

infoKEM 2024

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Children's Mental Health

Mental Health is an essential part of a child's overall health and wellbeing. Being healthy and happy has a significant impact on the holistic development of a child. The CDC states that – Mentally healthy children have a positive quality of life, can function well at home, in school and in the community. Childhood is a period of interaction of various factors that can lead to distress and mental illnesses. Worldwide, up to 10% of children suffer from syndromal mental illnesses. As a crucial step towards raising awareness about the same, 'Children's mental health week' is celebrated from May 7 – May 13, 2024. Let us take this opportunity to address some common and key questions about the mental health of our children.

Q: What makes children's mental health concerns different from those of adults?

Children are not miniature adults; they are individuals. Childhood, as a period, is that of constant change – both emotional and biological. Stress and adversity have been found to have a direct effect on the development of the child. Behavioural and emotional symptoms associated with mental illnesses can easily be misattributed to normal changes related to childhood or adolescence and thus neglected. Children also find it difficult to clearly understand and express their concerns, making diagnosis difficult. Numerous factors such as difficult parenting, academic performance, bullying, social isolation, and resource deprivation are seen to affect children significantly. With the advent of social networks, new and previously unexplored problems arise. Finally, the stigma associated with taking a child to a mental health professional, remains a significant barrier in uplifting their well-being.

Q: What are some early signs of distress to watch in for children?

Some telltale signs indicating that a child might be suffering from some mental health



concerns include: sudden change in behaviour, aggression, lying and truant behaviour, school refusal, academic decline, social isolation, disturbed sleep, changes in eating patterns, bodily complaints like frequent stomach aches or headaches, nail-biting, bed-wetting, Pica, tics and talk of harming oneself or others. Key persons around the child, like parents or teachers, need to be aware and stay alert to detect these subtle clues early, and seek prompt assistance from a professional.

Q: What common mental health disorders can a child have?

Some frequently encountered mental health disorders in children include – Anxiety disorders, Attention-Deficit/Hyperactivity Disorder, Autism spectrum disorders, Separation Anxiety disorder, Oppositional Defiant Disorder, Conduct Disorder, Depression and Bipolar Disorder, Internet addiction, Exam Anxiety, Specific Phobias, Substance abuse, Eating disorders, Post-traumatic stress disorder, Conversion/Dissociative Disorder, Specific learning disorders and Intellectual and Developmental disabilities.

Q: What can you as a caretaker (parent/teacher/guardian) do?

Early insults predict later life conflicts. So here are a few things one can do for their child:

- Build healthy communication patterns – be present and listen to your child
- Continuity of care and fostering attachment is vitally important as it provides a secure base for children to explore other avenues and a haven to return to
- Encourage hobbies and build routines
- Ensure healthy diet and regular sleep and exercise
- Praise the achievements and make the child feel valued
- Avoid unnecessary punishments – no corporal punishments, perhaps temporary withdrawal of affection is punishment enough – always explain to the child what went wrong and encourage him to initiate corrective measures.
- Healthy, regulated, and constructive use of digital media is recommended.
- Generate a positive outlook and encourage talks about mental health and well-being.
- Learn about various symptoms of mental illness
- Be alert and watch for stress and behaviour changes in the child
- Have a high index of suspicion of neglect and abuse
- Take advantage of all available resources such as teachers, school counsellors, extended family, medical doctors
- Say no to stigma, seek help from a mental health professional as needed.

Illnesses in children are usually the result of complex and dynamic interactions between the unfolding temperament of the child, its environment, and the ever-changing stressors. Our children are our future. It is important to take time and effort to help them solve their problems. Mental health is not the mere presence or absence of illness, but it is a continuum. Let us shine a spotlight on, spread the word about Children's mental health, and do our part.

PSYCHIATRY DEPARTMENT
KEM, Pune



Annual meeting of Wilson Disease patients

Regular monitoring of patients with Wilson Disease (WD) along with early diagnosis and compliance with treatment is the key to the normal future of these children, opined various experts. KEM Hospital, Pune recently organised their annual meeting of Wilson Disease patients and their parents. The main aim was to create awareness about the management of this uncommon genetic disease and imbibe the importance of regular monitoring and treatment. Around 100 people including patients and their parents participated in this support group meeting.

Dr. Ashish Bavdekar, Director, Paediatrics and Consultant Paediatric Gastroenterologist, Dr. Snehawardhan Pandey, Paediatric Transplant Physician, Dr. Jyoti Singhal, Paediatric Nephrologist, Smita Kokitkar, Clinical Nutritionist and Dr. Chaitanya Datar, Paediatric Geneticist interacted with the patients and their parents on various topics including overview and general information on Wilson Disease, renal issues, liver issues, liver transplant, genetics, diet, counselling etc.



Wilson disease is caused by mutations in the ATP7B gene, which is responsible for transporting copper out of the liver and into the bile ducts for excretion. These mutations cause increased accumulation of copper in liver and other organs of the body like brain, kidneys, and cornea. In due course it may progress to neurological dysfunction, liver cirrhosis or renal dysfunction. It is fatal if not diagnosed early and treated appropriately.



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Initially parents of children diagnosed with Wilson Disease have a lot of questions and concerns in their mind about the life expectancy, quality of the child's life, medications etc. Many find it hard to come to terms that their child has a rare disease. Therefore it is necessary to counsel them and make them aware of the management of WD so that their child can lead a normal life and realise their aspirations.

The programme was moderated by Dr. Ashish Bavdekar while Mahendra Hoge, Medical Social Worker at KEM Hospital, Pune proposed the vote of thanks.





Inauguration of Multidisciplinary Medical Genetics Department



KEM Hospital, Pune has launched the first of its kind multidisciplinary Medical Genetics department in Pune. This department conducts specialty clinics like reproductive genetics, cancer genetics, neurogenetics and nephrogenetics. It will also include all kinds of laboratory tests and genetic counselling services under one roof. The Medical Genetics Department was inaugurated in the presence of Dr. X K Coyaji, Medical Director, Dr. V M Joshi, Director Obstetrics and Gynaecology, Consultants and other members of the hospital team. The Department includes specialised services under the guidance of expert geneticists Dr. Meenal Agarwal, Dr. Chaitanya Datar and Dr. Manisha Doiphode.

This unit puts KEM Pune on the list of a select few hospitals in the country to have this offering.

Dr. Meenal Agarwal, Medical Geneticist at KEM Pune said that the involvement of multiple departments across the hospital is the hallmark of this initiative.

The Medical Genetics Department will work along with the departments of Oncology, Nephrology, Neurology, and Obstetrics and Gynaecology, IVF and Fetal Medicine (Assisted Reproductive Therapy - ART) and Paediatrics, to offer comprehensive genetic testing services and pre and post- test counselling. Patients will be ensured comprehensive care under the guidance of their primary doctor and the genetics team will help them with genetic testing, counselling and a plan for further management. A critical feature of the department is the pre and post- test counselling.

Reproductive genetics will include preconception genetic testing for couples planning pregnancy, genetic tests for pregnant couples and those couples with a family history of specific developmental delay, autism etc. Cancer Genetics will include genetic testing for people with a family history to help figure out their level of risk and to help them take preventive action. Those diagnosed with cancer can also undergo genetic testing of the cancer tissue to determine the best course of treatment and targeted therapies.

Likewise, in NeuroGenetics, people with seizure disorder or metabolic disorders can undergo genetic testing which will help determine specific drugs or therapies known to be targeted treatment for specific genetic defects.



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NephroGenetics will be of tremendous help as most of the kidney disorders in children and many disorders in adults are genetic in origin. The department will help in genetic testing, preparing a plan for treatment, specific treatment protocols and advice for any future planned pregnancies.

Dr. Agarwal said that genetic tests are mostly in the form of blood tests; however, these are not simple blood tests with a 'Yes or No' answer. There are a lot of nuances and therefore pre and post testing counselling is extremely important. It is a myth that all genetic disorders are passed on by earlier generations. In fact a majority of genetic disorders happen when there is no family history. Genetic testing is not only for the betterment of the next generation but also helps in the treatment of affected individuals undergoing genetic testing which is what we want to emphasise, said Dr Agarwal.

Dr. Madhur Rao, Senior Deputy Medical Administrator, KEM Pune said that this is an important milestone not only for our hospital but for the healthcare sector in Pune. As medical science advances further, we would like to expand our multidisciplinary services to other departments as well in the future. Shirin Wadia, General Administrator, KEM Pune said that the speciality Medical Genetics Department is a testament to our continued commitment to ensure that quality healthcare services are available and accessible for all at reasonable cost.

केईएम हॉस्पिटल पुणे तर्फे मल्टीडिसिप्लिनरी मेडिकल जेनेटिक्स विभाग सुरू



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शालेयानां बहुपुत्राणां मंडिकं नैवेदिनम्
विष्णुनामो वसुधैव कुटुम्बकम् इति शालीनां
कोऽपि निवसिष्येति हस्तिनापुराणां वार्तनं
प्रकटयते ।

केतुपुत्राणां वैदिकानां अनुष्ठानात्सर्व
तः मीलं प्रत्युत्पन्नं मृत्प्राणां च,
अनुवाक्यैः स्यादथैव बहु-विधानां
सम्पन्ना इति या उपजायते वैदिकानां
केतुपुत्राणां पुत्रोऽपि शालीनां
नैवेदिनं भक्ष्यं वा क्रम्यते, मुनिवत्,
मुनिर्यजमानः, कालेनां विष्णुः स्यात्
इति च प्रवृत्तिः, आनुवाक्येण अपि विदितं
मंडिकं (अर्पितं) नैवेदिनं च
एवमुच्यते । विष्णुः स्यात् सम्यक्काले
नैवेदिनं शैलीयां सत् च वाचापुत्री अपि
चत्वारिंशत्सु संप्रदयेनां संप्रदये
अपि, स्थानं तत्प्राप्तं प्राक्प्रसिद्धं ईश्वरस्य
मार्गदर्शने अस्तेषु पते वासिष्ठ्यस्य
तैत्तिरीयानां चत्वारि, संप्रदाया अपि
पुर्विलेख्येनानां चत्वारि, मुनिर्यज-
मानः, पुत्रो चत्वारि अपि चत्वारि
संप्रदयेन च । विष्णुनामो वैदिकेण अपि
नैवेदिनं च
इति च प्रवृत्तिः, आनुवाक्येण अपि विदितं
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मानः, पुत्रो चत्वारि अपि चत्वारि
संप्रदयेन च । विष्णुनामो वैदिकेण अपि
नैवेदिनं च

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પ્રથમ કેસ.
ડૉ. અગ્નિવાત મહાવાળા ત્રી,
અનુભવી કાચાયા પાંચાળે (કાચા
કાચાચાયા સ્થંકન અમતાન; ની
દોઢાંચાં, નેપોચાં) હોત નિતી; તો
તેમ મિથ્યાવાળા પાંચાયા તથા
મસાત. ત્યાં અંતે કાચાચે વેળે
અમતાન આવી મળુચુંક કાચાચી
પ્રતી પથામ મળુચુંક અંતેમ મળુચુંક
આહે.

મંત્ર ચુકીય વિકારે હે આપીયા
પિઠાચુંકરુ પતે અમતાન તથા એ પામસમ
આરો, કિઠાનુઢાં મળુચુંક ચુકીય વિકારે
હે કોટીચુંક ફોટીયો ફોટીયો મસાતા હોઝ
મસાત. ચુકીયે આપીયા પાંચાળે પુરુષા
પિઠીયા ચાળા આપીયાચીયુંક મંત્રે
તેમ ચુકીયા કાચાચી પતે અંતેલ્યા
વાપીત મળુચુંક. આપાતીયાં મસત કરતે.

કેઢીય મળુચુંકરુ પુતે વે વૈરિય
ત્રેકેચીયો પ્રામસમ ડૉ.મુદ્ર તથા
મજાલે ત્રી, હા કેચલ આપ્યા
મજાલસાતીયોં ની, નહે તે પુણ્યાતી
આપ્યે મંત્રે કોઢામીટીયો એ મજાલ્યા
પાથ આરે. કેચલે શાસ અંતેમ પુઢે
પ્રાતી કરેત મસાતે આપીય મળીયાત પ્રમ
પ્રમીયોં આરે એકીય મળીયાત પ્રમ



Inauguration of refurbished Audiometry Room

Finolex Industries and its CSR partner Mukul Madhav Foundation continues to upgrade healthcare facilities.

On the occasion of Mr. Prakash Chhabria's (Executive Chairman, Finolex Industries) birthday on 6th May 2024, in a generous act of continuing to support the KEM hospital, Pune the Audiometry room was refurbished to provide better services to those in need.

This act of kindness not only highlights the importance of MMF's gesture of giving back to the community but also serves as a reminder of the impact one person can have on the lives of so many.

The Audiometry room at KEM Hospital, Pune was set up 50 years ago and needed immediate refurbishment. MMF responded to the appeal by Big Ears at KEM Hospital, Pune to promptly get the Audiometry room redone as quickly as possible so as not to inconvenience patients.

This inauguration was done at the esteemed hands of Dr. Vikram Phatak-Chairman Indian Red Cross, alongside Dr. Neelam Vaid, ENT surgeon & HOD Big Ears KEM, Dr.



Madhur Rao – Sr.Dy Medical Administrator, KEM Pune, Mr. Milind Purandare - Board member of Indian Red Cross and MMF representative.

MMF's past and ongoing support to KEM Hospital includes setting up the first PICU in Pune, Sonali ward in the NICU, play room, monthly diabetic camp supporting 15 to 20 children, monthly chemist payment for supporting needy patients, medical equipments, NRIS and Nanoduct machine to support children that has been provided.





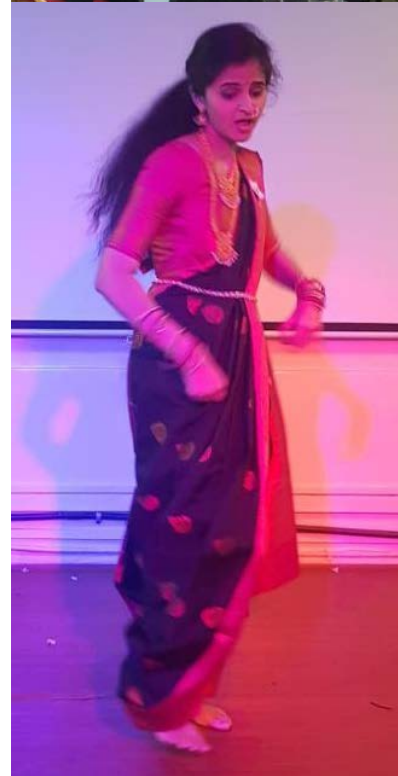
Celebration of Nurses Day

On May 10th, 2024, KEM Hospital Pune commemorated International Nurses Day with a vibrant celebration. Nurses, the unsung heroes of healthcare, were honoured through various competitions and activities. From soulful singing and captivating dance performances to engaging JAM sessions, creative face painting, and inspiring poster making, the event showcased the diverse talents and dedication of nurses. It was a day filled with appreciation, camaraderie, and recognition of the invaluable contributions nurses make to the well-being of society.



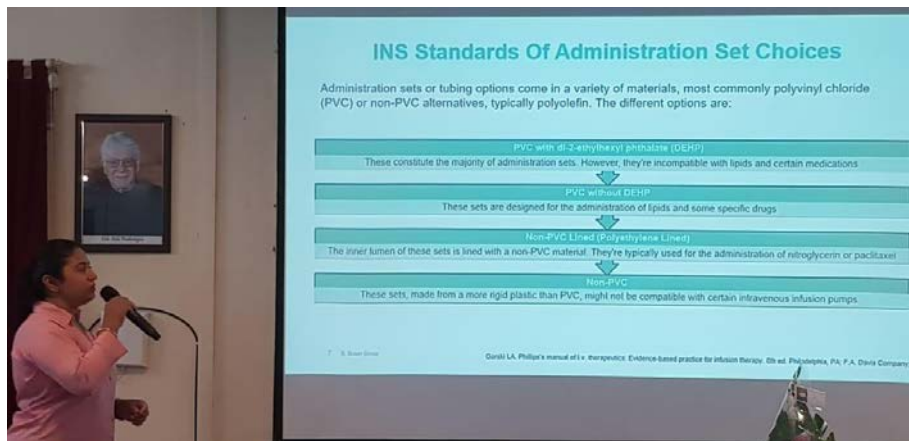


EVENTS AND ACTIVITIES





EVENTS AND ACTIVITIES





ACHIEVEMENTS



Congratulations to Dr. Janvi Shah on being officially recognised as a mentor in the ALPI (Association of Lactation Professionals of India) mentorship programme. ALPI is a dynamic community of over 200 lactation professionals from across India, committed to advancing the field and supporting one another in delivering exceptional care.



Our DNB Emergency Medicine students, Dr. Susna Hussain and Dr. Revathi Nambiar, secured the 1st Runner-Up trophy in the intercollegiate quiz competition held at Jupiter Hospital today in celebration of World Emergency Day!



TEAM KEM



DR. PALLAVI CHANDURKAR
MD (Homoeopathic Materia Medica)

has joined us as a
Consultant,
Homoeopathy.

OPD Timing
Every Tuesday,
0 9:30 AM - 12:30 PM



DR. SIDDHANT LALWANI
MD (Paediatrics)

has joined us as a
Consultant
Paediatric Pulmonology.

OPD Timing
Every Wednesday,
01:30 PM- 03:30 PM



MEDIA

कोरोनापश्चात दम्याच्या त्रासात वाढ ? शहरातील तज्ज्ञ डॉक्टरांनी नोंदवले निरीक्षण

प्रज्ञा केळकर-सिंग
पुढारी प्रतिनिधी

पुणे : तीव्र कोरोना संसर्गानंतर अस्थमा नव्याने उदभवलेल्या काही घटना जागभरात दिसून आल्या. मात्र, कोविडनंतर दम लागण्याच्या घटना अस्थमामुळे आहेत की कोविडमुळे, याचे योग्य निदान करणे गरजेचे आहे. यासाठी तज्ज्ञांच्या सल्ल्याने 'लंग स्पायरोमेट्री' ही अतिशय सोपी चाचणी करणे आवश्यक आहे, असे निरीक्षण डॉक्टरांनी नोंदवले आहे.

दरवर्षी ७ मे हा जागतिक दमा (अस्थमा) दिवस म्हणून साजरा केला जातो. दम्याच्या रुग्णांची प्रतिकारक्षक्ता काही प्रमाणात कमी झालेली असते. वेळेवर आणि योग्य उपचार न घेतल्यास त्रास बळावू शकतो. विशेषतः कोरोनानंतर दम्याचा त्रास वाढल्याची तरतूद रुग्णांकडून केली जात आहे. मात्र, याबाबत शास्त्रीय माहिती किंवा संशोधन सुरू झालेले नसल्याने कोरोना काळापासून दमा उदभवलेल्या रुग्णांनी उपचाराबाबत सजग राहण्याची गरज अधोरेखित होत आहे. वाढते धूम्रपान, हवेची खराब पातळी आणि इन्हेलिव्ह न्युमोकोकल डिस्जीनमुळे दम्याचा त्रास उदभवतो. या आजारामुळे जगभरातील स्वासारी संबंधित आजारांपैकी ३२ टक्के लोक यामुळे त्रस्त आहेत. विशेषतः कोरोनानंतर अस्थमाचा आजार नव्याने बळावल्याचा अंदाज विविध स्तरांनुसार व्यक्त होत आहे. यामध्ये ब्रॉन्कायटिस आणि छातीत कफ जमा होणे हे प्रमाण ३०-३५ वर्षे वयोगटाच्या लोकांमध्ये अधिक असल्याचे डॉक्टरांचे म्हणणे आहे.

अस्थमामध्ये रुग्णांना दम लागतो. पण प्रत्येकवेळी अस्थमा हेच दम्याचे कारण नसते. कोविडमुळे अस्थमा रुग्णांना दोन प्रकारे त्रास झाल्याचे दिसून आले. ज्यांना अस्थमाचा त्रास आधीपासूनच होता आणि ज्यांना कोविड संसर्ग झाला, ज्यांच्यामध्ये अस्थमाचे नव्याने निदान झाले, असे रुग्ण - असे वर्गीकरण आढळून येत आहे. ज्यांना आधीपासूनच अस्थमाचा त्रास होता, त्यांच्यामध्ये कोविडमुळे आणखी लक्षणे वाढल्याचे दिसून आले. ते आटोक्यात आणायला थोडा अधिक काळ लागला.

- डॉ. स्वप्निल कुलकर्णी, चेस्ट फिजिशियन, केंद्रिय हॉस्पिटल

साधारणपणे ५ ते ६ टक्के लोकसंख्येमध्ये दम्याचा त्रास आढळून येतो. बरेचदा उपचारानंतर दमा बरा होऊ शकतो. कोरोनानंतर दम्याचा त्रास उदभवल्याचे ओपीडीमध्ये येणाऱ्या बऱ्याच रुग्णांचे म्हणणे असते. तीव्र कोरोना होऊन गेल्यावर सातत्याने श्वास घेण्यास त्रास होणे, दम लागणे अशी लक्षणे दिसत असल्याचा त्यांचा अंदाज असतो. मात्र, कोविडनंतर दम्याचे रुग्ण वाढले. याबाबतचे दोस संशोधन अथवा पुरावे उपलब्ध नाहीत. कोरोना काळात फुफ्फुसांमध्ये फायब्रोसिस झालेले १५ टक्के रुग्ण बरे झाले. अस्थमा हा स्वसनलक्षिका आजार आहे तर कोरोना फुफ्फुसांतील आजार आहे. कोरोना काळात फ्लूची लस न घेतलेल्या लोकांमध्ये वारंवार फ्लूची लक्षणे दिसतात. कोरोनानंतर नागरिक जागरूक झाल्याने त्रास अथवा लक्षणे उदभवल्यास डॉक्टरांचा सल्ला घेऊन उपचार करून घेत आहेत. त्यातून बऱ्याचदा दम्यासारख्या आजारांचे निदान होते.

- डॉ. महावीर मोदी, फुफ्फुसरोगतज्ज्ञ, रुबी हॉल क्लिनिक



TESTIMONIALS

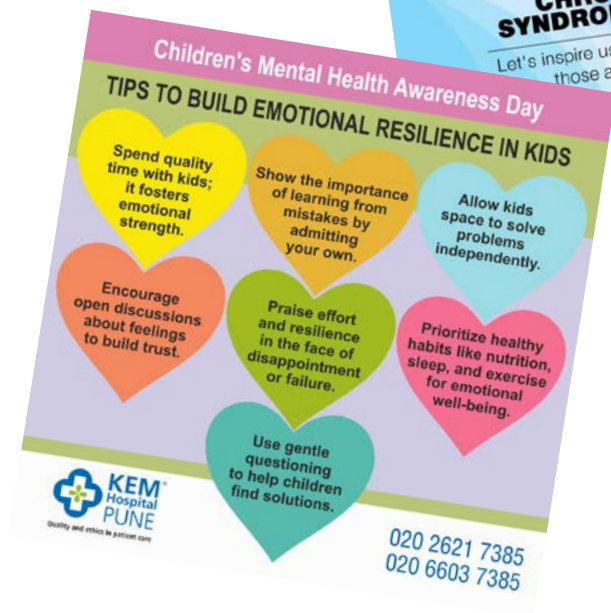
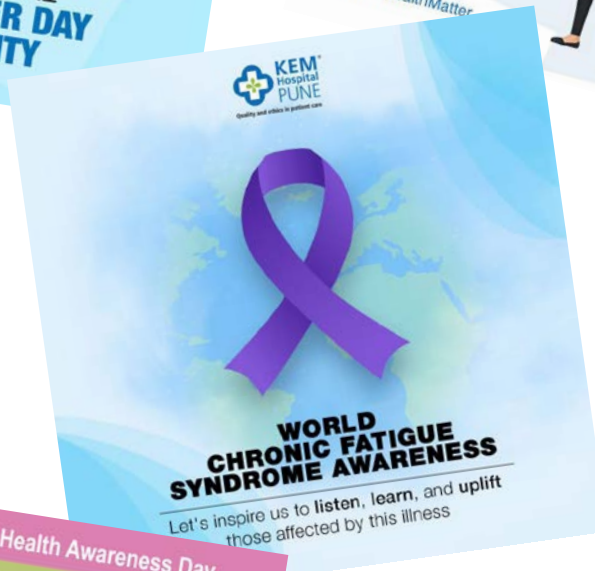
We are very happy with the care we got in cardiac care unit. The nurses, Staff was very prompt and caring. Doctors were very quick and efficient. All maid staff also was very caring.

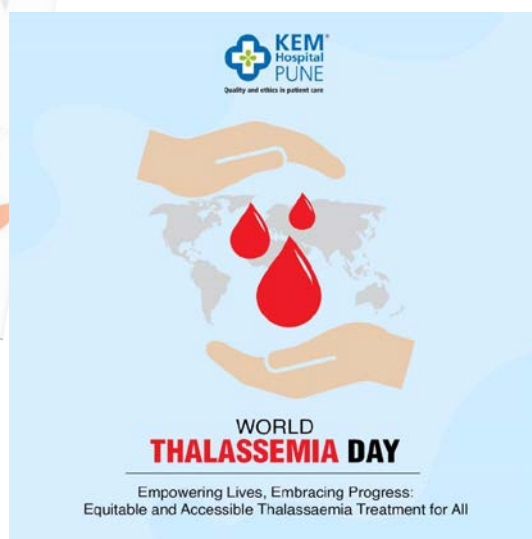
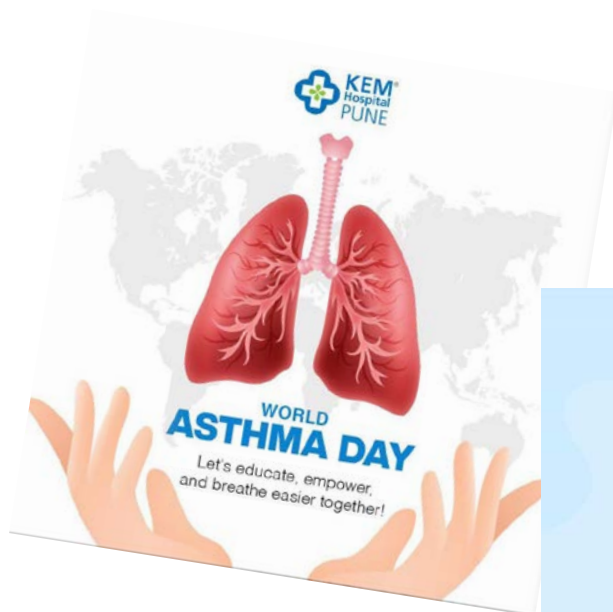
Everyone helped us and all were calm and caring. Very good experience throughout

Patient from COT



HEALTHCARE AWARENESS





For more information call
020 6603 7460 020 2621 7460

