

infoKEM 2024

103

2024 JANUARY




REDUCE YOUR RISK OF CERVICAL CANCER



Symptoms of Cervical Cancer

- Irregular bleeding or unusual vaginal discharge
- Bleeding during or after sex or between periods
- Post menopaual bleeding
- Lower back pain
- Pain during sex



KEM Hospital PUNE

#ThyroidAwarenessMonth

Unmask the silent impact of thyroid diseases.



Resolve for Health and Stay Resolute!

As we step into a new year, it's not just about flipping the calendar; it's a chance for a fresh beginning, an opportunity to decide what we want for ourselves. Among all the New Year resolutions, one thing stands out — our health. The past two years have shown us how important it is to take care of ourselves, especially during the tough times of the COVID pandemic. Even though the focus on health has faded a bit, the start of this New Year is a call to commit to keeping our body and mind healthy. Let's make simple promises to take care of ourselves, knowing that even small steps can lead to a better and more satisfying life.

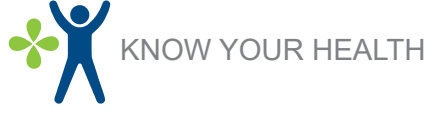
As we embark on the New Year, the key is to commit to proactive physical and mental and emotional health and remain steadfast in this commitment. Resolutions need not be unattainable; they need to be practical and manageable. Simple steps can contribute significantly to this goal. As the incidence of cancer, cardiovascular disease and lifestyle-related ailments escalates, the well-being of the younger population becomes a cause for concern. Frequently, these diseases are triggered by unhealthy lifestyles.

Implementing small changes can make a substantial difference. Those with sedentary lifestyles can resolve to incorporate daily exercise, even if for just 30 minutes – a reasonable goal. Making minor adjustments to diet to maintain a healthy weight can prevent conditions like obesity and diabetes, which serve as gateways to various other chronic diseases. Mindful eating, regular moderate exercise, and, most importantly, sufficient sleep are pivotal for good health.

Regardless of age and habits, regular health checkups with consultations from doctors plays a crucial role in preventing disease or diagnosing it at early stages for faster recovery.

In today's digital age, excessive screen time poses a significant challenge. A 'detox' for screen time is essential. Adopting good screen habits, such as avoiding screens before bedtime and taking breaks, contributes to good digital hygiene. This adjustment is not overly challenging. Moreover, those grappling with work overload, intense competition, and high stress levels should prioritize frequent short breaks—spending time with friends and family, engaging in treks, or taking short trips to provide respite from the stressful environment we currently inhabit.

Ultimately, resolutions, whether related to career or health, aim at individual improvement across various life facets. A commitment to health can enhance most of these facets, as good health opens up possibilities. Let's resolve to prioritize good health this year and remain resolute in our pursuit!



KEM
Hospital
PUNE

Quality and ethics in patient care

सुई मुक्त
इंजेक्शन!

NEEDLE-FREE
INJECTION

सुई विरहित लसीकरण
सोय उपलब्ध

NEEDLE-FREE VACCINATION
FACILITY IS AVAILABLE

► कमीत-कमी वेदना ► डॉक्टरांचे विश्ववसनीय

For More Information : 020 6603 7313



Sensory Room for Kids with Special Needs

The incidence of autism is on the rise, probably related to excessive exposure of screen time by gadgets like T.V. and mobiles by the parents who are working from home and also poor opportunities for socialisation especially during the COVID time and even after that. How does a child with autism present?

A child with autism may have lack of eye contact/poor eye contact, difficulty in communicating verbally, lack of socialisation, restricted repetitive behaviour or activities, fear of strange and unexpected situations.

In addition, children with autism are likely to have their own way of experiencing sensory inputs and they might present as sudden mood swings and strange behaviour.

Thus, there is an urgent need to address these issues and this requires a team of experts consisting of-

- Developmental paediatrician
- Psychologist
- Speech therapist
- Occupation therapist
- Special educator

The Department of Occupational therapy of TDH Morris Child development centre at KEM hospital, Pune, have designed a "Sensory room" for kids with special needs including autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), and kids



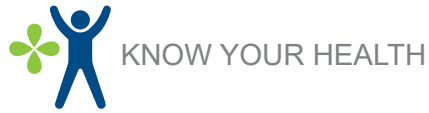
having sensory processing disorders. Here, we identify which stimuli the child finds difficult and either reduce or try to eliminate them with the help of parents.

This is a designated room that is a safe place for children to decompress or calm their senses when they are experiencing an overload of overwhelming feelings. We help children to use all their senses together by structured exposure to sensory input and movement therapy. We do this by providing necessary inputs for different senses by-

- Visual – by different colours, patterns and lights
- Auditory – by playing calm and energizing music, also by using different musical instruments
- Olfactory – by essential oils or other pleasant scents
- Tactile – by providing different textures to touch and explore those which also gives stimulation
- Vestibular – by use of swings (slow, gentle, rhythmic)
- Motor skill development – by arranging walking tracks with different tiles
- Cognitive development – by use of fine motor activities for perceptual development and eye-hand coordination such as colour and shape sorting, using peg board patterns
- Socialization – by group therapy

These services are provided by Paediatric Occupational and Paediatric Physiotherapist who are specially trained in this field.





This service is provided by the Department of Occupational Therapy, TDH Morris Child Development Centre of KEM Hospital, and Pune

Department is open from Monday to Saturday from 9 to 4 pm
Appointment can be taken at the Occupational Therapy Department Room No 16
Phone No 020-66037485 from 10 to 2 pm





EVENTS AND ACTIVITIES



Celebrating One Year of the Parkinson's Disease Support Group

On January 18, 2024, the Parkinson's Disease Support Group at KEM Hospital marked a significant milestone as it completed its first year in operation. Run in collaboration with the BK Parekh's Parkinson's Disease and Movement Disorder Society (BKP-PDMDS), this support group has been a beacon of hope and assistance for individuals and families affected by Parkinson's disease.

To commemorate this achievement, 25 patients, caregivers, and therapists from both the NGO and KEM Hospital gathered for a joyous celebration. The venue for this special occasion was the renowned Malaka Spice Restaurant, which generously sponsored a delightful complimentary lunch for all attendees.

The atmosphere at Malaka Spice was nothing short of delightful, with delicious food complemented by the warm and accommodating staff. The lovely ambience added to the overall experience, creating a perfect setting for the celebration of a remarkable journey.

The highlight of the event was a small prize distribution ceremony designed to acknowledge the patients' resilience and positivity. Categories such as "Most Energetic" and "Best Smile" Awards were presented, recognizing the unique qualities that make each individual within the group feel truly special. The ceremony not only added a touch of festivity but also boosted the morale of the patients.

A sweet note was added to the celebration with a small cake-cutting ceremony, symbolizing



the unity and support within the Parkinson's community. The patients were thrilled and expressed their gratitude for the camaraderie and support they have found within the group.

Looking ahead, the Parkinson's Disease Support Group at KEM Hospital is excited about the prospect of many more years of providing support, encouragement, and a sense of community to those affected by Parkinson's disease. The success of the past year has laid a strong foundation for continued collaboration between the hospital, the BKP-PDMDS NGO, and the individuals and families touched by Parkinson's disease.

As we reflect on the past year's achievements, we eagerly anticipate the growth and positive impact that the support group will continue to bring to the lives of those navigating the challenges of Parkinson's disease. Here's to more years of resilience, camaraderie, and shared victories at the KEM Hospital Parkinson's Disease Support Group.





EVENTS AND ACTIVITIES

Workshop on recipes of millets organised by ClubOne KEM

Many people use millets these days. The year 2023 was declared as 'International Millets Year'. Millets do not contain gluten, so those who have wheat allergies (such as, celiac disease) can use millets in their diet. Moreover, children with diabetes can also use millet in their diet to bring diversity.

ClubOne KEM in collaboration with Hinduja Foundation and Mukul Madhav Foundation had organised a different event! In this Sonia Luthera (foundr of Millet Tribe) taught new dishes using different types of millets! Millet pizza, vegetable wraps, cutlets, pancake, chaat, milletcake, it had everything the kids would love!

Children with diabetes and their parents participated in this workshop spontaneously. Many asked questions and expressed reactions. They also learnt about what care should be taken while eating millets, what other ingredients to use to prevent millets blood sugar increase.





Convention for Children with Diabetes by ClubOne

ClubOne KEM organised a different gathering of children with diabetes who were diagnosed with childhood diabetes for more than 15 years. Nearly 50 children with diabetes and who are successful in different fields also participated in this. The programme started by having a hot breakfast.

This was followed by Dr. CS Yajnik, Dr. Kalpana Jog and Dr. Smita Dhadge giving simple information about how it is important to avoid adverse effects by planning well for child diabetes.





EVENTS AND ACTIVITIES



It's natural to get bored sometimes while living with diabetes. But everyone is informed about how being careless can be painful. Doctors in KEM Psychology Department, Dr. Shalaka and Dr. Sucheta also taught some breathing exercises to relieve stress.

Co-workers from the Diabetes Unit, the Aishwarya Shasam Foundation and members of the Club One Adda, Jalgaon were present at this event which was held in a very playful environment. Hurda parties and different adventures sported the color of this event which was possible with the cooperation from the Hinduja Foundation Mukul Madhav Foundation.





Inauguration of the Certificate Course on Infection Control (ICN)

Certificate course on Infection Control is a part of Continuous Nursing Education. The purpose of this course is to enhance the skills of our nurses and promote a culture of continuous learning within our organization. In today's rapidly evolving healthcare landscape, it is crucial that our nursing staff stay up-to-date with the latest practices and protocols in Infection Control.



Many hospitals already have their in-house ICN courses. However, it has become evident that there is a pressing need for us to establish our own training program too. By doing so, we can ensure that our nurses receive comprehensive education specific to our organization's requirements following Infection Control Protocol.



This course will be the first batch of its kind in KEM Hospital and will provide our nurses with the knowledge and expertise necessary to effectively prevent and manage infections in healthcare settings. We are committed to supporting the professional growth of our nursing staff, as we believe that investing in their development ultimately leads to better patient outcomes. By equipping them with advanced skills through this course, we are confident that they will be better prepared to face the challenges ahead.

On 19th January, 2024 we have inaugurated the program with lighting of the lamp through the hands of Dr. V. L. Yemul, Dr. Sonali Sanghavi, Dr. Vinod Naik, Dr. Valentine Lobo, Dr. Tehnaz Chothia, Dr. Poonam Deshmukh and Dr. Suvarna Khaladkar. Dr. V. L. Yemul and Ms. Neeta Mahankale shared their views on the programme.

Our internal consultants showed their willingness and came forward to run this course. We therefore would like to show our humble gratitude and thank them for being our support and leading us in the professional curriculum.



EVENTS AND ACTIVITIES

Free Skin Check-up Camp at Vadu

Department of dermatology KEM hospital conducted free skin check-up camp at Vadu on 26th January 2024. All the patients were examined free of cost and free samples were provided for needy patients. Almost 421 patients were benefited. The patients who required procedures were called in subsequent weeks and were treated at concessional rates. The staff at Vadu hospital took great efforts for the success of camp. The residents and senior consultants from the department took active participation in the camp.







Retirement Function

It was held on 30th January 2024 for
Mr. Balu Raghavarte (Sr. Attendant),
Mr. Vijay More (HK Staff),
Mr. Shankar Yadav (Sr. Attendant GR-I).



	<p>Dr. Rohit Ambekar, FCPS (Medicine) has joined us as a Panel Consultant Physician.</p>
	<p>Dr. Harshal Oswal, MD (General Medicine), IDCCM has joined us as a Junior Consultant Intensivist in ICU</p>



ACHIEVEMENTS



Congratulations Dr. Sarita Verma, Dr. Abhijeet Botre, Dr. Ambrish Mishra and Dr. Madhu Otiv for publication of following article.

Link for the article:

<https://pubmed.ncbi.nlm.nih.gov/38183260/>

Botre A, Mishra A, Verma S, Otiv M. Cerebral Venous Sinus Thrombosis in Children With SARS-COV-2- infection. Indian Pediatr. 2024;61(1):80-82.



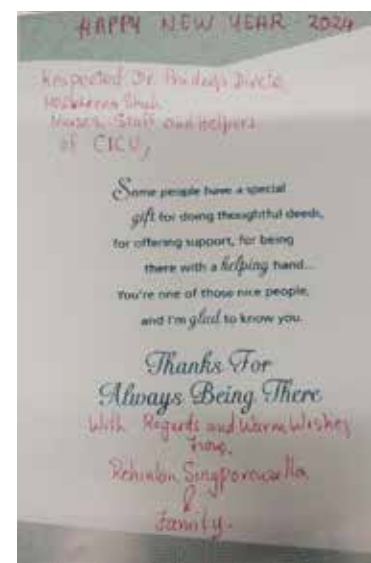
TESTIMONIALS

I am ever so grateful for the excellent care I received from you & your superb team at KEM. This was a scary hospitalisation for me & some quick thinking from the team, particularly Dr Sangeeta, literally saved my life. Dr Shubangini too is excellent in what she does.

Hats off to you for the excellent reputation that the Nephro unit commands at the national level.

I am indeed blessed to have a doctor like you on my side.

*Many thanks
Bharat*





HEALTHCARE AWARENESS

KEM Hospital PUNE
Quality and ethics in patient care

#CervicalHealthAwarenessMonth
Empower yourself, prioritize your health and take charge and make your well-being a priority

Get Informed. Get Screened. Get Vaccinated

Cervical Cancer can be prevented and treated, if caught early

KEM Hospital PUNE
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Make an appointment for vaccination, call 020 2621 7385 or 020 6603 7385

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#ThyroidAwarenessMonth
Unmask the silent impact of thyroid diseases, recognizing them as noncommunicable diseases and spreading awareness.

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