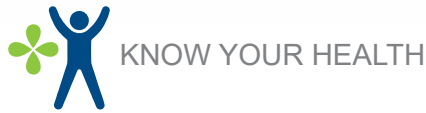


infoKEM

98

2023 AUGUST





Common Eye Flu



Recently, Epidemic keratoconjunctivitis (EKC) , commonly known as “Eye Flu” & “Pink eye” has taken over India by storm. About 1000 cases are reported daily by the ophthalmologists.

Let's know about the “Common eye flu”

It is a viral conjunctivitis caused by a group of adenoviruses. This family of adenoviruses contains different serotypes that can also cause pharyngo-conjunctival fever and non-specific follicular conjunctivitis. EKC is highly contagious and has a tendency to occur in epidemics. The virus is shed in tears and nasal discharges of infected persons.

It spreads commonly after coming in contact with the infected person's hands, eyes and face.

It is one of the most common causes of acute conjunctivitis, with characteristic clinical features such as sudden onset of acute follicular conjunctivitis, with watery discharge, congestion, lid swelling, and ipsilateral preauricular lymphadenopathy. Some patients may develop membranes and pseudo membranes, with a distinguishing corneal involvement that ranges from mild to severe epithelial defects. Diagnosis is mainly clinical.

As it is a self-limiting disease, the treatment is mostly symptomatic (cold compresses and artificial tears). In severe cases, mild topical corticosteroids can be given by the ophthalmologist. Antivirals and immunosuppressant eye drops can be tried in some patients but without definite benefit. It tends to resolve spontaneously within 1-3 weeks without significant complications. In 20-50% of cases, corneal opacities can persist for a few weeks to months or a year. This phenomenon can significantly decrease visual acuity and cause glare symptoms. Some Lasers can be tried to treat the post viral corneal opacities.

How to protect yourself?

- Hand hygiene and isolation from infected people.
- Report to a local ophthalmologist if signs of conjunctivitis like redness, blurring vision, tearing or discharge.
- Follow the treatment given by the ophthalmologist
- Follow-up as necessary.



DR. DEVSHREE CHANDORKAR

Consultant Ophthalmologist



Influenza - All Over the News Again



Acute respiratory illnesses are the most common problems of childhood and commonly they occur due to influenza viruses. Infection rates are higher in preschool children. It is generally considered as a mild disease; however, it may contribute to significant morbidity and mortality, especially in infants and children with underlying chronic medical conditions.

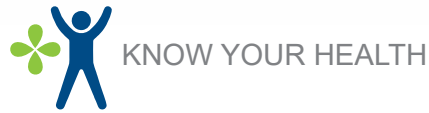
Something about the culprit

Influenza viruses are RNA viruses and are of three types- Type A, B and C. Type A influenza viruses are antigenically unstable, and known to undergo mutations (changes) within the viral genome (antigenic shift) causing sporadic cases, seasonal outbreaks and epidemics. The peak of influenza cases is noted in the month of June to September, coinciding with the monsoon in India. Overcrowding helps in rapid transmission of infection, mostly affecting urban and suburban areas.

Disease transmission occurs through droplets from an infected person or through direct contact with the person or fomites. Incubation period of influenza is short, 1–2 days only. Peak viral shedding occurs on the first day of illness but the communicable period may last up to 7–10 days in young children.

Clues to pick up

Common presentation is fever, chills, running nose, cough, sore throat, headache and bodyache. Diarrhea, vomiting and abdominal pain may be seen. In uncomplicated cases, the disease lasts for 3–4 days with resolution of disease in 7–10 days. The infants and young children may look very sick, toxic and present with illness resembling sepsis, pneumonia, croup or bronchiolitis.



When to worry ?

If a child has fast breathing or breathing difficulty, difficulty in feeding, decreased urination, one should bring the baby to hospital immediately.

Treatment

Treatment options primarily depend on the disease severity. Children with mild disease can be managed at home with supportive care including rest, adequate fluid intake, paracetamol for fever and body ache.

Children with risk factors or moderate to severe disease require hospitalization and are managed with hydration, oxygenation, anti-pyretics, and antiviral drugs.

When to refer to Specialist/ Higher Centre

Most of the children can be managed at home or primary health center, however, children with following conditions should be considered for early referral:

Children with high fever and sore throat interfering with feeding

Persistent vomiting

Dull, lethargic and drowsy child

Prevention

Currently, 2 types of vaccines are available for use with good efficacy, commonly known as “Flu Shots” - Live Attenuated Influenza Vaccine (LAIV) and Inactivated Influenza Vaccine (IIV). LAIV is used in kids above 2 years. In India, Inactivated Influenza Vaccine (IIV) is only available for use as of now.

Recommendation

First time vaccination 6 months to 8 years: 2 doses 4 weeks apart

9 years and above - single dose.

Annual re-vaccination with single dose. Most recent strains-containing vaccines, before the monsoon period starts. It takes about two weeks after vaccination to develop protective levels of antibodies against influenza.



DR. BHAGYASHREE PARMAR-PANDYA

Junior Consultant, Paediatrics



Inauguration of Lactation Clinic



On 5th August, KEM Hospital Pune inaugurated the Lactation Clinic at the hands of well-known actress Vibhawari Deshpande in presence of Dr. Vishwanath Yemul, Medical Administrator KEM Hospital, Pune, Dr. Umesh Vaidya, renowned Neonatologist and HOD of KEM NICU, Dr. Ashish Bavdekar, Acting Director, Paediatrics and In-charge, Child Development Centre, Mr. Sanjay Saxena, President, Rotary Club of Poona Airport and Dr. Anil Parmar, Past Governor Rotary District 3131.

The lactation clinic will have two dedicated lactation experts Dr. Rani Balgude and Dr. Janvi Shah, ably supported by the state-of-the-art human milk bank at KEM Hospital Pune. The dedicated lactation consultants are specialised in caring for, newly delivered mothers, newborns and their lactation needs.

Dr. Umesh Vaidya, HOD- NICU and Consultant Neonatology informed that the

OPD services will encompass consultation regarding preparing for Breastfeeding, common mother's issues like breast engorgement, latching issues, etc, in addition to baby's issues like cleft palate, cleft lips, tongue tie etc. as well as relactation or induced lactation. The problems are addressed by these dedicated consultants with proper solutions and training. This kind of consultation and supervision requires expertise and time and therefore a dedicated lactation clinic was the need of the hour".

He added that with lactation science globally evolving in the last decade, formally trained lactation consultants with the help of technology and lactation aids can help new mothers throughout their breastfeeding experience. What is required is not only right guidance but also encouragement. This is where lactation consultants are of great value. Today lactation consultants are present right from the labour room and operation theatres. Lactation Science has brought a lot of benefits for mothers and newborn babies.

Sharing some of her personal experiences, Chief Guest and well-known actress Dr.



Vibhawari Deshpande said that a young new mother has a rollercoaster of emotions. It is very important to know that breastfeeding is a priority for the child as well as the mother. In today's age of overload of information, we need to get the right guidance at the right time. Therefore this Lactation Clinic, where the entire staff is caring for the new mother, is a very important and meaningful initiative in this direction.

In his welcome address Dr. Ashish Bavdekar said that the breastfeeding week is an occasion not only for creating awareness, but also galvanizing some action and creating a strong support system so that more mothers breastfeed.





World Breastfeeding Week 2023 Celebration at KEMH



World Breastfeeding Week was celebrated from 1st to 7th August 2023 by the Department of Neonatology and Nectar Human Milk, KEM Hospital, Pune. Various events were organised during this week to protect, promote and support breastfeeding.

The celebration of World Breastfeeding Week was started by WABA i. e. World Alliance for Breastfeeding Action which is a global network of individuals and organisations dedicated to breastfeeding and is endorsed by the WHO and the UNICEF. This global campaign raises awareness to galvanise action with a theme every year. The theme for this year was Enabling Breastfeeding - Making a difference for working parents.



On 1st August, a Quiz Competition was arranged for the NICU and paediatric resident doctors and nurses.

On 3rd August, a Greeting Card Competition was organised and was participated by all the staff of KEM with a great vigour. The wonderful creative cards were then given to all the new mothers who were glad to receive them.



On 5th August, an inaugural programme for the Lactation Clinic was held in the auditorium which was attended by over 100 people.

On 7th August, a training was conducted for the nurses to guide them about the use of newer lactation aids and myth busting.

The World Breastfeeding Week was celebrated with fervour by all the enthusiastic staff of KEMH throughout the period with advice and support of the management and seniors.





Why feeding breast milk is better than formula for working women

EXPRESS NEWS SERVICE PUNE, AUGUST 4

PRIOR to her pregnancy, 35-year-old Ishita Bhattacharya, who works in Mumbai, would spend weekends at her home in Pune. Post maternity leave, the real estate firm she worked at offered her flexible options, allowing her to work from home for some time.

Then during the financial year-end reviews and meetings in March, her company booked a hotel room near her office in Pune so that she could take a point rest to bottle-feed her baby. She followed her doctor and lactation consultant's advice. In fact, in her absence, her husband would tweak schedules and administer the freshly expressed breast milk with a spoon. "It may seem next to impossible to breastfeed your kid when work is so hectic. But it is doable, especially when the company and family members are supportive and understanding," says Ishita.

"Enabling breastfeeding, making a difference for working parents" is the theme for the World Breastfeeding Week being celebrated this year between August 1 and 7.

Ishita with her baby. Express

holds, especially in the first six months to a year of the baby's life, when he/she will be teething, taking in semi-solids and developing motor skills."

On Saturday (Aug 5), a lactation clinic will be opened at KEM Hospital, that will be inaugurated by noted actress Vibhavari Deshpande.

"Returning to work breastfeeding might be stressful but it is definitely achievable with the right support," said Dr Jaavi Shah, a consultant at KEM Hospital who suggests mothers reap workplace benefits.

"This Act even encourages employers to provide reasonable break times for expressing milk and private space, other than restrooms, where mothers can pump comfortably," she adds.

Milk bank for premature babies

Meanwhile the Human Milk Bank at Surya Mother and Child Speciality Hospital, Pune, successfully saved the lives of...

"A practice at NICU is the exclusive use of either the baby's own mother's milk or a donor mother's milk, completely eliminating the use of formula milk. The NICU has successfully collected an impressive total of 127.77 litres of donated milk as of August 2023," said Dr Manisha...

केईएम हॉस्पिटल पुणे येथे लॅक्टेशन क्लिनिक चे उद्घाटन

पुणे : केईएम हॉस्पिटल पुणे येथे नुकतेच लॅक्टेशन क्लिनिक चे उद्घाटन करण्यात आले. याप्रसंगी प्रसिद्ध अभिनेत्री विद्यावती देशपांडे, केईएम हॉस्पिटल पुणेचे वैद्यकीय प्रशासक डॉ.विश्वनाथ बेदुम, केईएम हॉस्पिटल एनआयएमसीए चे विभागाध्यक्ष आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य, रेडियॉलॉजिस्ट और चार्ड्ड इन्फ्लामेन्ट सेंटरचे कन्सल्टंट आणि प्राथमी संचालक डॉ.अश्विनी भावडेकर, रोटेरी क्लब ऑफ पुणे एअरपोर्टचे अध्यक्ष संजय सक्सेना, डॉ.द्विजित कुमार आदी मान्यवर उपस्थित होते. या लॅक्टेशन क्लिनिकमध्ये डॉ.राणी बालमुग्डे आणि डॉ.जयश्री शाहा यांच्या मार्गदर्शनाने स्तनपान करवण्याबाबतचे असाधारण अस्तुत केईएम हॉस्पिटल पुणे येथील अत्याधुनिक सुविधा मिळक वीथेचे भ्रमण माहात्म्य असणाने आहे. या लॅक्टेशन क्लिनिकमध्ये नवजात, नवजात



(बाळाला दूध पीत वित्त च केने), दुपारुळटा इन्फेक्टि समन्वाच बांध उपाय ब मार्गदर्शन दिले जाईल. असा प्रचारध्या सेवा आणि देखभालीकरता कोरणाच व पुणेला येळ देण्याची गरज असले,आणि म्हणूनच एक समर्पित लॅक्टेशन क्लिनिक ही कळवाची गरज आहे.

सेवाच काही दहाकांसमून क्लिनिक सतरावर लॅक्टेशन माध्यम विकसित झाले आहे. संजयान आणि उपकारणाच्या मदतीने प्रशिक्षित लॅक्टेशन तज्ञ नवमाता त्वांच्या सगूरू स्तनपानाच्या अनुभवाच्या कळात मदत करू शकतात. स्तनपानाकरिता बांध मार्गदर्शनाधिक प्रोत्साहनाची देवाील गरज आहे आणि म्हणून लॅक्टेशन तज्ञ बांधे कार्य शून्य महत्वाचे आहे. अशा प्रसूती कक्षापासूनच लॅक्टेशन तज्ञ सहभावी शून्यकाच करतात. लॅक्टेशन सार्वजनाळू मात आणि नवजात बाळकडेन शून्य कळवट होत आहे.



केईएम हॉस्पिटल में लॅक्टेशन क्लिनिक शुरु

रास्ता घट, 8 आगस्त

(आज का आनंद न्यूज नेटवर्क)

केईएम हॉस्पिटल में हालही में लॅक्टेशन क्लिनिक का उद्घाटन किया गया. इस कार्यक्रम में डॉ. राणी बालमुग्डे और डॉ. जयश्री शाहा के साथ समर्पित स्तनपान विशेषज्ञ शामिल हैं। केईएम हॉस्पिटल के अत्याधुनिक सुविधाओं के सहयोग से लॅक्टेशन क्लिनिक को नवजात बालक और स्तनपान करवाते माताओं की देखभाल की जाएगी। कार्यक्रम में प्रसिद्ध अभिनेत्री विद्यावती देशपांडे, केईएम हॉस्पिटल पुणे के वैद्यकीय प्रशासक डॉ. विश्वनाथ बेदुम, एनआयएमसीए के विभाग अध्यक्ष और निओनॅटोलॉजी कन्सल्टंट डॉ. उमेश वैद्य, रेडियॉलॉजिस्ट और चार्ड्ड इन्फ्लामेन्ट सेंटर के कन्सल्टंट और प्राथमी निदेशक डॉ. आशीष भावडेकर, रोटेरी क्लब ऑफ पुणे एअरपोर्ट के अध्यक्ष संजय सक्सेना, रोटेरी डिस्ट्रिक्ट 3131 के पूर्व गवर्नर डॉ. अश्विनी भावडेकर, डॉ. उमेश वैद्य ने उद्घाटन कार्यक्रम में केईएम हॉस्पिटल के लिए 'मातृत्व' के दूध का महत्त्व इस विषय पर मार्गदर्शन किया. स्तनपान की मूल अवधारणा के बारे में डॉ. राणी बालमुग्डे ने डॉ. जयश्री शाहा के सेशन का आयोजन किया गया.



केईएम हॉस्पिटल पुणे येथे लॅक्टेशन क्लिनिकचे उदघाटन

केईएम हॉस्पिटल में लॅक्टेशन क्लिनिक शुरू

पुणे, संवाददाता. केईएम हॉस्पिटल पुणे में हालही में लॅक्टेशन क्लिनिक की शुरुआत की गई. इस दौरान अभिनेत्री विभावरी देशपांडे, केईएम हॉस्पिटल पुणे के वैद्यकीय प्रशासक डॉ.विश्वनाथ येमूल, केईएम हॉस्पिटल एनआयसीयू के विभागप्रमुख और निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य, पेडियाट्रिक्स एंड चाइल्ड डेवलपमेंट सेंटर के कन्सल्टंट और प्रभारी संचालक डॉ.आशीष बावडेकर, रोटरी क्लब ऑफ पूना एयरपोर्ट के अध्यक्ष संजय सक्सेना, रोटरी डिस्ट्रिक्ट 3131 के पूर्व गवर्नर डॉ.अनिल परमार आदि उपस्थित थे. इस क्लिनिक में डॉ.राणी बालगुडे और डॉ.जान्हवी शाह के साथ समर्पित स्तनपान विशेषज्ञों का समावेश है. केईएम हॉस्पिटल पुणे के अत्याधुनिक ह्युमन मिल्क बैंक की मदद लॅक्टेशन क्लिनिक को होगा. इस लॅक्टेशन क्लिनिक द्वारा नवमाता, नवजात बालक और स्तनपान के बारे में आवश्यकताओं की देखभाल की जाएगी.



हॉस्पिटल पुणे येथे लॅक्टेशन क्लिनिकचे उदघाटन करण्यात आले. याप्रसंगी प्रसिद्ध अभिनेत्री विभावरी देशपांडे, केईएम हॉस्पिटल पुणेचे वैद्यकीय प्रशासक डॉ.विश्वनाथ येमूल, केईएम हॉस्पिटल एनआयसीयूचे विभागप्रमुख आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य, पेडियाट्रिक्स एंड चाइल्ड डेवलपमेंट सेंटरचे कन्सल्टंट आणि प्रभारी संचालक डॉ.आशीष बावडेकर, रोटरी क्लब ऑफ पूना एयरपोर्टचे अध्यक्ष संजय सक्सेना, रोटरी डिस्ट्रिक्ट 3131चे माजी गवर्नर डॉ.अनिल परमार आदी मान्यवर उपस्थित होते. या लॅक्टेशन क्लिनिकमध्ये डॉ.राणी बालगुडे आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य म्हणाले की, ओपीडी सेवांमध्ये स्तनपानाच्या तयारीपासून मातेला हॉस्पिटलमधून डिस्चार्ज मिळाल्यानंतरपर्यंत उद्भवणाऱ्या समस्यांबाबत सल्ला दिला जाईल.

केईएम हॉस्पिटल पुणे येथे लॅक्टेशन क्लिनिकचे उदघाटन

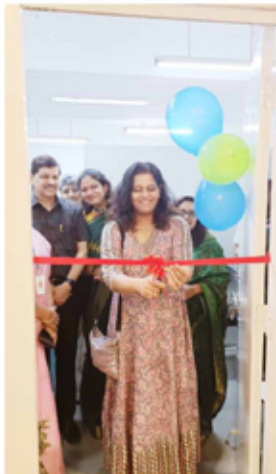
पुणे : केईएम हॉस्पिटल पुणे येथे नुकतेच लॅक्टेशन क्लिनिकचे उदघाटन करण्यात आले. याप्रसंगी प्रसिद्ध अभिनेत्री विभावरी देशपांडे, केईएम हॉस्पिटल पुणेचे वैद्यकीय प्रशासक डॉ.विश्वनाथ येमूल, केईएम हॉस्पिटल एनआयसीयूचे विभागप्रमुख आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य, पेडियाट्रिक्स एंड चाइल्ड डेव्हलपमेंट सेंटरचे कन्सल्टंट आणि प्रभारी संचालक डॉ.आशीष बावडेकर, रोटरी क्लब ऑफ पूना एअरपोर्टचे अध्यक्ष संजय सक्सेना, रोटरी डिस्ट्रिक्ट 3131चे माजी गवर्नर डॉ.अनिल परमार आदी मान्यवर उपस्थित होते. या लॅक्टेशन क्लिनिकमध्ये डॉ.राणी बालगुडे आणि डॉ.जान्हवी शाहा यांसह समर्पित स्तनपानाच्या तयारीपासून मातेला हॉस्पिटलमधून डिस्चार्ज मिळाल्यानंतरपर्यंत उद्भवणाऱ्या समस्यांबाबत सल्ला दिला जाईल. नवजात बालकाबाबत आवश्यकतांची काळजी घेण्यात येईल. केईएम हॉस्पिटलचे एनआयसीयूचे विभागप्रमुख आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य म्हणाले की, ओपीडी सेवांमध्ये स्तनपानाच्या तयारीपासून मातेला हॉस्पिटलमधून डिस्चार्ज मिळाल्यानंतरपर्यंत उद्भवणाऱ्या समस्यांबाबत सल्ला दिला जाईल. नवजात बालकाबाबत आवश्यकतांची काळजी घेण्यात येईल.



केईएम हॉस्पिटल पुणे येथे लॅक्टेशन क्लिनिकचे उदघाटन

• पुणे •

केईएम हॉस्पिटल पुणे येथे नुकतेच लॅक्टेशन क्लिनिकचे उदघाटन करण्यात आले. याप्रसंगी प्रसिद्ध अभिनेत्री विभावरी देशपांडे, केईएम हॉस्पिटल पुणेचे वैद्यकीय प्रशासक डॉ.विश्वनाथ येमूल, केईएम हॉस्पिटल एनआयसीयूचे विभागप्रमुख आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य, पेडियाट्रिक्स एंड चाइल्ड डेव्हलपमेंट सेंटरचे कन्सल्टंट आणि प्रभारी संचालक डॉ.आशीष बावडेकर, रोटरी क्लब ऑफ पूना एअरपोर्टचे अध्यक्ष संजय सक्सेना, रोटरी डिस्ट्रिक्ट 3131चे माजी गवर्नर डॉ.अनिल परमार आदी मान्यवर उपस्थित होते. या लॅक्टेशन क्लिनिकमध्ये डॉ.राणी बालगुडे आणि डॉ.जान्हवी शाहा यांसह समर्पित स्तनपान तज्ज्ञांचा समावेश असणार असून केईएम हॉस्पिटल पुणे येथील अत्याधुनिक ह्युमन मिल्क बँकेचे भवकम साहाय्य असणार आहे. या लॅक्टेशन क्लिनिकद्वारे नवमाता, नवजात बालके आणि स्तनपानाबाबत आवश्यकतांची काळजी घेण्यात येईल. केईएम हॉस्पिटलचे एनआयसीयू



चे विभागप्रमुख आणि निओनॅटोलॉजी कन्सल्टंट डॉ.उमेश वैद्य म्हणाले की, ओपीडी सेवांमध्ये स्तनपानाच्या तयारीपासून मातेला हॉस्पिटलमधून डिस्चार्ज मिळाल्यानंतरपर्यंत उद्भवणाऱ्या समस्यांबाबत सल्ला दिला जाईल.

नवमातांना भेटसावणाऱ्या समस्यांमध्ये स्तनाना सूज येणे, लॅसिंग (बाळाला दूध नीट पिता न येणे), दूधपुवठा इत्यादी समस्यांवर योग्य उपाय व मार्गदर्शन दिले जाईल. अशा प्रकारच्या सेवा आणि देखभालीकरिता कौशल्य व पुरेसा वेळ देण्याची गरज असते, आणि म्हणूनच एक समर्पित लॅक्टेशन क्लिनिक ही काळाची गरज आहे.

गेल्या काही दशकांपासून जागतिक स्तरावर लॅक्टेशन सायन्स विकसित झाले आहे. तंत्रज्ञान आणि उपकरणांच्या मदतीने प्रशिक्षित लॅक्टेशन तज्ञ नवमातांना त्यांच्या संपूर्ण स्तनपानाच्या अनुभवाच्या काळात मदत करू शकतात. स्तनपानाकरिता योग्य मार्गदर्शनाशिवाय प्रोत्साहनाची देखील गरज आहे आणि म्हणून लॅक्टेशन तज्ञ यांचे कार्य खूप महत्त्वाचे आहे. आता प्रसूती कक्षापासूनच लॅक्टेशन तज्ञ महत्त्वाची भूमिका बजावतात. लॅक्टेशन सायन्समुळे माता आणि नवजात बालकांना खूप फायदा होत आहे.

अभिनेत्री विभावरी देशपांडे म्हणाल्या की, स्तनपान हे बाळाबरोबरच मातेसाठी

केईएम हॉस्पिटल पुणे येथे लॅक्टेशन क्लिनिकचे उदघाटन

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सत्राचे आयोजन करण्यात आले.

देखील तितकेच महत्त्वाचे आहे, हे जाणून घेणे खूप गरजेचे आहे. आजच्या युगात प्रचंड प्रमाणावर माहिती उपलब्ध आहे, मात्र योग्य वेळेत योग्य मार्गदर्शन मिळणे गरजेचे आहे. म्हणूनच नवमातेची काळजी घेण्याच्या उद्देशाने सुरू केलेला लॅक्टेशन क्लिनिक हा अत्यंत महत्त्वपूर्ण असा उपक्रम आहे.



Session on Type 1 Diabetes Management in Schools

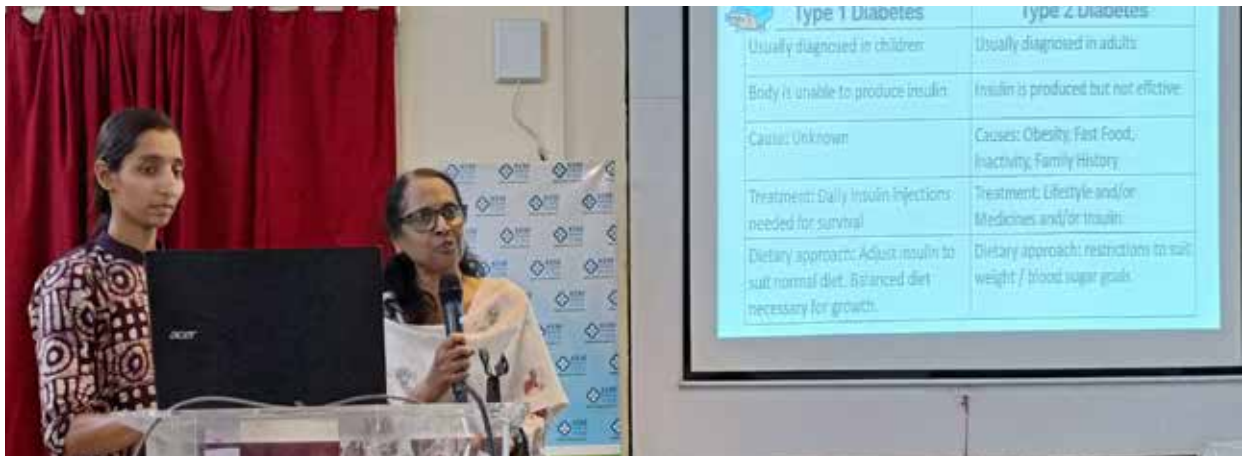
On 12th August, KEM Hospital, Pune, organised a session on Type 1 Diabetes for school managements. This initiative was in the context of the circulars from the National Commission for Protection of Child Rights (NCPCR), Directorate of Education, Government of Maharashtra, which issued directions to schools regarding care of children with Type 1 diabetes (T1D). The aim of the program was to sensitise schools about the need to help and support children with T1D. Representatives from about 40 schools including principals and teachers participated in the program. Officials from the State Governments Education and Health Departments were also present.

Prof. Dr. Chittaranjan S Yajnik, Director & Consultant – Diabetes Unit at KEM Hospital and Research Centre in Pune said- Type 1 diabetes is becoming more common in Indian Children. It is a 24x7 condition and requires medical, family and social support. Children spend a large part of their day in schools and the school ecosystem needs to evolve to support them in every way. This is the first session in this direction and KEM Hospital Diabetes Unit will continue with such sessions along with all stakeholders including education and health departments and school authorities to help in this process.





There is a need to bridge the knowledge gap (or lack of valid information) within the education community about T1D. Thus, an important objective of the session was to improve quality of life for children with T1D by addressing the misconceptions surrounding T1D, to alleviate the fear and anxiety of the school management/ teachers regarding the care of T1d students, and reducing the stigma and discrimination such children experience in schools. This would help to enhance their academic and extracurricular performance.





Unveiling of the recently refurbished Paediatric Emergency Medicine Department (PEMD)





Community Conference -2023

It was held at Yashwantrao Chavan Centre Mumbai on Saturday 12th August 2023. The programme started with a Presidential Speech describing the purpose for the conference. The programme was divided into three halves - Open Discussion, Group Session, Recommendations from the Group Representatives

For Health related discussion, a group named Health, Senior Citizens & Handicap was formed. Dr. Sanad Pawar (Psychiatrist, KEM Pune) & Dr. Amol Annadate (Pediatrian, Vaijapur) represented Mental Health & General Health aspect, respectively.

In the Group Discussion following points were discussed:

- KEM Hospital's research activities & collaboration with foreign countries
- Importance of Cultural studies in Mental Health
- GTM Drive - A Great Initiative By Psychiatrists in state of Maharashtra
- Need For Collaboration of different institutions & NGO's with Government of Maharashtra for betterment of mental health.








EVENTS AND ACTIVITIES



Four dialysate concentrate stirrers were donated to the Renal Unit KEM hospital Pune by Rotary club of Pune Airport. They are used to prepare the concentrate for dialysis to ensure a uniform solution without impurities or bacterial growth.

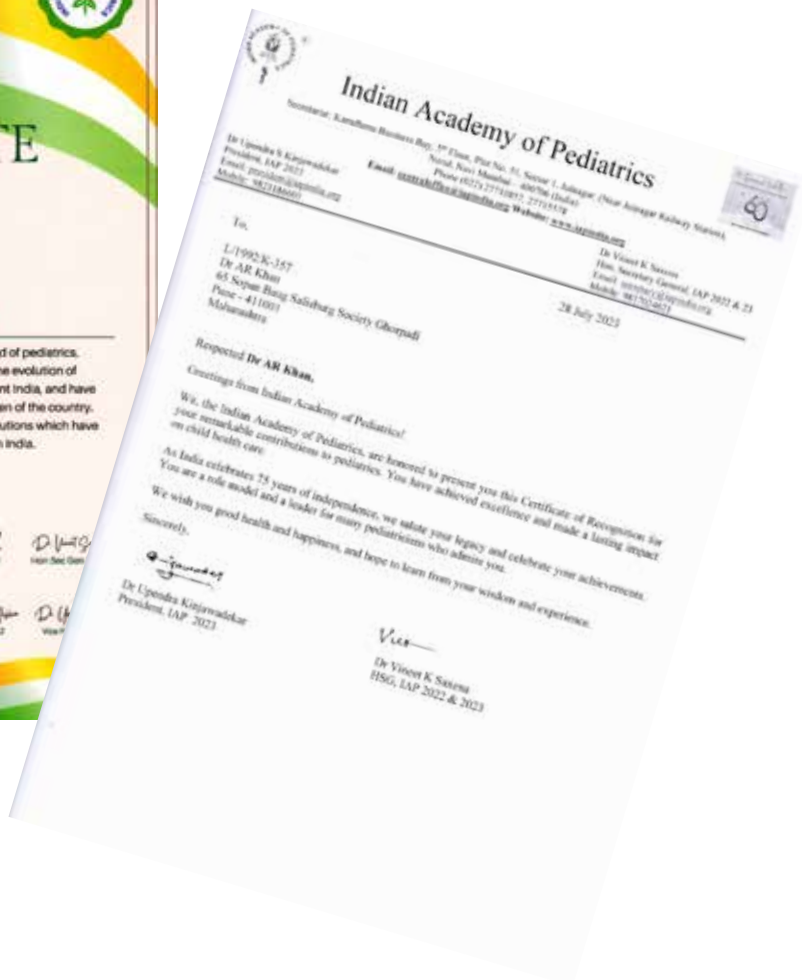


	<p>DR. JAYANT THORAT, MS (General Surgery), M Ch (Neuro Surgery) has joined us as an Associate Consultant Neurosurgeon. OPD Timing: Every Monday, Wednesday & Friday, 01:30 PM to 03:30 PM</p>
	<p>DR. BHARATI KHAINAR, DCH, DNB (Paediatrics) has joined us a Full Time Consultant Paediatrician. OPD Timing: Every Tuesday & Friday, 09:00 AM to 11:00 AM</p>
	<p>DR. DATTARAO NIRGUDE has joined us as a Full Time Junior Consultant Physician.</p>



Dr. Aquil Khan!!

He joined KEM Hospital as Paediatric Surgeon in 1984, being the first qualified Pediatric Surgeon in Pune. Before 1984 there was only one case of T-O Fistula surviving in Pune. Within a few years of his joining, there were more than 25 T-O Fistula survivals- increasing the survival rates to over 80% from a meagre 1%.





१४ ऑगस्ट २०२३

॥ श्री ॥

मनःपूर्वक धन्यवाद ॥

मी, श्री भानुदास माधव चव्हाण, आपले
संपूर्ण KEM समुहाचे अत्यंत आभार
मानू - इच्छितो...

विशेषतः डॉ. लिना शाह मॅडम आणि
C.C.U. टिम व संपूर्ण KEM हॉस्पिटल
स्टाफ चे हृदयपूर्वक धन्यवाद !
माझ्या आजवरच्या वय वर्ष ४४ पर्यंतच्या
आमुष्यातील 'हॉस्पिटलाईज' होण्याचा हा
पहिलाच अनुभव अत्यंत सुखद, आनंददायी
असाच होता असे मी ठामपणे नमूद करू इच्छितो
माझ्या मुलांनी आणि माझ्या नातींनी मला
आपल्या KEM रुग्णालयात माझ्या अस्वस्थ
अवस्थेत मॅडमिटे केले आणि...
डॉ. लिना शाह मॅडम, C.C.U. च्या टिम ने
मला पूर्णजन्म दिले.
अक्षरशः मी 'ढंगाला' हात लावून पुन्हा या जन्मात

परतलो. सर्वांच्या रूपात प्रत्यक्ष 'अज्ञी म्या देव पाहिला'
आपणा इतकेच म्हणू शकतो.

मी आपणा सर्वांचा शतशः ऋणी आहे.
KEM हॉस्पिटल च्या सर्व मामा, मावशी, नर्स, सिस्टर,
ब्रदर, डॉक्टर आणि एकूणच आपणा सर्वांना निरोगी,
सुख संपन्न, दिदीयुष्य लाभो ही परमेश्वरान्यरणी प्रार्थना.
आपला ऋणी
भानुदास मा. चव्हाण
माजी मुरंग अधिकारी



HEALTHCARE AWARENESS



Myth
Babies are born with an innate ability to breast feed.

Fact
Babies are born with certain reflexes like rooting and sucking. Breast feeding is a skill that both the baby and the mother need to learn and practice.



For more information reach out to us
020 2621 7460 or 020 6603 7460



Myth
You should clean your nipples before each breastfeeding session.



Fact
Nipples have a natural protective secretion around them that aids in the baby's development of immunity and helps the baby become familiar with the mother.



For more information reach out to us
020 2621 7460 or 020 6603 7460



Myth
You have to stop breastfeeding if you need to return to work.

Fact
Breastfeeding and work can be successfully managed simultaneously with a proper plan and support from a lactation expert.



For more information reach out to us



Myth
Breast feeding is necessary only until the baby reaches one year of age.



Fact
The World Health Organization (WHO) recommends exclusive breast feeding until the baby reaches six months of age and encourages extended breast feeding for a minimum of two years.



For more information reach out to us
020 2621 7460 or 020 6603 7460



Myth
Breast feeding mothers should stick to consuming only blended or pureed food.

Fact
Breast feeding mothers require a healthy, balanced and complete meal to meet their baby's nutritional needs adequately.



For more information reach out to us
020 2621 7460 or 020 6603 7460





Myth
All mothers feel happy after giving birth to their baby.



Fact
A significant number of new mothers (around 70-80%) experience feelings of sadness and stress after delivery, commonly known as "baby blues." These mothers need support from their families and healthcare professionals



Myth
Mothers who undergo a caesarean section don't have milk for the first few days after delivery.

Fact
Most mothers have milk secretions, known as colostrum, in the initial days after delivery, including a caesarian. Early initiation of breastfeeding is essential to ensure the baby receives this



Myth
Formula milk is as good as breast milk.

Fact
Breast milk is the optimal and best food for a baby, as it contains living cells, hormones, growth factors, and other essential nutrients.



Myth
Breastfeeding is a painful experience.

Fact
Breastfeeding can be a happy experience for a lot of mothers. Pain during breastfeeding may indicate need for guidance from a lactation expert.



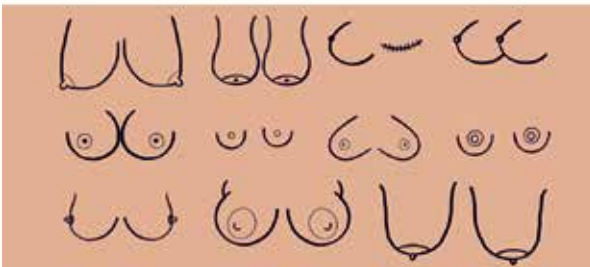
For more information reach out to us
020 2621 7460



For more information reach out to us
020 2621 7460 or 020 6603 7460



Myth
Women with small breasts produce less milk.



Fact
Breast size does not play a role in determining the amount of milk a woman can produce.



Myth
Breast feeding ruins a woman's body shape.

Fact
Breast feeding actually helps burn a significant number of calories and can contribute to improving body shape.




For more information reach out to us
020 2621 7460 or 020 6603 7460



For more information reach out to us
020 2621 7460 or 020 6603 7460



 **KEM[®]**
Hospital
PUNE

#EyeDonationFortnight

Make Someone's Future Bright,
Donate Your Sight

An illustration of two hands in dark blue suits holding a large red heart. Inside the heart is a white eye with a red spiral iris. The background is a light blue world map. The entire graphic is enclosed in a dashed blue border.