

President's acceptance speech delivered on 17.10.2010

Chief guest of the day Hon. Mr. Justice. Surendara Mohan, Dr. Joy Joseph, Dr Venketesh Dr. Kuriyep, Dr. Sunny, Dr. Chandrika, Dr. Sushil Daniel, I thank all the members of IMA Cochin for electing me as the new Branch President. All our past presidents have been men and women of distinction and dedication to IMA. I hope to work with the same vigour and dedication upholding the guiding principles of trust, integrity and transparency in all matters.

The last 3-4 years have been extremely challenging and has seen the IMA Cochin growing in leaps and bounds. This IMA House is evidence to the fact that a lot can be done if we think and act collectively. The plurality of our action and strategy combined with the unity of thought and purpose is distinctive to Cochin IMA. However there are still some pressure points to be addressed to sustain this growth. This will be the key issue during my tenure as President. We embarked on this project with nothing but dreams and a sum of Rs. 80 Lakhs we received from our previous building, to the present 36 crore project we are seated in. The financial liabilities are still there, the ground reality being that we need to pay back our loans and make the project self sustaining. For this the main thrust will be to continue our club membership drive and find newer ways of income generation. I look forward to your thoughts and suggestions for the



same.

The IMAFEST 2010, 53rd State Annual Conference of IMA is being held in Kochi after a gap of 25 years. It is a time for us to showcase our organisational abilities. When I was the Secretary of IMA Cochin with Dr. Venugopal as the President, we had taken up the project of Nayana – the voluntary eye donation bank. This project will be revamped with the support of the Cochin Ophthalmic Society, Dr. N.S.D. Raju and Rotary Club of Cochin Central with Dr. Venugopal as the Chairperson.

Being a pediatrician I hope to devote the next one year to activities starting right from the newborn. "From Labour Room to Board Room" will be our motto. Along with the IAP's golden minute project we hope to disseminate Neonatal Resuscitation Programmes throughout our district.

Another area of thrust will be on targeting 100% immunization status. This will be done by educational and awareness programmes consolidated by field visits in collaboration with the IAP, NRHM and the district



administration.

Adolescent health programmes in Schools will be conducted in collaboration with the members of our Womens Wing who have been doing this programme over the last 5 years.

To all our members in the IMA, SSS I & II and the PPS are the schemes for the protection. All those who have not joined these schemes, are requested to do so at the earliest.

Doctors have a high risk of life style diseases though they have among the highest levels of awareness of such diseases. As the President I hope to improve the health of our members first. Yoga and exercise programmes will be started in IMA House. I hope to follow some of this advice personally as well!

Regarding social responsibility, I hope to improve the services of the blood bank and the medicine bank. Medical and multispecialty camps will be conducted more often.

The IMA hopes to maintain close liaison with the press and media regarding health awareness

programmes.

About 241 deaths due to accidents was reported in the Ernakulam district in the 1st 6 months of 2010. The Golden Hour referred to as the period during which all efforts are made and save a life. Its importance and the ABC of resuscitation will be given special emphasis, while training paramedical staff and public.

The IMA will continue to support the health department and the district administration in all health matters of the State and help control epidemics and vector borne diseases.

All this I hope to achieve with full support from Dr. Narayanan our Secretary and Dr. Varghese Cherian, our Treasurer.

This team will be supported by a brilliant team of executive members. Together we hope to accomplish more.

Finally ladies and gentlemen, I must thank you all for patient listening to me today I was just taking advantage of a captive audience.

I pray that I continue to keep the prestige, power and influence that IMA Cochin enjoys in the city. For this I look forward to your continuing support. I would like to end by quoting Henry Ford :

"Coming together is a beginning Keeping together is progress Working together is success"

Thank you,
Dr. S. Sachidananda Kamath



Dr.M. Beena IAS, District Collector flags off World AIDS Day Rally



Smt. Bhadra Sathesh inaugurating Seminar on Adolescent Health at SCMS College

WANTED

Endocrinologist

(Part time/full time)

for Ernakulam Medical Centre.

Contact Medical Director
2807101

For advertising in this Newsletter,
please contact 98460 38143

SAFE BLOOD – A BASIC RIGHT OF ALL HUMAN BEINGS

Dr. K. Narayanan Kutty, Secretary, IMA Blood Bank

IMA Voluntary donor blood bank believes that safest blood is the birthright of all human beings and to achieve that goal it is launching for the first time in Kerala Nucleic acid amplification testing whereby the window period of infections can be closed. We will also take samples from hospitals and other institutions for nucleic acid amplification testing and hence this facility of the blood bank will be beneficial to all hospitals in and around Ernakulam. We seek cooperation of all IMA members and hospitals by requesting NAT blood and also sending samples for NAT.

Transmission of infective diseases to transfusion recipients has been drastically reduced due to effective screening of donor blood using serological markers. However, transmission of infectious agents via blood transfusion still occurs and despite antibody-based blood-donor screening, a residual risk of transfusion-transmitted viral infections exists. This is because it is not possible to detect infectious agents during the pre-sero-conversion ("window") period. Recent advances in technology have now provided for even more sensitive and advanced methods to screen for infections in donated blood in addition to the compulsory basic screening tests.

What are these infectious agents?

Hepatitis B (HBV), Hepatitis C (HCV), and Human Immunodeficiency Virus (HIV) are infectious agents which are blood-borne pathogens. All three infections are caused by viruses that are transmitted through exchange of body fluids (blood, semen, and vaginal secretions). AIDS, caused by the HIV, remains the most feared, although HBV is more easily transmitted.

What is window period?

The window period is the time between the point when the blood donor contacts the infectious disease and the time it takes to detect the infection in the blood by standard serologic techniques. The greatest threat is donation by Sero-negative donors during window period between initial infection and detectable antigen or sero-conversion. This blood will test negative by standard serology methods and can be transfused to a recipient or more, leading to a transfusion transmitted infection.

What is NAT?

Nucleic Acid (RNA / DNA) Amplification Testing (NAT) employs a testing technology that directly detects the genetic materials of viruses like HCV and HIV. This technology detects very low levels of viral RNA or DNA that may be present in donor blood. It assists in diagnosing infections at an earlier stage and can therefore prevent transfusion-

transmitted infections such as the feared HBV, HCV as well as the deadly HIV. These infectious agents are caused by viruses that are transmitted through exchange of body fluids. Although AIDS, caused by HIV remains the most feared, hepatitis B is more easily transmitted and particularly seen more frequently in South East Asia.

What is the technology?

The unique system has been extensively validated and widely implemented for blood bank tests to enhance blood safety. NAT technology has been preferentially implemented in the US, Europe, Middle East, Africa and the Asia Pacific region. Individual Donor NAT (ID NAT) test is performed for each and every donor samples to reduce or practically eliminate the 'window period'.

Why NAT.....

- NAT assists in detecting infections at an earlier stage and reduces risk of transfusion transmitted infections.
- Improves public confidence in the safety of the blood supply and is a step closer to providing "zero risk" blood.
- Eliminates healthcare costs for diagnosing and treating infections (HCV, HBV, HIV) when these infections occur due to infected-transfusions.
- Potentially decreases litigation and negative publicity arising in the case of transfusion of infected blood.
- Allows for compliance with International standards in blood safety.

In addition to blood safety, NAT testing potentially decreases litigation and negative publicity arising in the case of infected blood transfusion. Most importantly, implementation of NAT also allows for compliance with International standards in blood safety. The blood manufacturing community has approved and begun gradual implementation of Nucleic Acid Amplification Testing (NAT) globally under the FDA's Investigational New Drug (IND) application process since 1999.

Are you aware of the potential impact of a single infected unit of blood collected from an infected donor?

A single unit of whole blood collected from an infected donor in the window period of infection may potentially be transfused into up to four recipients or may be added to pools of more than 1,000 units to manufacture blood-derived products. So it is high time to declare that safe blood is the basic right of all citizens. Together we can work for it.



Dr. B. Sandhya IPS, IG of Police inaugurating Breast Cancer Awareness Month (October) organised by IMA Cochin Branch at St. Teresa's College, Ernakulam on 29th October 2010.



WIMA Cochin receiving Best Branch Award from State President Mr. Srikumar Vasudev



World AIDS Day : Worshipful Mayor, Shri Tony Chammani administering the oath

AWARDS TO TOPPERS

IMA Cochin gives cash awards to the children of our members who topped in 10th and plus two exams 2010. Applications with supporting evidence should reach our office on or before 25.12.2010. Award distribution in the General Body Meeting on 29.12.2010.

WHOM TO CONTACT ?

Members are requested to contact the numbers given below so that the workload in the office is shared by all our staff which will give a lot of relief to Mr. Shabu.

PPS, SSS Campaign, Newsletter delivery : **Mr. Hari 92495 78466**

Lagoon members, Flat owners : **Mr. Thomas 9961665899**

Library, IMA Directory enquiries : **Ms Sindhu 97448 49911**

IMA office direct line 6468466

Mr. N.S Kurian is the new General Manager of IMA House. Contact No. 9388359129

For Hall Booking & programme information, IMA House front office : 3925500 (50 lines), 3118081

IMA COCHIN WINS LAURELS AT IMAFEST

IMA Cochin Branch, **Dr. Sunny P. Orathel**, Secretary and **Dr. N.S.D. Raju**, DTF Chairman received President's Appreciation Award. **Dr. Bindu Saju** and **Dr. M.M. Hassan** received Awards for PPS and SSS respectively.

WIMA Cochin grabbed Best Branch award.

Congratulations!

WEBSITE

IMAFEST photos and news available at our website. Please visit www.imacochin.org.

IMA Cochin assists clinical research projects

We are happy to inform you that we have charted out a programme to assist clinical research projects by our members. This will be in collaboration with ICMR and other research agencies. Interested doctors are requested to contact the Secretary at 93886 37109 or President 98470 57766.

IMA Mediclaim

This year also our mediclaim is done by State Bank of Travancore. The premium is fixed as same amount of last year. For clarifications, contact SBT, NRI Branch @ 2366856, 2367080

ELECTED

Dr. Abraham Varghese, Vice President IMA Cochin has been elected for the post of Joint Secretary, Mid-Zone at IMAFEST. Congratulations!



DECEMBER 2010



Smt. P.K. Sreemathi Teacher, Hon'ble Minister for Health Family Welfare, Kerala, inaugurates IMAFEST 2010 COCHIN on 13.11.2010

IMA VOLUNTARY BLOOD BANK OF GREATER COCHIN TRUST

T.D. Road, Kochi-11

15th December, 2010

Dear member,

The Annual General Body Meeting of the members of IMA Voluntary Blood Bank of Greater Cochin Trust will be held on the 29th December, 2010 (Wednesday) at 7.30 p.m. at IMA House, Kaloor, Ernakulam.

You are requested to attend the meeting in time.

AGENDA

- Prayer
- Presidential Address
- Secretary's Annual Report
- Treasurer's Report and statement of Audited Accounts
- Election of the Trustees
- Vote of Thanks

Thanking you,

Yours faithfully,

Sd/-

Dr. K. Narayanan Kutty
Secretary

MONTHLY MEETING

Date : 29th December, 2010 (Wednesday)
Time : 8.00 p.m.
Venue : IMA House

8.15 - 8.45 pm Scientific Session

APPROACH TO ABDOMINAL PAIN

Dr. G.N. Ramesh, Senior Gastroenterologist, PVS Memorial Hospital, Kaloor

8.45 - 9.00 pm Reception to :

Shri Tony Chammani

Worshipful Mayor, Corporation of Cochin

Smt. Bhadra Sathesh

Deputy Mayor, Corporation of Cochin

Shri K.J. Jacob,

Opposition Leader, Corporation of Cochin

Shri T.J. Vinod

Councilor, Corporation of Cochin

9.00 - 9.05 pm Distribution of Awards

State level Seminar on Adolescent Health

IMA Kerala State Branch is organising CME Programme on Adolescent Health on Sunday 2.1.2011, 10.0 am at IMA House, Cochin.

Inauguration Dr. G. Vijayakumar, State President will inaugurate the programme.

Faculty :

Dr. M.K.C. Nair, Trivandrum

Dr. Beena Johnson, Calicut

Kindly register your name in advance.

No Registration fee