy.
OPD Timings:
Every Tuesday, 09:30 AM - 12:30 PM



DR. SWAPNIL KARNE
MS (General Surgery), DNB (CTS)
as a Panel Consultant
Cardiothoracic & Vascular Surgeon.

  HEALTHCARE AWARENESS



<https://www.instagram.com/p/CjmcqvnJMwI/>



https://www.instagram.com/p/CjkHMx4p0_F/

