

President's Column

Dear Colleagues,



Greetings. It's a known fact that many in our society cannot just afford the cost of today's treatment in hospitals. Of course, health insurance is available, but the paradox is that, it is enjoyed by the rich and affluent only. The poor and needy seldom enjoy the benefit of today's health insurance schemes.

In an effort to provide solace to at least a few in a little way, IMA Cochin negotiated with the New India Assurance Company for a tailor-made 'Hospital Group Insurance' exclusively for children with a yearly premium as low as Rs.150/-. A child can get inpatient benefit upto Rs.10,000/-. I agree it's not something great but it's a helping hand at least to few. I make an earnest request to you to sponsor at least 10 children (Rs.1,500/- only) which will be great service by the doctor community and will be a great boon to the needy.

Expecting your whole hearted co-operation.

Yours in IMA,

Dr. Abraham K. Paul

WE ARE READY ! ARE YOU?



IMA Cochin is all set to **confirm bookings** for our centrally air-conditioned halls - 1000 capacity with attached dining hall, 300 capacity and 200 capacity from **May 1st 2009 onwards**.

Womens Wing Activities - November

UNESCO's theme 2008 has been 'Diabetes in Children and Adolescents'. The World Diabetes Day started off with a talk by Dr. Geetha Philip and a walkathon from Collector's Camp Office. 'Diabetes and its Prevention' was the topic for the talk, for over 300 children at two schools in Eloor, and a blood sugar estimation camp was held at Govt. Old Age Home, Thevara and at Santhwanam, Kaloor.

World Epilepsy Day was celebrated with a Painting & Essay Competition for children. Over 300 patients were examined at BMD camp at TD Temple Hall by Dr. Gracy and Dr. Valsala Kumari. On 29.11.2008, a General Body Meeting was held followed by Microwave Cooking demonstration.

Dr. R. Manju, Secretary, WIMA, Kochi



Previous month Scientific Session Abstract

MANAGEMENT OF MEDICALLY UNEXPLAINED PHYSICAL SYMPTOMS

Moderator: **Dr. C.J. John**, Speakers : **Dr. Sujit Vasudevan, Dr.C.P. Somanath, Dr. T.V. Ravi**

Medically Unexplained Physical Symptoms are defined as those physical symptoms that are not attributable to or are out of proportion to identifiable disease. This very common clinical problem in general medical practice is often branded as "functional overlay", "Hysteria" "Psychosomatic" etc. Chronic fatigue Syndrome, Fibromyalgia, Functional Bowel diseases etc are clinical entities that have strong psychological roots. Medically unexplained symptoms or somatisations are major presentations in a spectrum of psychiatric disorders that may range from mild and transitory illness to chronic and disabling.

Somatisation Disorders are chronic conditions more common in females with onset before age of 30. They have multiple symptoms related to various organ systems that are not supported by clinical examination or investigations. They have intense preoccupation with these symptoms. There is associated depression & anxiety. **In Pain Disorder**, persistent pain in one or two sites having no organic basis is the major complaint.

Conversion disorder is an acute and dramatic onset disorder precipitated by emotional crisis and present with one or more symptoms or deficit affecting voluntary motor or sensory function. Symptoms or deficit are not intentionally produced or feigned. It may cause significant distress & impairment in functioning.

Hypochondriasis refers to a condition in which the patient insists that he has a particular disorder like cancer or AIDS, rather than nonspecific complaints. Repeated tests or consultations will not convince him.

In **Body Dysmorphic Disorder** there is an excessive concern about appearance and preoccupation with imagined defect. The subjective distress & functional impairment is high and patient may insist on even surgical correction. The concern may involve hair, face, nose, lips, teeth, genital organs etc. The above disorders together are classified as Somatoform Disorders.

Factitious Disorder (also known as Munchausen's syndrome) is a disorder in which the patient feigns physical or psychiatric symptoms so that they can assume a sick role. It is common in lonely persons with poor social support. Symptoms may be self induced diarrhea, epistaxis etc. Sometimes mothers can present with symptoms induced in child (Munchausen's syndrome by



proxy). Malingering is an intentional production of symptoms to deceive others to achieve some immediate gains or escape from punishment. This is a medico legal issue.

Somatisations in Children: 11% boys and 15% girls above the age of eight years have been found to have stress related somatisations. Conversion disorders are common. Those with School Phobia have various somatic complaints especially in the morning at the time when they have to go to school.

Somatisation as a masked presentation of other Psychiatric Disorders: Many depressives may present predominantly with somatic symptoms. It is important to identify and treat these masked depressions. Similar presentations are common in Generalized Anxiety Disorders. Panic disorder, a form of intense anxiety may present with acute and short lived disturbing symptoms pertaining to cardiovascular & gastrointestinal systems. There are a group of patients who hold a false belief that they are infested by parasites and even experience the sensations of parasites crawling on their body. Delusional Parasitosis is treated by antipsychotic medications. There can be other types of somatic delusions also.

Tips for management: Discuss the findings and investigations with patient and reassure them about benign nature of symptoms. Never tell him "All this is only in your head" or that they are imagined and not real symptoms. Be sympathetic and understand his predicament. There is a thinking process in these people that amplifies trivial bodily sensations as serious and attributes to a major physical disorder. Try to reattribute this. The symptom of head ache can be explained to be due to muscle tension caused by the physiological pulling induced by emotional stress. For alleviating the distress of physical symptoms, techniques like biofeedback, meditation and relaxation exercises etc can be used. Pharmacotherapy with antidepressants or anxiolytics are beneficial when co-morbid depression or anxiety is present. Duloxetine may be beneficial in Pain disorders. It is important to avoid polypharmacy and unnecessary investigations. Psychotherapy to enhance coping skills can be done. In conversion disorders it is essential to cut down the undue attention given to the symptoms to achieve symptom removal. The conflict that has caused the symptom needs to be addressed. Referral to or liaison with psychiatrists to be done when ever needed.

HRIDROGAVUM NINGALUM

Dr. Saji Kuruttukulam

2nd Edition

A Very useful book for everybody.

Lucid and crisp presentation with beautiful illustrations.

A must read, must possess book.



State level Workshop on First Aid on 17-18 November 2008, organised by Binani Zinc, National Safety council and IMA Cochin Branch, being inaugurated by Mrs. Mythili, Chief Environmental Engineer, Pollution Control Board

Secretary's Desk

Dear members,



Activities of IMA are going in full swing. Active participation and support from members are of prime importance.

I wholeheartedly thank my all colleagues for the dedicated supports for IMA activities.

Wishing my colleagues a Merry Christmas, prosperous and Happy New Year.

The best gifts are the love and friendships we share! Celebrate 'em on Christmas and continue in 2009.

Yours Sincerely,

Dr. N. Dinesh

IMA INITIATIVE FOR CHILDREN

IMA Tailor-made Group Medclaim Policy for children of low income group

In an effort to provide solace to the needy children of our society, IMA Cochin succeeded in negotiating tailor made 'Hospital Group Medclaim' Policy for children - specially for the children of the low socio economic group.

- Age 3 months - 14 years
- Premium Rs.150/-
- Cover Rs.10,000/- (only inpatient to one night)
- Participating hospitals - All hospitals
- I.P.treatment - Any hospital

Hospitals to collect premium and forward as a single cheque to New Indian Assurance Co., Valanjambalam, Cochin-16 along with the list of children with photograph. Minimum number required from a participating hospital is 25. Last date Dec. 25, 2008. Policy period January 1st 2009 - December 31, 2009.

N.B." Conditions of Group Policy apply

For details / clarification

K. Venukumar (New India Assurance)

0484-2357259, 68555 Mob : 98474 17760

Dr. Abraham K. Paul 98460 23388

SAMPLE PROFORMA				
Name of Hospital :	_____			
Name & Address	Age	D.O.B.	M/F	
Phone :				Photo
Nominee :				