

info+KEM 2024

105

2024 MARCH





Down Syndrome

Down syndrome is a genetic condition in which a person has an extra chromosome. The commonest form of Down syndrome is called Trisomy 21. Chromosomes are small “packages” of genes in the body. They determine how a baby’s body forms and functions as it grows during pregnancy and after birth. It can cause both mental and physical challenges during their lifetime.

This additional genetic material alters the course of development and results in characteristic physical features, intellectual disability, and often various health issues. This condition leads to problems in the way the body and brain develop. Children with Down syndrome have a very well recognised physical appearance.

Some common Physical features associated with Down syndrome include:

1. Flat facial profile
2. Small head, ears, and mouth
3. Upward slanting eyes with epicanthal folds (skin folds at the inner corners)
4. Brushfield spots in the Iris
5. Flat nasal bridge
6. Protruding tongue
7. Excessive skin at the nape of the neck.



8. Single transverse deep crease across the centre of the palm.
9. Short incurving fifth finger (Clinodactyly)
10. Widened 'sandal gap' between first and second toe
11. Short stature
12. Poor muscle tone
13. Loose joints

Down syndrome varies in severity among individuals, causing lifelong intellectual disability and developmental delays. It's the most common genetic chromosomal disorder and cause of learning disabilities in children. It also commonly causes other medical abnormalities, including heart and gastrointestinal disorders.

The name Down syndrome comes from the physician Dr Landon Down, who first described the collection of findings in 1866. It was not until 1959 that the cause of Down' syndrome was identified.

Clinical Features

INTELLECTUAL DISABILITY: Individuals with Down syndrome typically have some degree of intellectual disability, but the severity can vary widely. Early intervention programs and educational support can help individuals with Down syndrome reach their full potential.

HEALTH CONDITIONS: Individuals with Down syndrome are at an increased risk for certain health problems, including congenital heart defects, respiratory issues, gastrointestinal abnormalities, thyroid and blood disorders. Regular medical check-ups and screenings are important for managing these potential health concerns. This may include screenings for congenital heart defects, vision and hearing problems, thyroid disorders, and other health conditions commonly associated with Down syndrome. Prompt medical intervention can help manage health issues and improve overall well-being.

DEVELOPMENTAL DELAYS: Children with Down syndrome may reach developmental milestones, such as walking and talking, at a slower pace than their peers. Early intervention services, such as physical therapy, speech therapy, and occupational therapy, can help address these delays and support overall development.

TYPES OF DOWN SYNDROME:

There are three types of Down syndrome:
Trisomy 21 (nondisjunction)
Translocation
Mosaicism



COUNSELLING:

1. Parents and family must be counselled that the early intervention services, if begin within three months after birth helps in achieving development in their full potential capacity.
2. Stimulating home environment, good medical care and quality educational programmes helps Down children to become contributing members of their families and communities.

TREATMENT AND MANAGEMENT: While Down syndrome cannot be cured, there are various treatments and management strategies aimed at addressing the specific needs and challenges associated with the condition. These approaches focus on promoting overall health, development, and quality of life for individuals with Down syndrome.

EDUCATIONAL SUPPORT: Individuals with Down syndrome benefit from inclusive education programmes tailored to their unique learning needs. Special education services and Individualised Education Plans (IEPs) can help address academic challenges and provide appropriate accommodations and support. Inclusive educational environments promote social interaction and integration with peers, which is important for overall development.

SUPPORTIVE SERVICES: Various supportive services are available to assist individuals with Down syndrome and their families. This may include support groups, counselling services, respite care, and advocacy organisations. These resources offer emotional support, practical guidance, and information on available services and resources.

INDEPENDENT LIVING SKILLS: As individuals with Down syndrome transition into adulthood, they may benefit from programmes and support services aimed at developing independent living skills. This may include vocational training, job coaching, and support with activities of daily living. Teaching practical skills such as cooking, budgeting, and transportation enhances autonomy and facilitates greater independence.

INCLUSION AND COMMUNITY INVOLVEMENT: Promoting inclusion and community involvement is important for individuals with Down syndrome to participate fully in society and lead fulfilling lives. Encouraging participation in recreational activities, volunteer opportunities, and social events improves social connections and a sense of belonging.

Overall, a multidisciplinary approach involving healthcare professionals like developmental Paediatricians, Special educators, Physiotherapists, Language Pathologist, Audiologists and supportive services is essential for effectively managing Down syndrome and optimising the well-being of individuals with the condition.

By addressing the unique needs and strengths of each individual, it is possible to support their development, independence, and quality of life throughout their lifespan.



Key Message for Community:

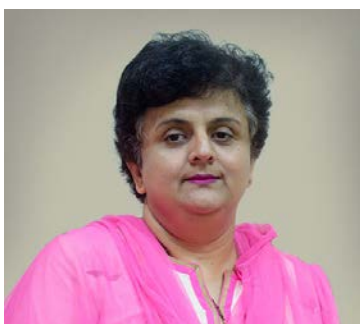
1. Regular and good quality antenatal care
2. With Early Intervention Down syndrome can lead a near independent life
3. Tone can be improved by regular physiotherapy
4. Speech can be improved by regular Speech Therapy
5. Repeated Thyroid tests monitoring essential to avoid further complications in growth and development

When to evaluate and How frequently ?

What to check?	How to check?	When to be done?
Growth	Weight, height, and head circumference*	Every 3 months during first year and then every year
Ear evaluation	BERA/VOAE for hearing assessment/ tympanometry	At least twice in first year, then every year
Eye evaluation	Cataract/refractory error	<ul style="list-style-type: none"> • Every 6 months in first year • Every year till the age of 5 years • Every 2 years till the age of 12 years • Every 3 years >12 years
Thyroid profile	T4 and TSH (thyroid hormones)	<ul style="list-style-type: none"> • At initial contact • At least at 6 month and at 12 months in first year and thereafter every year
Heart	ECG and ECHO	At initial contact Then as per need
Sleep	Polysomnography (sleep studies)	Sleep studies for all by 4 years
Blood	Complete blood count	After 6 months in first year and then annually till 12 years of age

*Growth charts for Down syndrome.
(BERA: brainstem-evoked response audiometry; ECG: electrocardiogram; ECHO: echocardiogram; OAE: otoacoustic emission; T4: thyroxine; TSH: thyroid-stimulating hormone)

References: 1. American Academy of Paediatrics 2. Nelson Book of Paediatrics



Dr. Sharmila Patil
Consultant, Developmental Paediatrics



Picnic for Prerna Group

A picnic was organised for children on treatment for cancer by Ms. Jyoti Pillay and the Department of Medical Social Work along with the KEM Oncology Unit on 24th February 2024.

The day's activities were partnered by the Lions Club who distributed gifts to all the children.

Ms. Semine Patel from Helping Hands also distributed gifts for all the children. The fun filled day was full of games, competitions, Zumba dancing by Mr. Darshan Sarolkar and a short talk by Dr. Sarita Kokane from KEM Oncology Unit.

A delicious lunch put together by Kapil Caterers was thoroughly enjoyed by all present. Finally the day ended on a happy note with a toy train ride and horse riding for all the children.





EVENTS AND ACTIVITIES





Celebration of International Epilepsy Day with Awareness Drive

In a heart-warming celebration of International Epilepsy Day on February 12, 2024, the Paediatric Neurology Outpatient Department (OPD) at KEM Hospital organised an awareness drive. The OPD room transformed into a festive space adorned with colourful balloons, setting the stage for a special gathering of young patients and their families.



Dr. Abhijeet Botre, (Consultant-Paediatric Neurology), took centre stage to address the audience. With warmth and expertise, he provided a concise overview of epilepsy and its profound impact on the lives of families. Emphasising the crucial aspect of managing the condition, Dr. Botre stressed the significance of strict adherence to treatment regimens and the importance of regular follow-up visits.



As the attentive audience absorbed the information, Dr. Botre also shed light on the necessary measures to be taken in the aftermath of a seizure episode. The informative session aimed to empower

families with knowledge and guidance on navigating the challenges associated with epilepsy.

A touching moment during the event unfolded when parents of some young patients shared their personal experiences. Gratitude echoed in their voices as they expressed appreciation for the support and guidance provided by the dedicated KEM Hospital team throughout their journey.

The event culminated with a delightful note as the children were treated to refreshments, adding a joyful element to the occasion. Each child received a small goody bag, a thoughtful gesture that brought smiles to their faces.

The success of the awareness drive was not only attributed to Dr. Abhijeet Botre but also to the collaborative efforts of the entire Paediatric Neurology team. The team, comprised of nurses, residents, social workers, and coordinators, joined hands to make the event a memorable and impactful experience for all attendees.

In this celebration of unity and awareness, KEM Hospital Paediatric Neurology OPD demonstrated its commitment to not only treating medical conditions but also fostering a supportive community for families facing the challenges of epilepsy.



EVENTS AND ACTIVITIES

Free Hearing Screening Camp

World Hearing Day is held on the 3rd of March each year to promote ear and hearing care and to raise awareness on prevention of deafness and hearing loss across the world.

On this occasion, Big Ears organised a free Hearing Screening Camp for all. The response was very good. a total of 55 adults attended it and got their hearing checked. All candidates who were assessed were counselled for appropriate intervention options.





Celebration of Women's Day

From empowering health talks to exhilarating dance sessions, heartfelt discussions, stress-relieving yoga, vibrant fun fair activities and grooming sessions, our International Women's Day celebrations were a whirlwind of inspiration and empowerment! Here are glimpses into the diverse activities that filled our hearts and minds with joy and solidarity.

DANCE MOVEMENT THERAPY (DMT) SESSIONS





EVENTS AND ACTIVITIES

HEALTH TALKS





FUN FAIR: FOOD AND GAME STALLS





EVENTS AND ACTIVITIES

OTHER SESSIONS





Kidney Donor Felicitation World Kidney Week 2024

The Renal Unit, KEM Hospital celebrated its first Kidney Donor Felicitation programme after COVID as part of the World Kidney Week on 11th March 2024.

The introduction by Rohini Sahasrabudhe Patient Counselor & Transplant Coordinator was followed by Director of the Renal Unit Dr. Farrokh Wadia's welcome of all present. A short and sweet Saraswati Vandana was presented by a Lupus patient Sonal Chede through a Kathak performance showcasing some 'tukde', 'tode' and 'kavits'. It was well received by the audience.

Following the performance, 16 renal donor-recipient pairs and 3 families of Deceased Donors from 2020 to date were felicitated at the hands of KEM Governing Council Member and Medical Director Mr. Pradeep Bhargava and Dr. Xerxes Coyaji. They received Certificates of acknowledgement and mementos in recognition of their noble gesture to their loved ones and a 'Gift of Life' to ZTCC Pune Deceased Donor waiting-listed patients.

The thoughts expressed especially by family members of Deceased Donors brought tears to many eyes. The mood needed to lighten up and dialysis patient Vikram Kadam's popular bollywood songs to the accompaniment of his guitar and his guruji Shri Gujar's violin playing certainly achieved that effect. The programme ended with a light lunch.





EVENTS AND ACTIVITIES

Celebration of World Kidney Day

World Kidney Day, an initiative by the International Society of Nephrology was celebrated the world over on 14th March this year with the theme 'Kidney Health for All – Advancing equitable access to care and optimal medication practice'

To celebrate this occasion at KEM Hospital, we extended a warm invitation to children attending the Pediatric Nephrology OPD, along with their parents and siblings, to partake in a day filled with fun and creativity.

The event kicked off with an engaging activity where children were provided with vibrant clay-dough to sculpt various objects of their choice. Under the guidance of medical social workers and pediatric nephrology trainees, the young artists unleashed their imagination, crafting a delightful array of creations including kidneys on pedestals. These artworks were proudly displayed for parents and doctors to admire.

Adding to the festive atmosphere, we set up a jungle-themed photobooth where children used amusing props and captured cherished memories with their siblings and caregivers. The energy soared higher as an aerobics session, set to lively music and led by a skilled instructor, took center stage. Children and guardians/parents joined in the rhythmic movements, reveling in the joy of dance.

The program culminated with a special gift for each child and snack boxes for all. It was a day brimming with laughter, creativity, and shared moments of happiness, with our little friends whom we usually meet under more sombre circumstances.





Glimpses of Ayurveda Camp hosted on 16th March 2024.



केईएम हॉस्पिटल पुणेतर्फे मोफत आयुर्वेद शिबिर

पुणे : केईएम हॉस्पिटल पुणे तर्फे शनिवार १६ मार्च २०२४ रोजी दुपारी २:०० ते दुपारी ४:०० या वेळेत मोफत आयुर्वेद शिबिराचे आयोजन करण्यात आले आहे. हे शिबिर केईएम हॉस्पिटल पुणे येथील बानू कोयाजी बिल्डिंग, आयुर्वेद ओपीडी येथे संपन्न होणार आहे.

या शिबिरामध्ये जीवनशैलीचे आजार या विषयावर मार्गदर्शन करण्यात येणार असून लड्डूपणा, थायरॉईड, मधुमेही व्यक्तींसाठी मोफत तपासणी, आहार आणि जीवनशैली या विषयावर विनामूल्य समुपदेशन, डॉक्टरांच्या सल्ल्यानुसार केरळी पारंपारिक औषधांचे वितरण आणि योगाबद्दल मार्गदर्शन करण्यात येणार आहे. हे शिबिर विनामूल्य असून पूर्व नोंदणी आवश्यक आहे. नावनोंदणीसाठी संपर्क: ०२० ६६०३ ७४६०, ०२० २६२१७४६०

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World Down Syndrome Day



On the occasion of World Down syndrome day, an event was organised at TDH Morris child development centre, KEM hospital Pune. 26 children having Down syndrome participated in this celebration along with their parents and caregivers. Dr.Sharmila Patil, Consultant Development Paediatrician at the centre, welcomed everyone by greetings and explaining the background behind the celebration of this day. She focussed on the Down syndrome day theme for this year i.e. “End the stereotypes”, and how the inclusiveness should be observed in society for these children. She also guided about the probable health risks of children with Down syndrome and how early diagnosis and intervention techniques can help these children live a healthy life.

The event was graced by bold and beautiful dance performances, fancy dress show and demonstration of yogasana by children with Down syndrome who regularly follow up at our centre.

Dr.Sudha Choudhari, Senior Paediatric Consultant, introduced guest speakers to the audience.

Dr.Arundhati Khare who is a Paediatric Endocrinologist at KEM talked about the obesity and thyroid disorders in children with Down syndrome, and guided parents on how weight management should be done and how frequently thyroid status needs to be checked.





EVENTS AND ACTIVITIES

Another guest speaker was Dr. Sonam Kapase, who is cancer geneticist and also runs a restaurant in Pune handled by people with disabilities including Down syndrome. She shared practical knowledge of how people with Down syndrome if given opportunity can use their skills, earn for living and be included in the society. Two of the workers at her restaurant with Down syndrome shared their experience and gave everyone a ray of hope.

Lastly, Dr. Aboli Ramdasi, fellow in Neuro Developmental Paediatrics gave a vote of thanks to all the participants and TDH team because of whom the programme was meticulously executed.





Creating Awareness on Vertigo and Dizziness: A Recap of the Health Awareness Talk

KEM Hospital Pune hosted a compelling health awareness talk on vertigo and dizziness, shedding light on these often misunderstood conditions and their impact on patients' quality of life. Spearheaded by Dr. Neelam Vaid, Head of the ENT Department & Big Ears, and Dr. Saloni Raje, Vestibular Rehabilitation Therapist, the event aimed to educate hospital staff about these prevalent yet under-addressed issues.

Dr. Vaid initiated the discussion by delving into the intricacies of balance disorders and vertigo and the involvement of various body systems. She emphasised the need for multidisciplinary care, highlighting the collaboration required from disciplines such as neurology, ENT, and cardiology to provide holistic treatment. Following Dr. Vaid's insightful presentation, Dr. Saloni Raje took the stage to elaborate on Vestibular Rehabilitation Therapy (VRT). Contrary to popular belief, Dr. Raje emphasised that medication is not always the primary solution for vertigo and dizziness; instead, therapy plays a pivotal role in treatment. Through engaging the audience in simple movements and exercises, she explained the significance of proper balance in our daily lives.

The event garnered significant attendance from hospital staff, including doctors, nurses, therapists, and administrative personnel. It served as a platform to raise awareness about the availability of VRT services at KEM Hospital. With these services now accessible, there is hope for a substantial population suffering with vertigo, dizziness, and balance issues to find relief and improve their overall well-being. By fostering understanding and promoting VRT services, KEM Hospital reaffirms its commitment to addressing the diverse healthcare needs of the community.





TEAM KEM



DR. SRUSHTI THAKARE
has joined us as a full time
Junior Consultant
Diabetologist & Metabolic
Physician.



DR. ABHISHEK BADA VE
DNB -Anesthesia has
joined us as a Full time
Junior Consultant Intensivist
in ICCU & Neuro ICU.



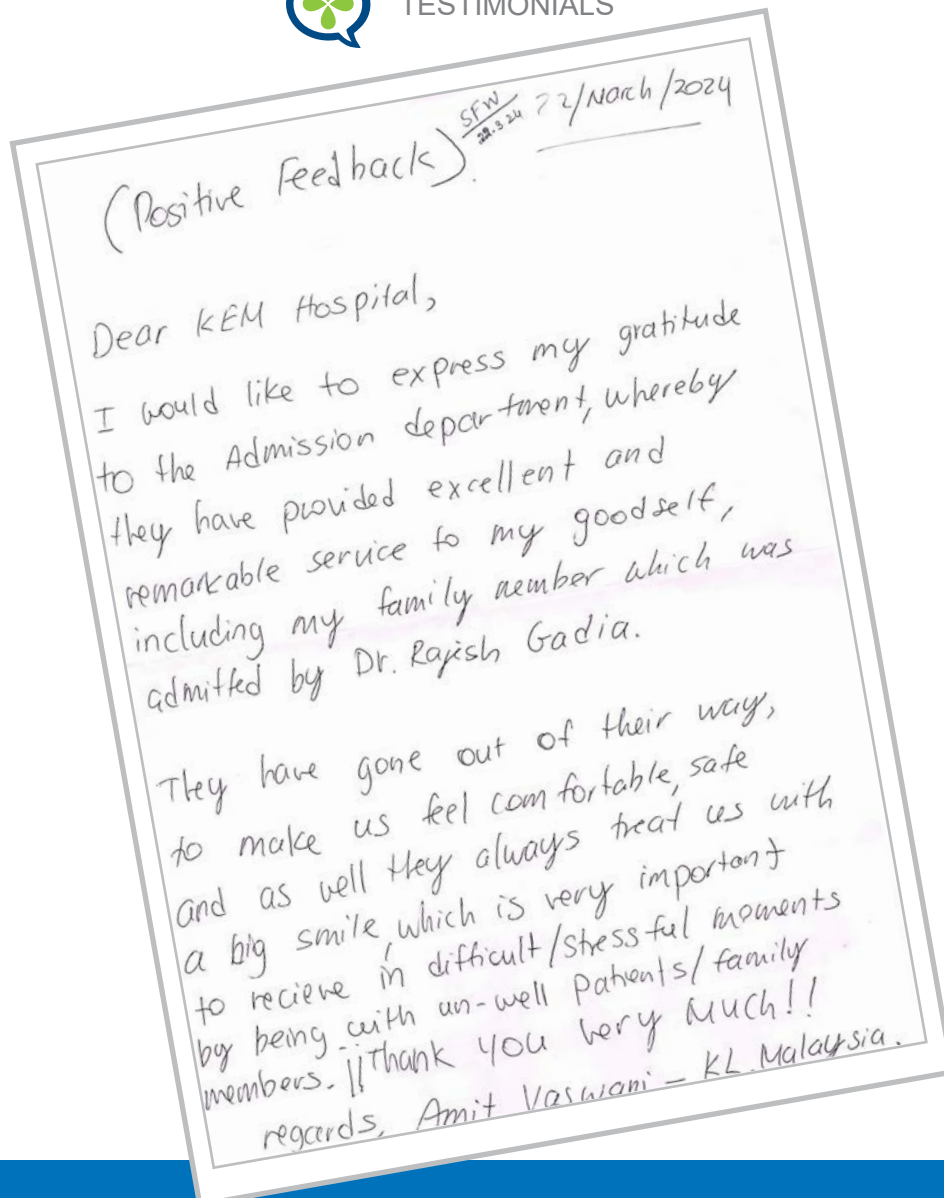
DR. PANKAJ CHENDKE
DNB - Anesthesia has
joined us as a Full time
Junior Consultant
Intensivist in ICCU & Neuro
ICU.



DR. PRANJAL SAWANT
DNB -General Surgery,
DNB- Vascular Surgery
has joined us as an
Associate Consultant
Vascular Surgeon
OPD Timing:
Tuesday & Thursday,
11:30 AM - 01:30 PM



TESTIMONIALS





Self-Injury Awareness Day

Self-harming is a covert cry for assistance, often stemming from the struggle to cope with intense emotions, trauma or distress.

Respond with empathy, listen with non-judgment and create a safe environment for expression.

Encourage seeking professional help like therapy, counselling, or support groups, and offer assistance in finding suitable resources.



CLEARING THE AIR Celebrating no smoking day



Quitting Smoking has many benefits
Lowers the risk of cancer and respiratory diseases.
Leads to better breathing and reduces heart diseases.
Boosts energy and enhances overall well-being.
Saves money on cigarettes.
Reduces healthcare expenses.

KIDNEY HEALTH FOR EVERYONE EVERYWHERE



For more information call
020 6603 7460, 020 2621 7460

Rallying Together for Down Syndrome Awareness!



Spread knowledge about Down syndrome to break stereotypes and promote acceptance.
Ensure children with Down syndrome get quality education in inclusive classrooms.
Advocate for accessible infrastructure to enable participation in community activities.
Encourage friendships and inclusive activities
Support inclusive hiring practices and workplace accommodations.
Provide resources and peer support for families raising children with Down syndrome.

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



YES! Tuberculosis preventive treatment can stop progression to TB disease

If you are a close contact of a TB patient or belong to a high-risk group

- get tested for infection
- complete your full course of preventive treatment to ensure your TB infection does not turn into TB disease.

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



EMPOWER WOMEN ENSURE PROGRESS

Let's invest in the future
we believe in.

HAPPY WOMEN'S DAY





HEALTHCARE AWARENESS

