



The last meeting was held at INHS Sanjivani and Surg. Cdr. A. Karmarkar chaired the session. First case was presented by Surg Lt Cdr Rajesh Pandey, Dept. of Medicine a case of fever with pain abdomen which turned out to be due amoebic liver abscess with reactive effusion in right pleura, which resolved with appropriate treatment. This was followed by a case of recurrent fever in a child which on extensive investigation turned to be due to hypogammaglobulinemia and Brutons Disease. This was presented by Surg Cdr Gaurav Narula, from Pediatric Dept and this was considered as the best presentation. This was followed by two cases of Mania by Surg Lt Cdr. Rohith Pisharody from Psychiatry Dept. He emphasised the need for treatment with anti-psychotics and mood stabilization. The next case was by Surg Cdr AS Mann from Dept. of ENT, a case of delayed facial palsy following road traffic accident and he discussed the approach to such cases. The last case was by Surg Lt Cdr S. Narayanan. He presented a very interesting case of Hyperbaric Oxygen Therapy. The meeting was well attended and the high tea was good. **The next meeting is at Sree Sudheendra Hospital.**

WIMA ACTIVITIES - JUNE 2008

The onset of the monsoon season did not dampen the activities of the Women's Wing. Keeping in mind the needs of the season health talks on diet for children and food during the monsoon season figured high on the agenda. School health programmes were conducted at Assisi Vidya Niketan. The visual media also saw active participation of the women's wing. "Exercise in pregnancy" was a programme presented by Dr. Girija Gurudas on Indiavision. Premarital counseling, camps at Shanti Bhavan and distribution of provisions to the poor and needy were held as usual. There was good participation at the general body meeting. **The next meeting will be held on 27.7.2008, 2.30 p.m. at Welcare Hospital.**

Dr. Maria Varghese, Chairperson



OBITUARY

Sowdamini, mother of Dr. Dilipkumar expired on 3.6.08
Annamma Ittan, mother of Dr. Raju Abraham expired on 25.6.2008
We express our deep condolences and pray for the peace for the departed soul.

Abstract of previous CME

MINIMAL ACCESS SURGERY

Dr. Sabin Viswanath, Specialists Hospital, Ernakulam

Orthopaedics has evolved in leaps and bounds in the past one decade. In this era of key hole surgeries orthopaedics has its share of minimal access surgeries as well.

Minimal access surgery is a philosophy of doing the routine surgeries through a small incision. Even though the benefits of less morbidity, early mobilization, and going home early are there, one should be aware of the possibility of maximal damage in the hands of an untrained surgeon. It has spread its roots in trauma, arthroscopy and spine.

In trauma we are able to do fracture fixations with minimal incisions with the aid of C arm image intensifier. Even arthroscopic assisted fracture fixation is possible in certain fractures.

Shoulder arthroscopy has evolved so much that we are able to do acromioplasties, bankarts repair, and rotator cuff repairs



arthroscopically. Shoulder dislocations are best tackled in its early phase itself and we are able to achieve a near normal range of motion with this technique. Using knee arthroscopy we are able to tackle meniscectomies, meniscal repairs anterior and posterior ligament reconstruction & osteochondral defects. Hip, ankle & wrist arthroscopies have also evolved though their indications are limited.

90% of back pains can be treated conservatively and only 10% is treated surgically. The C arm image intensifier again aids us to give perineural blocks and facetal blocks and even do vertebroplasties and kyphoplasties. We are able to do endoscopically sequestered or extruded disc removal and lamina decompressions.

In conclusion minimal access orthopaedics has a great future but it has to be used judiciously with caution.

IMA CHARITABLE MEDICINE BANK

IMA Charitable Medicine Bank was formed in the year 1985 with the noble purpose of distributing free medicine to poor and needy patient. The bank functioning under IMA Cochin Branch.

Dr. Bhaskara Kumar Warriar was the first convener of the Bank. In the first year itself the bank bagged the IMA National Award for the best social service activity.

The bank collects sample medicines from doctors of the IMA and free medicines from pharmaceutical companies. For this purpose the bank has placed collection boxes at various hospitals and private clinics. Medicines are transported to the medicine bank periodically.

The medicine bank pharmacist then sorts the medicine and place it on the racker for dispensing. The bank functions from 10 am to 2 pm on all week days. Sunday is a holiday.

The patients can approach the bank with the prescription from a doctor and get the medicine from the bank. At present the bank functioning on the ground floor of IMA House at Manikath Cross Road.

During the next year the IMA charitable medicine bank will be renovated. More medicine racks, refrigerator and furniture were added with money donated by Rotary Club. The bank is governed by the Convener and sub committee formed by executive committee of Cochin IMA. The convener at present is Dr. N. Gopalakrishnan. The sub committee members are Dr. Bhaskara Kumar Warriar and Dr. Subramanian. We also conduct free medical camps at various places periodically in which medicines are distributed to poor and needy patients. In the near future a branch of IMA medicine bank will be opened at Government Hospital, Tripunithura with the assistance from Rotary Club.

Future plans

The medicine bank is planning to implement the working hours to provide round the clock service to patients. It is also planning to open more branches to cover whole Cochin city. For this the bank needs more personnel, more storage space and transportation facilities. For any suggestions and contributions, the Medicine Bank Convener can be contacted by phone 98952 00999, 2559898 and e-mail drngkin@yahoo.co.in.



Medical camp at St. Joseph U.P. School, Kadavanthra on June 29th.

DOCTORS' DAY CELEBRATIONS



Honouring Dr. M.M. Hassan



Dr. C.K. Ramachandran presents 'Medicine through Ages - Pre Antibiotic Era'



Dr. A.K. Sabhapathy being honoured by IMA Cochin



Dr. Thomas Varghese, Head of the Department of Surgical Oncology and Reconstructive Surgery, Lakeshore Hospital and Research Centre and President of Kerala Cancer Care Society being honoured with Best Scientific Paper Award at the World Federation of Surgical Oncology (WFOS) Congress held at Krasnodar, Russia from 27th May to 1st June 2008, for the innovative and pioneering surgical technique developed for Breast Cancer Management for the first time in the world. This was a randomized control study comparing the usage of conventional drains and innovative technique of drainless approach for treating Breast cancer with Breast conservation and Oncoplastic surgery which was a clinical research study running for the past 12 years. This included more than 700 patients. The importance of this study lies in the fact that hospital stay is minimised to less than 48 hrs and the complications and morbidity of Seroma is obviated.

WELCOME NEW MEMBERS

Dr. Pushpa Nair	Dr. Sree Hari Karunakaran Pillai
Dr. Ravindran Nair	Dr. Daria Dan Valluvasery
Dr. Pravish B.	Dr. Kassim Rawther
Dr. Jayanthi Menon	Dr. Susy John Injody

BLOOD BANK NEWS JUNE 2008

Total 1478 units of blood were collected and 2832 units of blood and its components issued. Patients in 79 hospitals were beneficiaries. 4 blood donation camps were conducted.

Dr. K. Narayanan Kutty, Secretary, Blood Bank

IMA CHARITABLE MEDICINE BANK

Working Hours : 10.00 - 2.00 p.m.
Medicines donated by :

Dr. Abraham Varghese	Dr. C. Sagar
Dr. C.K. Prasad	Dr. Tony Kalliath
Dr. Vijayalakshmi	Dr. K.A. Clement
Dr. Susy Elias	Dr. Sunil K. Mathai
Dr. Sujit Vasudevan	Dr. Benoy Sebastian
Dr. Varghese Cherian	Dr. Babu John Mathews
Dr. N. Krishna Iyer	Dr. T.V. Ravi

Dr. N. Gopalakrishnan, Convener