



megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 146
November
2015

Cochin IMA @ TEAK MEDCON 2015 - Nilambur



Dear friends,

President's Message

We had a wonderful month of October and early November with activities galore. The highlight of course was the State IMA conference held at Nilambur. The election results yielded mixed fortunes. Hearty congrats to Dr Abraham Varghese who got elected as the CWC member, Dr Sunny Orathel as Joint Secretary Midzone, Dr Hassan as member of board of trustees SSS and Dr Babu John Mathews as District representative SSS.



IMA Kochi is a strong force of more than 2500 members with an executive committee of 70 members. We need to responsibly use this strength to create and support a strong state IMA leadership. We are also making a mark in the formulation of emerging SMART KOCHI. We are invitees as well as venue providers for technical discussions of the District and Corporation and our members are giving valuable inputs for safe sound, BLS, palliative care and Cancer care. We partnered with Cochin Cancer Care Society for awareness creation, Bodhini for voicing against child abuse, Government health services for providing palliative care and Rotary international for Diabetes detection and awareness movement.

Friends, in the midst of these activities we should not forget our commitment towards closing all the debts of IMA House by January. We need to focus on this with our heart and souls to realize the ultimate dream. Please bring in more members to IMA Lagoon and let us all enjoy IMA together.

Yours in IMA,

Dr. Sunil K. Mathai

NOVEMBER CME

Date : 25th Nov. 2015, Wednesday
Time : 8.00 pm; **Venue** : IMA House

Moderator:

Dr. G.N. Ramesh, PVS Hospital

Hepatitis B in pregnancy :
Do we need to press the panic button?
Dr. Vinod Kumar A., Consultant GE,
KIMS Kochi

Blocking the Perinatal transmission : How
best to do it in 2015? **Dr. Rosh Varghese,**
Consultant GE, Rajagiri Hospital

Hepatitis B in childhood : How is it
different from adults?
Dr. Maya Peethambaran, Consultant
Pediatric GE, PVS Hospital, Kochi

When Hepatitis B bothers the surgeon :
Issues and solution
Dr. Charles Pannackal
Consultant Hepatologist, MTH Kochi

Organised by
COCHIN GUT CLUB

PRESIDENT

Dr. Sunil K. Mathai
Gastroenterologist
Medical Trust Hospital, Cochin-16
Mob : 98470 39839
Email : sunilkmathai@gmail.com

SECRETARY

Dr. Madhu V.
Consultant Anaesthesiologist
Govt. General Hospital, Cochin-11
Mob: 98471 91057, 94463 91057
Email : drmadhuv@gmail.com

TREASURER

Dr. Jacob Abraham
Cardiac Anaesthesiologist
Lisie Hospital, Cochin-18
Mob: 98471 28123
Email : jacobabraham1@gmail.com

IMA Sub Committee Convenors

Blood Bank	: Dr. Sunil K. Mathai
Library	: Dr. Babu John Mathews
Ethics Committee	: Dr. Joy Joseph
Scientific committee	: Dr. Prathapan Dr. Arun Menon
Media	: Dr. M. Narayanan
Medicine Bank	: Dr. Satish Bhatt
Women's Wing	: Dr. Sundari G. Menon
SSS I / SSS II & III	: Dr. Cyril G. Cherian
PPS	: Dr. M.M. Haneesh
Pension Scheme	: Dr. K. Madhukumar
Health Scheme	: Dr. Saju K.G.
Medical Camp	: Dr. Najeeb K.H.
Public Relation&Training:	Dr. Rajeev Jayadevan
Mutual Benefit Scheme	: Dr. Salini Sudhindran
Students Wing	: Dr. M. Gopalan
Young Doctors Forum	: Dr. Johann Philip
Nammude Arogyam	: Dr. Cyriac
IMA Charitable Activities :	Dr. Junaid Rahman
Website & CCS	: Dr. Ramesh S. Shenoy
State/National matters	: Dr. V.D. Pradeepkumar
Senior Doctors Forum	: Dr. M.M. Hassan Dr. K.P. Varghese
IMA AMS	: Dr. Arun Menon Dr. Pratapkumar
IMA CGP	: Dr. R. Mahadevan
KMJ	: Dr. Prathap Kumar
Sports	: Dr. Vinod Padmanabhan Dr. Deepak

Affiliated Clubs with IMA Lagoon

1. Banerji Memorial Club, Thrissur 0487-2336795
2. Bekal Club, Kanhangad 0467-2204609
3. Cosmopolitan Club, Calicut 0495-3049778
4. Cosmopolitan Club, Palakkad 0495-3049778
5. Cosmos Club, Chalakudy 0480-2708918
6. Deccan Gymkhan Club, Pune 020-25675994
7. DTH Club, Wayanad 04936-224299
8. East Cultural Association 080-2526-388
Bangalore
9. Golden Swan Country Club, Thane 022-25856515
10. HSR Club, Bangalore 080-25723927
11. India Club, Dubai 971 4 3371112
12. Jaisal Club, Jaisalmer, Rajasthan 02992-255555
13. Kothamangalam Club, Kottayam 0485-2862001
14. Kottayam Club, Kottayam 0481-2578903
15. Nasik Club, Nashik 0253-2417931
16. Ramavarma Club, Kollam 0474-2793597
17. Ramavarma Club, Alappuzha 0477-2251436
18. Srimoolam Club, Trivandrum 0471-3262635
19. The City Club, Wayanad 0493-6351525
20. The Deccan Club, Secunderabad 040-27735354
21. The Exclusive Club, Calicut 0495-237-284
22. Tranvancore Club, Thiruvalla 0469-2665977
23. Trichur Tennis Trust, Thrissur 0487-2382036
24. Trivandrum Club, Trivandrum 0471-4144444
25. Trivandrum Tennis Club, Tvm 0471-2722737
26. Vandiperiyar Club, Idukki 04869-252242
27. Vijayanagara Sports Club, Mysore 0821-2514823

സെക്രട്ടറിയുടെ റിപ്പോർട്ട്

പ്രവർത്തനനിരതമായ ഒരു മാസത്തിനുശേഷം വളരെ പ്രതീക്ഷകളോടെ നിലമ്പൂരിൽ സ്റ്റേറ്റ് കോൺഫറൻസിൽ പങ്കെടുത്തു. പങ്കാളിത്തം കൊണ്ടും വൈവിധ്യമാർന്ന പരിപാടികൾ കൊണ്ടും നിലമ്പൂരിന്റെ പ്രകൃതിസൗന്ദര്യം കൊണ്ടും ഹൃദ്യമായ അനുഭവം നൽകിയ വാർഷിക സമ്മേളനം. പക്ഷേ അതിന്റെ മധുരിമ ഇലക്ഷനോടനുബന്ധിച്ചു നടന്ന ചില സംഭവവികാസങ്ങൾ കെടുത്തി കളഞ്ഞോ എന്നു സംശയം. ഐ.എം.എയുടെ മുല്യങ്ങൾ കാത്തുസൂക്ഷിക്കാൻ പ്രതിജ്ഞാബദ്ധരായി നേതൃത്വത്തിൽ നിൽക്കുന്നവരുടെ അപ്രതീക്ഷിത നിലപാടുകൾ നമ്മുടെ അംഗങ്ങളെ നിരാശരാക്കി. ഈ രീതിയിലുള്ള ഇലക്ഷൻ പ്രഹസനങ്ങൾ ഇനി വേണോ? ഒരു തുറന്ന ചർച്ചയ്ക്കുള്ള സമയം സമാഗതമായിരിക്കുന്നു. ചർച്ചകൾ ആരോഗ്യകരമായിരിക്കണം, അസോസിയേഷൻ ഗുണകരമായിരിക്കണം.

തിരുവനന്തപുരം ജനറൽ ആശുപത്രിയിലെ ഡോക്ടർക്കെതിരെയുണ്ടായ നടപടി കൈതിരെ കൊച്ചിൻ ഐ.എം.എ. നടത്തിയ പ്രതിഷേധം ശ്രദ്ധേയമായിരുന്നു.

ഈ മാസത്തിലെ ഐ.എം.എ യുടെ ചില പ്രധാന പ്രവർത്തനങ്ങൾ : കൊച്ചിൻ ക്ലിനിക്കൽ സൊസൈറ്റി മീറ്റിംഗ് - നവംബർ 12, വേൾഡ് ഡയബറ്റിക് ഡേ സെലിബ്രേഷൻ, കേരള പോലീസ് ഓഫീസേഴ്സ് അസോസിയേഷൻ മെഡിക്കൽ ക്യാമ്പ്, ബോധിനി സംഘടനയുമായി ചേർന്ന് ചൈൽഡ് അബ്യൂസിനെതിരെയുള്ള സി.എം.ഇയിലും തുടർന്നുള്ള റാലിയിലും ഐ.എം.എയുടെ പങ്കാളിത്തം, എറണാകുളം ജില്ലയിലെ പാലിയേറ്റീവ് കെയർ പ്രവർത്തനങ്ങളുടെ വിപുലീകരണത്തിന് ഐ.എം.എയുമായി ചേർന്നുള്ള തുടർ ചർച്ചകൾ.

ഗട്ട് ക്ലബ്ബിന്റെ സി.എം.ഇ. 25-ാം തീയതി, കോളേജ് യൂണിയൻ നുകളുമായുള്ള ചർച്ചകൾ തുടങ്ങിയവ വരും ദിവസങ്ങളിലെ പ്രവർത്തനങ്ങൾ.

ആശംസകളോടെ
ഡോ. മധു വി.



Big success of National IMA Protest

IMA was called for discussion on 10th Nov. 2015 by the Union Health Minister on the five issues that were raised. The meeting was also attended by Union Health Secretary.

Health Minister agreed on all major issues and solutions suggested by IMA. A time bound committee was formed, which will have three representatives of IMA as well. The Committee will study all the suggestions and amendments and will submit the report within six weeks. The Ministry will then expeditiously act on the suggestions and amendments.

It is a VICTORY of Team IMA and shows the strength of unity.

So for now, the protest is postponed (not cancelled) from 16th November. Long live IMA.

LAGOON MEMBERSHIP DRIVE

IMA Lagoon is having affiliation with more than 27 leading clubs in India and abroad and it is still growing. Last opportunity for IMA Cochin members to grab a Lagoon membership with attractive offers. Special offer for children of Lagoon members too at Rs.50,000/-. Please contact Dr. M. Narayanan (Ph : 9388637109).

IMA SERVICE CHARGES

Those who have not paid IMA service charges (Rs.1,000/- per year) are requested to pay it as soon as possible.



21st Oct 2015 - Special CME on Management of Stroke - in association with Kerala Association of Neurology & Cochin Neurological Society. Venue - IMA House.



Awards for IMA Cochin at IMA State Conference at Nilambur

- 2nd place in membership enrollment award
- Organisational Excellence Award 2015 to Dr. Rajeev Jayadevan in recognition of the sincere and dedicated service as Secretary, IMA Cochin and Convenor, Skill & Community.
- First place in enrolling members in PPS.
- President's Appreciation Award to Dr. Sunny P. Orathel as Secretary of Pension Scheme.
- Appreciation Award - Nammude Arogyam
- Chairman's Appreciation Award to Dr. Babu John Mathews, Social Security Scheme
- Chairman's Appreciation Award to Dr. M.M. Hassan, Social Security Scheme
- Merit Certificate for excellence in Branch Activities
- President's appreciation award for excellent service as Vice President, IMA KSB.

CONGRATULATIONS !



IMA KSB/SS/HQ/583/2014-15
Thiruvananthapuram,
05.11.2015

To
Dr. Rajeev Jayadevan
Secretary, IMA Cochin Branch &
Convener, Skill and Communication
Training Wing.

Dear Doctor,

The State President Dr. Sreejith N.Kumar is pleased to recognize your contribution for the cause of the organization and Medical Profession for the year 2014-'15. The State President is pleased to honour you with State President's Organizational Excellent Award for your contribution as Secretary, IMA Cochin Branch & Convener, Skill and Communication Training Wing.

ORDERS AND FORMS

INDIAN MEDICAL ASSOCIATION KERALA STATE BRANCH

FORM D

NON RECEIPT OF LIFE MEMBER CERTIFICATE

(Proforma to be sent to State HQ along with complaint of Non receipt of LMC)

1. Name of Doctor (in BLOCK letters) :
Full Postal Address (Present) (with PIN Code and Ph No.) :
 2. Branch through which applied for Life Membership :
 3. Year in which applied for Life membership
 4. Details of transfer of branch with year
 5. Have you got a life member number or provisional certificate (If so give details)
 6. Details of transfer of branch with year
 7. Have you got a life member number or provisional certificate (If so give details)
 8. Details of amount paid by the member (Amount..... DD No.....)
Date..... Name of Bank.....)
 9. Have you got the receipt or not.
If yes attach a xerox copy
 10. Are you getting JIMA or Newsletter (If yes attach old wrapper)
 11. Have you ever written to State HQ in this regard.
If so furnish the details of it.
 12. Have you enclosed a new set of membership Application : Yes/No
 13. Details of payment of HFC to State HQ No. and date of covering letter sending HFC to HQ.
Amount.....DD No.....)
Date..... Name of Bank.....)
 14. Any other relevant records from the Branch which supports the claim.
- Date Dated signature of the member Name and signature of the Branch Secretary

Note : Attach one Form D for each complaint.
Details of item 13 and 14 to be provided by the Branch.
All the complaints to be forwarded through the Branch.
Enclose a new set of membership application form.

भारतीय आयुर्विज्ञान परिषद्
MEDICAL COUNCIL OF INDIA
Office - 14, BPOI - 8, DDA Flt - 110017
Pocket - 17, Sector - 2, Dwarka, New Delhi - 110017

No. MCI-12(1)/2015-TEQ/115524 Date: 26/10/15

Dr. Maruti Sinha,
C-2/175 (FF), Janakpur,
New Delhi - 110058

Sub:- Request for clarification of term "Specialist and Consultant" as referred to in PGMER, 2000.

Sir/Madam

With reference to your letter No. DMOF/2015/28, dated 25.9.2015, on the subject noted above, I am directed to state that the above mentioned matter was considered by the Post Graduate Committee at its meeting held on 9.10.2015 and it reads as under:-

"The Postgraduate Medical Education Committee considered the letter dated 01/10/2015 received from Dr. Maruti Sinha, Secretary, Delhi Medical Officers Association with regard to clarification of term "Specialist and Consultant" as referred to in PGMER, 2000 along with Notification dated 16th March, 2005 and decision of the Executive Committee of the Council dated 23/11/2014.

It is clarified that all these doctors who possess postgraduate qualification and have worked continuously in the department of their PG qualification in Institutions or Hospitals where with the affiliation from any University, postgraduate teaching is being imparted should be considered eligible for grant of equated teaching designation irrespective whether they have worked on the cadre post of General Duty Medical Officer or Specialist. Those who have the experience of working for a period not less than 18 years and 10 years shall be eligible to be equated as Professor and Associate Professor respectively in the department concerned. Those with experience of less than 10 years will be eligible to be equated as Assistant Professor (Notification dated 16.03.2005). Only those GDMOs who do not have postgraduate qualification and are performing rotational duty at different places will not be considered."

You are informed accordingly.

Yours faithfully,

(Dr. Reena Nayyar)
Secretary I/C

c.c.

1. The Joint Registrar, Guru Gobind Singh Indraprastha University, Sector 16C, Dwarka, New Delhi - 110078
2. The Dean, Safdarjung Hospital & Vardhman Mahavir Medical College, New Delhi-110 029.

UPDATE ON CPR

2015 AHA Guideline Highlights

Top 5 Changes to CPR

Read the complete 2015 AHA Guidelines at this link:
<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

- 1** **Compression rate: 100-120**
 A higher upper rate limit was added as CPR as quality decreases with >120 compressions per minute.
- 2** **Maximize compression time**
 Increased emphasis has been placed on minimizing the time without compressions to maximize coronary perfusion.
- 3** **Deep, but not too deep**
 An upper limit on the depth of chest compressions has been added. They should be between 5cm (2") and 6cm (2.5"). Deeper can be harmful.
- 4** **Directive dispatchers**
 Callers can receive increased guidance from emergency dispatchers regarding when to begin CPR. Dispatchers can also utilize social media applications to direct nearby assistance.
- 5** **Audiovisual feedback**
 Feedback to lay-providers may improve CPR. When available, audiovisual devices may be used to optimize CPR quality.

From: <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>
 * For more Canadian content by the HSFC, check out <http://goo.gl/1Hu8lc>

This infographic has been brought to you by the **BoringEM.org** Team.

The infographic is made available under the Creative Commons 3.0 license. Please share but attribute!

Template designed by Alvin Chin MSc, MD (card) Summary by Brent Thomas MD, FRCP, and John Benjamin MD Reviewed by Teresa Chan MD, FRCP
 Special thanks to Laurie Morrison and the American Heart Association.

2015 AHA Guideline Highlights

Top 3 Changes to BLS

Read the complete 2015 AHA Guidelines at this link:
<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

- 1** **Not breathing? Naloxone!**
 The administration of naloxone (IM or IN) by trained BLS providers is reasonable in patients with abnormal breathing and suspected opioid ingestion.
- 2** **Opioid overdose education**
 Training to treat an opioid overdose can be provided to opioid abusers and their close contacts.
- 3** **Manual spinal immobilization**
 In suspected spinal cord injuries, lay rescuers should manually immobilize the spine with their hands rather than using immobilization devices.

From: <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>
 * For more Canadian content by the HSFC, check out <http://goo.gl/1Hu8lc>

This infographic has been brought to you by the **BoringEM.org** Team.

The infographic is made available under the Creative Commons 3.0 license. Please share but attribute!

Template designed by Alvin Chin MSc, MD (card) Summary by Brent Thomas MD, FRCP, and John Benjamin MD Reviewed by Teresa Chan MD, FRCP
 Special thanks to Laurie Morrison and the American Heart Association.

2015 AHA Guideline Highlights

Top 5 Changes to ACLS

Read the complete 2015 AHA Guidelines at this link:
<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

- 1** **Vasopressin is OUT**
 In an effort to streamline and simplify cardiac arrest algorithms, vasopressin has been removed. Epinephrine & vasopressin have equivalent outcomes.
- 2** **Ultrasound for ETT confirmation**
 Ultrasound has been added as an additional method for confirming endotracheal tube placement.
- 3** **If you can't shock, give epi ASAP**
 Non-shockable rhythms (e.g. PEA) may have distinct pathophysiologic origins. It is reasonable to administer epinephrine ASAP to these non-shockable rhythms.
- 4** **Use maximum Oxygen during CPR**
 Use maximum FiO2 during CPR. This recommendation was strengthened, but remember to titrate your oxygen after ROSC.
- 5** **ECMO is a possible alternative**
 Venoarterial extracorporeal membrane oxygenation (ECMO) is a possible alternative to conventional CPR in patients with refractory cardiac arrest if the etiology is thought to be reversible.

From: <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>
 * For more Canadian content by the HSFC, check out <http://goo.gl/1Hu8lc>

This infographic has been brought to you by the **BoringEM.org** Team.

The infographic is made available under the Creative Commons 3.0 license. Please share but attribute!

Template designed by Alvin Chin MSc, MD (card) Summary by Brent Thomas MD, FRCP, and John Benjamin MD Reviewed by Teresa Chan MD, FRCP
 Special thanks to Laurie Morrison and the American Heart Association.

2015 AHA Guideline Highlights

Top 5 Changes to PALS

Read the complete 2015 AHA Guidelines at this link:
<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

- 1** **Fluids in Sepsis**
 An initial fluid bolus of 20cc/kg is reasonable. Further fluid resuscitation should be tailored to the individual patient, with frequent reassessment, recognizing that over aggressive fluid resuscitation may be harmful in resource limited settings.
- 2** **Routine atropine unnecessary**
 Current Evidence does not support ROUTINE use of pre-intubation doses of atropine for critically ill children and non-neonatal infants requiring emergency intubation. Of course, however, use it if there is bradycardia.
- 3** **No minimum atropine dose**
 If you do use atropine prior to a non-emergency intubation, 0.02mg/kg is effective. Don't worry about under-dosing!
- 4** **Avoid fever & control temp**
 Temperature control & fever management is important for comatose children after out-of-hospital cardiac arrest. Moderate hypothermia (32° to 34° C) or normothermia (36° to 37.5° C) are both reasonable.

From: <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>
 * For more Canadian content by the HSFC, check out <http://goo.gl/1Hu8lc>

This infographic has been brought to you by the **BoringEM.org** Team.

The infographic is made available under the Creative Commons 3.0 license. Please share but attribute!

Template designed by Alvin Chin MSc, MD (card) Summary by Brent Thomas MD, FRCP, and John Benjamin MD Reviewed by Teresa Chan MD, FRCP
 Special thanks to Laurie Morrison and the American Heart Association.



October CME : Topic - Office practice in Pediatrics ; Moderator : Dr. Varghese Cherian; Panelists : Dr. M. Narayanan, Dr. Vivin Abraham, Dr. Rojo Joy



Medical Camp organised in connection with World Diabetes Day for Kerala Police Officers Association and Kerala Police Association.



Act today to control Diabetes : Seminar by Times of India

World diabetes Day Celebration



Winners of **IMA Cricket League**

Medical Camp for Ambulance Drivers in association with ANGELS

Word Osteoporosis Day celebrated on 24.10.2015 at Sunrise Hospital



Fraternity benefit of Dr. George Earaly received from Secretary, Social Security Scheme handed over to Dr. Santha George Earaly by Dr. Sunil K. Mathai.

CME on **Management of Acute Stroke in Emergency Room** - 27.10.2015

IMA STATE ELECTION

Elected members from Cochin Branch.



Dr. Sunny P. Orathel
Midzone Joint Secretary



Dr. Abraham Varghese
CWC Member



Dr. M.M. Hassan
Chairman Board of Trustees (SSS I&II)



Dr. Babu John Mathews
Dist. Representative SSS I&II

Congratulations!

Cochin Clinical Society C.M.E. schedule upto October 2016

Month	Date	Hospital	Tel No	Co-ordinators	Mobile No	Email ID
NOV	12	AIMS	280-1234	Dr.Nisha	9895972765	nishab@aims.amrita.edu
				Dr.Praveen	9495247676	praveenvp@aims.amrita.edu
DEC	10	Sanjeevani	2874494	Dr.L.K.Prasad	8301881956	lalitkumar_prasad@yahoo.com
JAN	14	Lourdes	2391452	Dr.Binu Upendra	9946723829	binuupendra@gmail.com
JAN	28	Aster	2430874	Dr.Narayanan Unni	9847049857	unnivn1@gmail.com
FEB	11	PVS	2345451/7	Dr.G.N.Ramesh	9847034787	ganesh.ramesh@rediffmail.com
MAR	10	Sudheendra	2354139	Dr.Vinod Padmanabhan	984744 8732	vinodpaddy@gmail.com
APR	14	Lakeshore	2701032/3	Dr.Jose Francis	944770 2404	vfrancisjose@yahoo.co.in
MAY	12	EMC	2807101/2	Dr.Jobi Abraham	9846228250	jobiabraham85@rediffmail.com
MAY	26	Renai	2880000	Dr.Subramaniam	9847370440	drsubramaniam@renaimedcity.org
JUNE	9	Sunrise		Dr.Rajeev Jaydevan	984710 2221	rajeevjayadevan@hotmail.com
JULY	14	Med Trust		Dr.Babu John Mathews	944739 6922	babujmathews@yahoo.com
AUG	11	KIMS	3041000	Dr.Satish	9562044222	drsathish17@gmail.com
AUG	25	IMA	2350522	Dr.Arun Menon	9961988021	arunsmenon@aims.amrita.edu
				Dr.Vasantha Nair	9846321942	vasanthanair@aims.amrita.edu
SEPT	8	Specialists	2391066	Dr.Senthil kumar. M	9895273067	senthilkumarplastic@gmail.com
OCT	13	Lisie	2358001	Dr.Jose Chacko Periapuram	9847043224	joseperiapuram@hotmail.com
OCT	27	City	3043010	Dr.Sanam Basheer	9847303965	cityhospitalkochi@yahoo.co.in