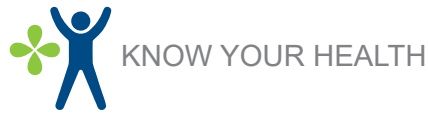


infoKEM 2024

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2024 OCTOBER





Living with Cerebral Palsy

The Unseen Economic, Social, and Emotional Challenges for Children and Their Families

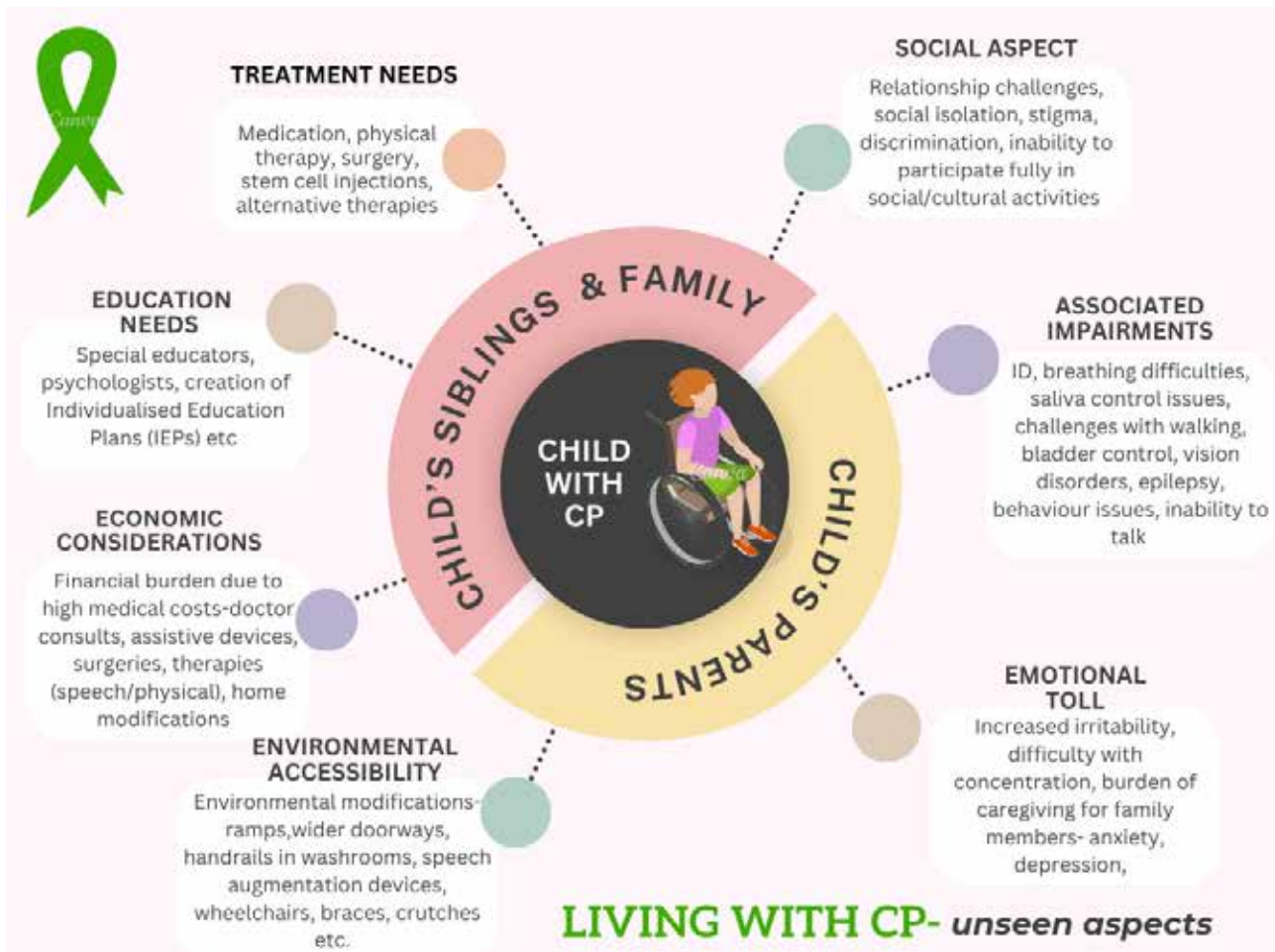
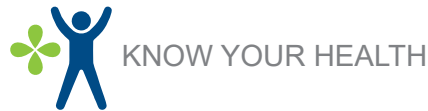
Cerebral palsy (CP) is a lifelong neurological disorder that affects movement, posture, and muscle coordination, resulting from brain injury during early development. Previously, CP was attributed to complications during childbirth and neonatal care, but despite advances in perinatal medical care, the condition persists even in developed countries. The severity of CP varies widely, from affecting only motor skills to impacting fine motor functions, cognition, and language development. Children with CP may also experience a range of co-existing conditions, such as epilepsy, behavioural problems, sleep disturbances, gastrointestinal issues, and recurrent infections, which often lead to hospitalisations. Families typically seek medical support to address these health complications.

However, beyond the medical challenges, CP brings profound economic, social, and emotional difficulties that are often overlooked. Recognising these impacts is crucial to creating a supportive environment that enables children to thrive and provides families with the resources they need to cope and succeed. This also helps integrate children with CP into society, fostering an environment of acceptance, care, and mutual support throughout their lives.

Social isolation is a common issue for children with CP and their families. Mobility issues, communication barriers, and cognitive delays often prevent children from participating in typical childhood activities such as sports, playground games, or cultural programmes. As a result, they may feel excluded or lonely, as their peers may not know how to engage with them. Even during social events like festivals or birthday celebrations, children with CP and their families may feel neglected or avoided.

For parents and siblings, this isolation can be equally challenging. The demands of caregiving often leave parents with little time or energy for maintaining friendships or engaging in social activities. Siblings may feel overlooked as the family's focus shifts to the child with special needs. Additionally, families may experience stigma or judgment from people who do not fully understand CP, leading to further feelings of alienation and exclusion.

The emotional toll on families dealing with CP is significant. Children with CP may experience frustration due to communication difficulties or physical challenges, which can hinder their ability to express themselves or perform tasks independently. As they grow more aware of their differences from peers, they may struggle with feelings of anger, sadness, or anxiety. For parents, the emotional strain can be overwhelming. They often experience a range of emotions, from guilt and worry to grief over the life they had envisioned for their child. The uncertainty about their child's future, coupled with the stress of navigating healthcare systems, can lead to anxiety and depression. Many parents also feel the weight of constant caregiving responsibilities, which can feel relentless.



Siblings of children with CP may face their own emotional challenges, feeling neglected or burdened by additional responsibilities. They may worry about their sibling's health while also dealing with complex emotions, such as frustration or jealousy.

The financial burden of caring for a child with CP can be overwhelming. Ongoing medical care, including regular doctor visits, physical therapy, speech therapy, and occupational therapy, can quickly add up. Surgical interventions, specialised equipment like wheelchairs or communication devices, and home modifications further strain the family budget. Limited insurance coverage often exacerbates the situation, leaving families to bear much of the cost.

In many cases, one or both parents may need to reduce work hours or stop working altogether to provide full-time care. The additional costs of specialised education, private teachers, and transportation for children with CP place further strain on finances, particularly for families in rural or low-income areas where access to essential services may be limited.

Despite the challenges, many families find ways to adapt and thrive when supported by strong medical, social, and emotional resources. Access to comprehensive medical care, including physical, occupational, and emotional therapies, is crucial in helping children with



CP develop essential skills and improve their quality of life. Early intervention programmes, individualised education plans (IEPs), and inclusive schooling practices are key to helping children reach their full potential.

Support networks, including local support groups, social workers, and counselling services, can provide emotional and practical assistance to families. These resources create a safe space for parents and siblings to share experiences, find encouragement, and learn from others facing similar challenges. Family counselling can also help family members process emotions, communicate effectively, and work together to manage caregiving responsibilities. Building a strong support system—comprising extended family, friends, and healthcare providers—can alleviate some of the pressure on parents and create a more balanced family dynamic.

Governments and institutions can play a vital role in easing the financial burden on families by providing disability cards, insurance benefits, and pensions for children with CP. More should be done to expand access to specialised schools, vocational centres, and part-time day-care facilities. Offering subsidies and concessions to parents, as well as support for small-scale businesses, can further help families manage their financial challenges. Social integration is equally important. Making public spaces more accessible—through ramps, wheelchair assistance, and special screenings for recreational activities—can enable children with CP to participate in community life. Awareness campaigns, legislative support, and government initiatives should focus on training individuals and communities to be more empathetic and inclusive.

Living with cerebral palsy is a journey marked by both challenges and triumphs for children and their families. While the economic, social, and emotional impacts can be overwhelming, access to the right resources and support systems can empower families to create an environment that fosters growth, independence, and connection. It is essential for communities, schools, and healthcare providers to raise awareness, reduce stigma, and ensure that families affected by CP receive the comprehensive care and support they need to thrive.



Ms. Janine Garda
Neuropsychologist, KEMH



Guided by Dr. Abhijeet Botre
Consultant Neurologist (Paediatrics), KEMH



Mental Health at Workplace



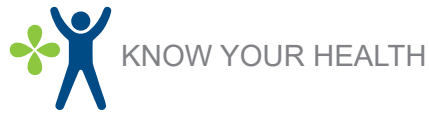
World Mental Health Day is celebrated on October 10, each year. According to WHO, the objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health. This day provides an opportunity for all stakeholders working on mental health issues to raise important issues that need to be addressed and rethink about what more needs to be done to make mental health care a reality for people worldwide.

The theme for this year (2024) is 'It is time to prioritise Mental Health at Workplace'. The aim is to highlight the vital connection between work and mental health and to advocate for safe workplaces where mental health is prioritised, protected, and promoted.

About 60% of the global population works in workplaces, spending a significant portion of their work week in office spaces. Safe and healthy working environments can act as a protective factor for mental health. Work provides livelihood, instils a sense of confidence and purpose, provides opportunities for growth and development, and builds relationships. Unhealthy work conditions can pose significant risks that affect mental health, participation, or productivity at work and, consequently, quality of life. This calls for urgent action to protect and support mental health at work. Let us address five important questions about mental health in the workplace.

Q1) How to identify that someone is struggling with mental health issues at the workplace?

- Increased absenteeism or frequent leaves
- Showing up late to work
- Decreased performance or productivity
- Reduced interaction with colleagues
- Avoiding office gatherings
- Changes in mood : feeling dull, low, tired, angry, mood swings
- Increased stress, feeling scared, heart beat fast, sweating
- Performance anxiety



- Reduced self-confidence
- Making mistakes frequently, not meeting deadlines
- Lack of motivation or interest in work
- Unexplained physical symptoms: headache, tiredness, pains/aches
- Coming to work under the influence of substances

Q2) What are some common causes of mental health issues in the workplace?

Problems in the workplace arise due to the interplay of various factors. Some important ones are listed as follows:

1. Work related: excessive workload, long working hours, lack of autonomy or control over work, pressure to meet targets and deadlines, limited career growth opportunities, missed promotions or over-promotion, remote work locations with lack of travel or other resources
2. Organisation-related: toxic work culture, poor leadership and management, limited resources or budget concerns, lack of recognition or rewards, discrimination, harassment, bullying, poor communication channels, lack of employee benefit schemes.
3. Individual related: Poor coping mechanisms, personal stress affecting work, anxious personality, poor past work experiences, pre-existing mental health conditions, substance abuse, poor social support outside the workplace
4. Sociocultural factors: poverty & inequality, technological advancements causing reduced need for manual labour, cultural pressures to work and provide for dependents, accountability for promotion, language barriers, social stigma around mental health, and global environmental events like pandemics.

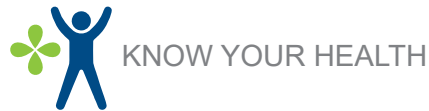
Q3) How does this distress affect a person's work life and beyond?

On the work front, there is reduction of productivity and performance leading to frequent mistakes, late submissions, low job satisfactions, loss of assignments, and subsequent loss of pay. Dissatisfaction among coworkers who get burdened with additional responsibilities can cause them to file complaints and hamper trust and relationships. Continued defaults can result in suspension or termination of employment. Work conflicts can spill into the family and social spheres. Financial and resource crisis for dependents, social isolation, conflicts with family and friends. It can affect one's reputation and social standing.

To add to this, various serious mental and physical health conditions can result from continual stress such as, burnout, anxiety, depression, insomnia, substance use disorder, diabetes, hypertension, cardiovascular problems, and chronic aches and pains.

Q4) What are some self-help tips for people struggling with mental health problems at work?

- Self-care : ensure adequate uninterrupted sleep (7-8 hours), eat a balanced diet, staying hydrated, regular exercise or yoga, stop the use of substances of abuse, spend some quality 'me-time' by doing hobbies, journaling etc.
- Maintain work-life balance: Spend time with family, meet friends regularly, engage in non-work focused activities and conversation, take vacations and breaks



- At work : set boundaries, learn to say 'No', foster open communication with colleagues and seniors, ask for help when in a dilemma and provide help whenever possible.
- If you notice signs of mental health concerns in yourself or with people you work with, reach out to a trained mental health professional for appropriate and timely help.

Q5) How can workplaces aim to be more 'Mental Health Friendly' workplaces?

According to the WHO, governments, employers, the organisations which represent workers and employers, and other stakeholders responsible for workers' health and safety to work together to improve mental health at work. Action to address mental health at work should be made with the meaningful involvement of workers and their representatives, and people with lived experience of mental health conditions. There are 4 A's that summarise methods to build 'Mental Health Friendly' workplaces.

1. **Awareness** : Encourage open conversations about mental health and work stress, create a supportive work culture, conduct mental health training for employees especially at managerial / supervisory level.
2. **Accommodation**: agreeing to reasonable adjustments, flexible working hours, extra time to complete tasks, work-from-home days, peer supervision, allowing time off for non-work-related commitments, excusing people from attending doctor appointments without affecting pay.
3. **Assistance** : Foster open communication channels, frequent check-ins, employee feedback forms / meetings, establish channels for quick and confidential help, workplace wellness initiatives like stocking up break rooms, organising team building activities, appreciation, and celebration of successes.
4. **Access** : easy-to-avail counselling and psychiatric services, collaborating with mental healthcare providers, arrange regular check-ins, provision of insurance covering mental health related treatment and admissions, Employee Assistance Programme (EAP), i.e., voluntary, work-based programme that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/ or work-related problems.

By generating awareness about mental health issues in the workplace and following some of the steps mentioned steps, we can ensure that everyone can thrive at work and in life. Let us act today for a healthier future and a happier work-life!



Dr. Shalaka Chatorikar

Senior Resident, Department of Psychiatry KEMH



Condolence Meeting for Dr. Anand Pandit





EVENTS AND ACTIVITIES





Celebrating our 112th Annual Day on 4th October 2024

The 112th Annual Day of KEM Hospital, Pune was celebrated with great enthusiasm, bringing together medical professionals, staff and students.

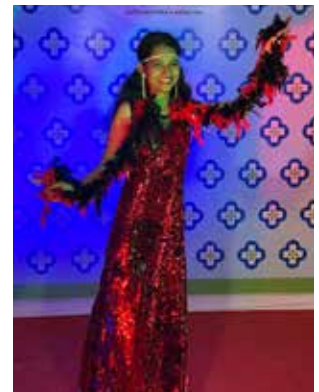
The event commenced with a welcome address by the Guest of Honour, Mr. Shirish Sirdeshpande (IPS) Superintendent of Police, Anti-Corruption Bureau who reflected on the hospital's remarkable journey from its inception to its current stature as a beacon of medical care and education. He emphasised the institution's unwavering commitment to serving the community and training future healthcare leaders.

This was followed by a speech by Mr. Pradeep Bhargava (Trustee & Treasurer – KEM Hospital Society). He highlighted the importance of compassion in medicine alongside the ever-advancing technologies.

Special recognitions and awards were awarded to staff members for their outstanding contributions over the past year.

Awards were handed over by the members of the Senior Management Team of KEM to the winners of the various cultural events conducted by the hospital.

The event concluded with a vote of thanks to the organising committee, whose hard work ensured the success of this memorable occasion followed by lunch.





EVENTS AND ACTIVITIES





Navratri Special Session Parkinson's Disease Support Group

The BKP-PDMDS Parkinson's Disease Support Group which runs weekly at KEM Hospital (Wednesdays 10:30am to 12:30pm) successfully hosted a special Navratri session on Wednesday, 9th October 2024- in collaboration with the support group from Deenanath Mangeshkar Hospital. The event was a vibrant celebration filled with joy, creativity, and cultural activities designed to uplift and inspire the participants. The session featured:

- A beautiful live singing performance by KEMH's own Sameer Veer - that set a joyful tone for the festivities.
- A lively Garba-themed exercise dance which encouraged participants to stay active while celebrating the spirit of Navratri.
- A creative Aarti Thali decoration contest, where participants showcased their artistic talents.
- The event concluded with a spiritual Maha Aarti, bringing everyone together in a moment of prayer and unity, followed by refreshments.

We were honoured to have Dr. Garima Kavathekar as the Chief Guest for the event. Dr. Kavathekar, a renowned social worker, cultural activist, and beauty pageant icon, graced the occasion with her presence and shared inspiring words with the participants. Her remarkable work and motivating speech left a lasting impact on the attendees, all of whom continue to bravely face the challenges of Parkinson's disease. The session was an unforgettable celebration of resilience, creativity, and cultural tradition, leaving all participants feeling uplifted and connected.



EVENTS AND ACTIVITIES





Celebration of World Pharmacist Day

KEM Hospital, Pune celebrated World Pharmacist Day on 25th September 2024 with great enthusiasm and respect for the invaluable contributions of pharmacists in healthcare. The event was graced by Ms. Shirin Wadia, General Administrator, who delivered a speech highlighting the crucial role pharmacists play in the efficient functioning of hospitals. She emphasised how their expertise ensures the safe and effective use of medications, contributing significantly to patient care.

This was followed by an insightful speech from Ms. Rajani Shinde, Deputy Manager - Purchase, who addressed the theme of this year's celebration: "Pharmacists: Meeting Global Health Needs." She elaborated on the evolving role of pharmacists in addressing global health challenges, ensuring medication safety, and promoting better health outcomes. The celebration continued with the distribution of Certificates of Appreciation to employees for their exceptional performance. The event concluded on a joyous note with a cake-cutting ceremony and lunch, fostering a sense of camaraderie among the staff.

Session on Mental Health at the Workplace

KEM Pune organised a talk on Mental Health at the Workplace for employees at Hendrickson Company. The session was led by Dr. Shalaka Chatorikar from the Psychiatry Department, with event coordination by Dr. Suvarna Khaladkar and Amrapali Rane.





EVENTS AND ACTIVITIES

CSA-POCSO Awareness Session 2024

A new initiative was undertaken by the Department of Psychiatry, KEM Hospital Pune, in association with 'Foundation for Child Protection – Muskaan' (NGO), to promote awareness and sensitise health care professionals towards the delicate issue of Child Sexual Abuse (CSA) and the legal act governing it – Protection of Children against Sexual Offenses Act (POCSO). A total of six sessions were conducted.

Child Sexual Abuse is a sensitive and pressing issue plaguing the very society we live in. India has one of the largest numbers of CSA cases, but yet people do not address this issue actively. The ripple effects of trauma during early childhood can affect all areas of functioning of the child including emotional, behavioral, familial, social, occupational and physical. It is imperative to identify, alert and appropriately help such children to avoid adverse repercussions, and enable them to live a full and dignified life in the society.

'Foundation for Child Protection – Muskaan' is an esteemed NGO working towards prevention of and helping survivors of child sexual abuse since the year 2000. The team at Muskaan strives towards building a community with zero tolerance for CSA, where children feel empowered and supported by all adults. They have a multidisciplinary team to holistically address concerns of survivors, ensure the development of their capacities to the fullest potential. Apart from that, they also work with stakeholders of the community to increase awareness and create a safe and secure environment for our future generations.

During the sessions they spoke about – Understanding CSA: why and how it happens and who can do it, Grooming, Barriers to communication, recognizing warning signs, Dos and Don'ts of responding and reporting, prevention strategies, POCSO act and its important components, relevance of medical procedure in judicial proceedings and expected behaviour and role of respective groups in providing support.

The Speakers for this event were Ms. Kirti Dini (Training Coordinator & Facilitator), Ms. Shubhangi Gharbude (Case Worker, Trainer & Counselor), Ms. Nisha Kulkarni (Case Worker, Trainer & Counsellor), Ms. Dhanashri More (Case Worker, Trainer & Counselor) and Mr. Pramod Patil (Case Worker, Trainer & Counsellor).

The overall response and positive feedback for the event was very encouraging, with more than 100 people in attendance each day. The sessions were insightful and beneficial for all those in attendance, thus motivating us to regularly arrange such and other related awareness sessions in our hospital.



Congratulations to Dr. Umesh Vaidya

on being nationally elected as Vice President of the National Neonatology Forum, representing a prestigious body of 15,000 members. Wishing you continued success in this significant leadership role.



Congratulations, Dr. Shubhangi Humbre, on the acceptance and presentation of your two abstracts at ESICM LIVES 2024 in Barcelona, held this October.



Dr. Sudha Chaudhari, Consultant Paediatrician, was invited to give a lecture at Jefferson University, Philadelphia, USA. She was asked to speak on “Challenges in doing long term follow-up studies in neonates”. With her vast experience of long-term follow ups in her study “Pune Low Birth Weight Study – Birth to 22 years”, she discussed the various strategies she used, to get the children for assessment to the hospital. She advised that discharge counselling should be done by the consultant to develop a close rapport with the family, especially the mother-in-law, who is often the main decision maker regarding children’s health in many families. The Social Worker plays a very important role in any long term follow-up.



ACHIEVEMENTS



Congratulations to Dr. Pratibha Kukreja Pandit

on receiving the prestigious iADH Jan Andersson-Norinder Travel Bursary Award at iADH 2024 in Seoul! This award, conferred by the scientific committee, recognises the outstanding presentation proposals from dentists worldwide who are passionate about special needs dentistry. Out of the 250 applicants, only six were selected for this honour, which supports their travel to the conference. The event brought together over 600 special needs dentists from around the globe.



Congratulations

to Dr. Suahas Wagle, Dr. Ashish Kale, Dr. K.G. Kiruthiga on the publication of your paper in the International Journal of Gastrointestinal Intervention.

Link for the paper:

<https://acrobat.adobe.com/id/urn:aaid:sc:AP:f9c3a679-01ae-405e-b9d2-c8e7ebabc83d>



Congratulations to Dr. K.G. Kiruthiga, Sarita Kokane, Kannan Subramanian, Avinash Pradhan and Ravi Godbole

on the publication of your paper in the Paediatric Haematology Oncology Journal.

Link for the paper:

<https://doi.org/10.1016/j.phoj.2024.09.002>



Congratulations Dr. K.G Kiruthiga.K.G

who was invited as a speaker at the National Lymphoma Workshop, conducted by the Indian Society of Hematology and Blood Transfusion at AIIMS, Nagpur on 7th November 2024.



HEALTHCARE AWARENESS

Empowering Elders in a Digital Age

Bridging Generations, Building Connections

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Call 020 6603 7460 020 2621 7460

Mind Matters

Strengthening Mental Health for Every Generation

Prioritizing mental health is crucial because it impacts every aspect of a person's life, fostering emotional resilience, improving relationships, and enhancing overall well-being across generations.

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Empower every girl to dream, achieve, and lead for a brighter and equal future

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Because every move matters!

This World Arthritis Day, let us make a joint effort to raise awareness and support for those battling arthritis. Share, learn, and spread the word.

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A SINGLE MISTAKE CAN END TWO JOURNEYS: YOURS AND THEIRS

Drive Responsibly

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Rehabilitation is an critical part of the recovery process for stroke survivors

Rehabilitation programs can help stroke survivors recover from lost cognitive abilities, movement problems, and more. It includes:


- Occupational and speech therapy,
- Physiotherapy and exercises to help with movement.
- Cognitive behavioral therapy for depression and tiredness.
- Respiratory therapy for breathing exercises, and counselling.



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ADHD is often mistaken for a lack of willpower or an excuse for laziness, but it's not. It's actually a condition rooted in the brain's chemical dynamics, and it's not something that can be controlled voluntarily.



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A learning disability doesn't mean a child has trouble with thinking skills. Children with learning disabilities can still reach their full potential if they have parents, teachers and classrooms that understand their needs and use different ways to teach.



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OCD Affects Lives

Together, We Can Change That
Develop self-compassion, embrace support, and explore treatment options



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HEALTHCARE AWARENESS

BREAK THE SILENCE

Raise awareness and stand up for those affected
No one should suffer in silence—let's create a safe space for healing and change.

KEM Hospital PUNE

This Breast Cancer Awareness Month, let's educate, empower, and encourage regular screenings for early detection.
YOUR SUPPORT CAN SAVE A LIFE.

KEM Hospital PUNE

NATIONAL ANTI-DRUG ADDICTION DAY

On this National Anti-Drug Addiction Day, we raise awareness about the dangers of substance abuse and the importance of living a drug-free life.
REACH OUT, SUPPORT, AND MAKE A DIFFERENCE.

KEM Hospital PUNE

WORLD OSTEOPOROSIS DAY

Let's raise awareness about the importance of bone health.
Early prevention, a balanced diet rich in calcium and regular exercise can help reduce the risk of osteoporosis.

KEM Hospital PUNE

NATIONAL VOLUNTARY BLOOD DONATION DAY
Be a Lifesaver, Donate Blood Today!

Join us in spreading the message of hope, compassion, and the power of giving.

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HEALTHCARE AWARENESS

