



The new centre of the IMA CHARITABLE MEDICINE BANK was inaugurated by President Dr. Joy Joseph at SS Kalamandir at Pookaranmukku in association with the GSS Sangham.



Organising Committee meeting of the 53rd Annual State Conference of IMA Kerala State Branch in progress.

MUSICAL NITE AT A GLANCE



imafest '10
 53rd Annual State Conference, IMA Kerala State Branch
 12,13,14 November 2010 ■ IMA House, Cochin

IMA Cochin is set to host the 53rd Annual State Conference of IMA Kerala State Branch, after a long interval of 27 years. Twentyseven years saw IMA Cochin Branch growing leaps and bounds in terms of numerical strength and many new institutions under its roof. Now it is the time to showcase our achievements and credentials in front of our colleagues across the State.

Doctors spread over the length and breadth of Kerala look upon this conference with great expectations; needless to say, we have to live up to their expectations. 19 committees have been formed to chart out and implement various programmes of the Conference. You are also requested to lend your support to Chairman and Convenors of various Committees to see that we present the best conference in the history of IMA Kerala State Branch.

Registration to the Conference will be inaugurated during the monthly meeting on 30th April. All members of IMA Cochin Branch have to register as Reception Committee members. Please come prepared with your cheque favouring 'IMAFEST 2010' to register on 30th April.

Reception Committee member Rs.1,500/-
 Couple Reception Committee member Rs.2,500/-

Inputs and co-operation by each and every member are important for the success of this Conference. Together we can create yet another history.

Dr. V.P. Kuriyipe Organising Chairman	Dr. S.Sachidananda Kamath Organising Secretary	Dr. V.D. Pradeep Kumar General Convenor	Dr. Abraham Varghese Joint Convenor
Dr. N.S.D. Raju Vice Chairman	Dr. Joy Joseph Vice Chairman	Dr. Sunny P. Orathel Joint Org. Secretary	Dr. K.C. George Treasurer

WANTED

Full time consultants

Senior Gynaecologist

with experience in Laproscopic Surgery.

Senior Ophthalmologist

with experience in Laser Surgery, Phaco, FFA etc.

For a well established multi speciality hospital located in the centre of Ernakulam with all modern facilities. Attractive terms.

Apply to:

DIRECTOR
 COCHIN HOSPITAL
 M G ROAD, KOCHI-682016
 Phone 0484-2378980-84,
 Fax : 0484-2378985
 Email-cochinhospital@gmail.com

New IMA Cochin website launched



The new website of IMA Cochin was launched by Padmashree Dr.Philip Augustine. All are requested to make IMA website their home page.

Our Restaurant becomes bigger and cosy

Refurbished and expanded Restaurant 'Kitchen King' gets inaugurated on 21st April.

GRAND FOOD FESTIVAL
 MAY 1ST TO 14TH

Kabab Festival - May 1st to 7th
Oriental Food Festival - May 7th to 14th

Enjoy the excellent ambience of the new Restaurant in the company of your friends and family members. Food Festival on Buffet only.

Regular Restaurant timings : **6.30 pm to 10.30 pm**
 For seat reservation, call
Mr. Sudesh : 93883 59122 / 0484-3118081/82

MONTHLY CME

Date : 30.4.2010 (FRIDAY), 8.00 p.m.
 Venue : IMA House, Kaloor

SCIENTIFIC SESSION

Topic I EVALUATION OF P.U.O
 Chairperson **Dr. Sujit Vasudevan**
 President API, Kochi Chapter
 Speaker **Dr. R.N. Sarma**
 Professor, Dept of Medicine, AIMS Kochi

Topic II NEWER VACCINES
 Chairperson **Dr. Tonny Paul Mampilly**
 President, IAP Cochin
 Speaker **Dr. Srinivas Gopinath Kasi**
 Consultant Pediatrician, Bangalore

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President's Column

Dear Colleagues,



We have already started the preparations for our annual state conference. Different committees have been formed and the initial meetings and discussions of these committees are going on. All the IMA members are requested to take active role in this joint effort to see that the conference becomes successful and a memorable one.

The first anniversary celebration of the IMA house is on 2nd May 2010. It will be a time to meet all those who have worked hard and contributed in one way or other for the fulfillment of our dream project. I invite all the members and their families who are part and parcel of this House for the gala get-together and the cultural programmes.

All the facilities in the IMA House is working well. Swimming coaching, SPA therapy are the new additions. Send your children in this summer vacation to utilise and enjoy the facilities. Also come and dine in the new renovated restaurant.

Dr. Joy Joseph

Abstract of previous month Scientific Session

ANAESTHETIC CHALLENGES IN VIDEO ASSISTED THORACOSCOPIC SURGERY

Dr. Deepak R. Nair, MD, DA, DNB,
 Consultant Anaesthesiologist, Ernakulam Medical Centre, Kochi

Almost all the patients coming for VATS will be crippled by intra thoracic (usually lung) pathology. This makes a thorough pre operative evaluation and optimisation of respiratory and cardiovascular systems vital for the successful anaesthetic management of VATS. Intra operative monitoring should include capnography and arterial blood gas analysis. During surgery the patient will usually be in lateral decubitus position, which necessitates protection of pressure points and management of physiological changes. Since proper exposure is a must, VATS is an absolute indication for One Lung Ventilation. This is usually carried out using a Double Lumen Endotracheal tube. One Lung ventilation causes major changes in physiology making the patient prone for hypoxia. After the surgery the patient may have to be ventilated, in which case care should be taken to avoid high inflation pressures and to decrease oxygen concentration as soon as possible. Post operative respiratory care regimen in the ICU with bronchodilatation, antibiotics, incentive spirometry and chest physiotherapy will help in early mobilization of the patient. The pain, though less than that in open surgery, should be adequately treated with analgesics and regional blocks to prevent respiratory compromise.



Of the many applications of VATS, the most common are : 1) There are various causes of collection of Pleural Effusion, such as Cancer, Tuberculosis, Infection etc. Despite presently available investigations 20% of these patients are treated empirically without arriving at a proper diagnosis and thereby patients receive improper, and inadequate treatment with avoidable side effects. VATS conclusively establishes the diagnosis. 2) Tremendous relief and often no re-accumulation of fluid in the chest is achieved by Thoracoscopic Talc (Asbestos free) Pleurodesis in recurrent pleural effusion of any cause including malignancy; may it be of the lung, breast or GI tract. 3) Tissue diagnosis of mediastinal, lung or pleural lesions including Solitary Pulmonary Nodule is certain when all other methods fail. 40% of SPNs are cancerous. 4) There is a general belief that the colour of the fluid found in the chest indicates the nature of disease - hemorrhagic in cancer and straw coloured in TB. VATS has clearly proved that this is not always true, that hemorrhagic could mean TB and similarly straw coloured could harbor cancer. 5) Pericardial Effusion can be removed effectively by VATS and pericardiodesis performed along with pericardial biopsy to prevent further formation of fluid with excellent result. 6) Any Surgery of the chest such as lobectomy, resection of tumour, bullectomy, drainage of empyema and others can be done through VATS.

Mediastinoscopy is examination of the central portion of Chest (Mediastinum) endoscopically. Biopsy of tumours or lesions behind the sternum, adjacent to the heart and great blood vessels (Aorta and Pulmonary Artery) can easily be accessed.

In India, the common causes of tumours in this region are Cancer, Tuberculosis and Lymphoma. Mediastinoscopy has demonstrated that Sarcoidosis very much exists in Kerala, which is an easily treatable condition.

The approach is via a 2.5 cm incision in the lower part of the neck just above the sternum. The alternative is a 20 cm inch sternal splitting incision in the middle of the chest. Over 1000 patients have benefitted from VATS and Mediastinoscopy in Kerala.

KEYHOLE SURGEY OF THE CHEST

Dr. Nasser Yusuf, Assoc Prof & Cardiothoracic Surgeon,
 Ernakulam Medical Centre

The singlemost exciting advancement in Chest medicine is the development of Keyhole Surgery of the Chest. This is essentially of 2 types - VATS and MEDIASTINOSCOPY.

VATS is the acronym of Video Assisted Thoracoscopic Surgery. What Surgery is usually performed by a 30 cm long incision on the back and side of the chest is achieved by 2.5 cm. Needless to say, not only is it cosmetic but significantly carries very little morbidity. Pneumonia, collapse of lung, pain, wound dehiscence and bleeding rarely occur.



IMA MEDICAL REFERENCE LIBRARY



The ENT Association has contributed books to IMA Library. Dr. M. Venugopal, Secretary of Library receiving the books from the President of the ENT Association.

Secretary's Desk

Dear Colleagues,

National IMA has increased the central share (HFC) by 25% from 1st April 2010 and hence we are forced to increase the membership fee at the branch level. The executive committee of Cochin IMA held on 14th April decided to fix membership fee of Cochin IMA at the following rates.

Annual single Rs.2000, Annual couple Rs. 3200, New life single Rs.20,000, New life couple Rs.30,000, Conversion of life single Rs.19,000, Conversion to life couple Rs.29,000, Single life to couple life Rs.10,000.

The Medicine Bank of IMA Cochin has started a new drug distribution centre at SS Kalamandir building, Pookaranmukku, T.D. Road, Ernakulam. The Medicine Bank will function from 9 am to 1pm all days except Sundays.

Kerala State IMA is pressing all branches to collect Rs.200 from every members towards the activities against BRMS. Hence, I request you all to remit the share at the earliest.

Needless to mention that Cochin IMA is one of the biggest branches in the country and it is impossible to contact you in person for any thing and every thing. Therefore, I request you to be kind enough to consider the address in this column as personal one.

with regards

Dr. Sunny P. Orathel



All the annual members are requested to renew the membership in the month of April itself. Otherwise they will lose the benefits of the SSS and PPS schemes in the following months. Contact IMA Office to renew and regularise your membership so that you don't lose the benefits. Annual membership is Rs 2000 (single) and Rs 3200 (couple)

CONGRATULATIONS!



Sneha Vijayan, studying in Std X, Bhavan's Vidya Mandir, Elamakkara, daughter of Dr. R. Vijayan, Consultant Urologist, was awarded Sri N. Kumaran Nair Memorial Ever Rolling Trophy for "THE STUDENT OF STD X WHO UPHOLDS BHAVAN'S VALUES" by Justice Thottathil B. Radhakrishnan.



Dr. Hafeez Rahman has been nominated by Ministry of Health & Family Welfare, Govt. of India for the post of member of Medical Council of India.

