

Secretary's Desk

Dear members,



I can proudly say that we had 3 scientific meetings last month.

IMA activities are going on well. IMA Election Notice is published in this Newsletter. IMA CME accreditation programme was excellent and grand success. I humbly request all members to participate actively in fund raising programmes, individually and by canvassing Lagoon membership for the final completion of our IMA House Project which was our ultimate dream. I also remind you to make maximum use of the Lagoon facilities.

Yours sincerely,

Dr. N. Dinesh

Cyberknife



The Robotic Radio Surgery System, the non-invasive technique to treat tumours being explained by **Dr. T.K. Padmanabhan**, Apollo Hospital, Chennai on 8th August, 2009 at IMA Auditorium.

Womens Wing - July 2009

An Eye Camp was held at Keechery. 252 patients examined and 50 patients selected for free cataract surgery. At Puthuvype, over 500 patients were examined and treated. Kanya 2009 - Girl Child Day - "Save a Girl Child" Say No to Female Feticide' was celebrated by awareness talks at 3 venues and at General Hospital, Ernakulam, where gifts were given to the mothers who had delivered female child. Awareness talks were held at over 10 venues on Reproductive Health, Menopause, Health in children, Asthma etc. Alzheimer's Disease awareness programme were conducted at 4 venues. Social service activities were held at Sreeshakthi Orphanage and Shradha School for Mentally Retarded. The General Body Meeting and a Yoga Session was held on 25.7.2009 at IMA House, Kaloor.

The next meeting will be on 'Variety Cooking' by Nestle at IMA House, Kaloor on 22.8.2009.



Medical check up and Adolescent Health Education Programme in progress at Mathrusakthi, Aluva

Abstract of previous month scientific session

PREVENTION OF INFECTION IN ICU

Dr. K. Vinodan



Nosocomial infections are on the rise in the Intensive care. This has led to increased hospital stay, increased morbidity and mortality, increased pressure on beds, emerging antibiotic resistance and rising health care costs.

Infection prevention largely depends on placing barriers between a susceptible host (person lacking effective natural or acquired protection) and the microorganisms. Protective barriers are physical, mechanical or chemical processes that help prevent the spread of infectious microorganisms from person to person (patient, healthcare client or health worker); and or equipment, instruments and environmental surfaces to people.

Recommendations and guidelines provided by the EPIC 2 (Evidence based Practice in Infection Control) 2007 and CDC Guidelines 2008 include: 1. Basic Hygiene - Standard Precautions, 2. Adherence to Device Policies, 3. Formulation and practice of Antibiotic Policies, 4. Selective Decontamination of the Digestive tract, and 5. Surveillance.

Standard Precautions are designed for use in caring All people, All fluids, All surfaces, and used at All the time.

Consider every person (patient or staff) as potentially infectious and susceptible to infection. Strictly adhere to the following guidelines:

Wash hands; Use handrubs; Wear gloves; Use Physical barriers; Apply

Antiseptic agents; Use safe work practices; Safely dispose of infectious waste materials and Process instruments, gloves and other items after use.

Hand washing is probably the single most important means of preventing the transmission of infections in the ICU. The purpose of hand washing is to mechanically remove soil and debris from the skin and reduce the number of transient microorganisms.

Fast acting antiseptic handrubs do not require use of water to remove transient flora, reduce resident microorganisms and protect the skin. Most contain 60-90% alcohol, an emollient and often an additional antiseptic (e.g. 2-4% chlorhexidine gluconate) that has residual action. Use of an antiseptic handrub is more effective in killing transient and resident flora than handwashing with antimicrobial agents or plain soap and water, is quick and convenient to perform, and gives a greater initial reduction in hand. It is important to remember that Hand washing should be done first, followed by hand scrubbing.

These preventive strategies may only be effective over prolonged periods if they can be integrated into the behaviour of all staff members who are involved in patient care. Infection control measures are to be viewed as a priority and have to be integrated fully into the continuous process of improvement of the quality of ICU care.

IMA COCHIN UPDATE 2009 - A TREMENDOUS SUCCESS

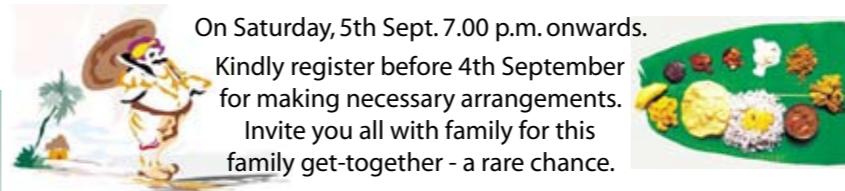
560 doctors from the district participated in the CME conducted on 9th August 2009 at IMA Auditorium.



Dr. Abraham K. Paul, Dr. Sunil Mathai, Dr. Babu John Mathews and Dr. N. Dinesh inaugurates the CME



ONAM SADYA AT IMA HOUSE



On Saturday, 5th Sept. 7.00 p.m. onwards.

Kindly register before 4th September for making necessary arrangements.

Invite you all with family for this family get-together - a rare chance.

Naming the Bar & Restaurant

The names were selected by a panel of 3 members.

BAR - **HEAVENS** - by **Dr. Rohin Abraham**

RESTAURANT - **KITCHEN KING**

- by **Dr. P.H. Sainaba Beevi**

The winners get Rs.1000/- each. Congratulations!

A big thank you to all the participants and judges.

SNIMS CME - 2009 FOR GENERAL PRACTITIONERS

On Sunday, 13 Sept. 2009 at SNIMS Auditorium

Sree Narayana Institute of Medical Sciences

Chalacka, N. Kuthiyathodu P.O., Ernakulam District

For more details, contact : **Dr. K. Prasad**, Secretary, Organising Committee Mob : 98473 38520 Email : dr_kprasad@yahoo.com

OBITUARY

Dr. Shyam Sundar Nair (74), noted Psychiatrist, specialised in deadiction, expired on 15.8.2009. IMA Cochin expresses its heart-felt condolences to the bereaved family.

Congratulations!



Dr. Abu Philips FRACP (Nephrology) is the recipient of the Kidney Health Australia Scholarship for his post doctoral thesis on 'Molecular Mechanistic Process in renal injury. Abu, the son of Dr. Philips Abraham and Dr. Geetha Philips, is a clinical and research fellow at Monash Medical Centre, Melbourne.

Sankar Dinesh Kamath - National Award winner in all India stamp designing & painting competition in 2007 & 2008. Winner of all Kerala Bhavan's Painting Competition (3 consecutive years) and many more painting competitions. Master Sankar is son of Dr. Dinesh Kamath and Shobha Kamath.



Pravin Vinod selected for Indian Civil Services 2009. Pravin is son of Dr. Vinodan K. and Dr. Anitha.

MEDICINE BANK MEDICAL CAMPS

The IMA Medicine Bank along with Gandhi Nagar Youth Congress Committee conducted a multispeciality medical camp on 19th July 2009 at Saraswathy Vidyabhavan Nursery School, Gandhi Nagar. Mr. K.P. Dhanapalan MP inaugurated the Camp. IMA President Dr. Abraham K. Paul and prominent Congress leader Mr. Dominic Presentation spoke on the occasion. The Camp provided services including free eye check up to 300 patients. Dr. Abraham K. Paul, Dr. Vivin Abraham, Dr. Rohin Abraham, Dr. Joy Joseph, Dr. C. Sagar, Dr. Sreenivasan, Dr. Anil, Dr. Annamma Kurien, Dr. Joji and Dr. N. Gopalakrishnan examined the patients at the Camp.

The IMA Medicine Bank also conducted a free health check up for the students and staff of Rajagiri Swimming Academy on 7th August 2009. Dr. N. Gopalakrishnan conducted the check up.

Medicine Bank is conducted its 7th medical camp at Palathuruth, Elamkulam on Independence Day, in association with Palathuruth Residents Association.

Kitchen King News



Lunch (Fish curry meals - Rs.70/- per head) and Buffet Dinner (Rs.150/- per head) Friday to Sunday. Regular timing 6.30-10.30 pm. For seat reservation, Mr. Sudesh: 93883 59122 / 0484-3118081/82.