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IMA COCHIN NEWS

Megaphone

Monthly Newsletter from Indian Medical Association, Cochin Branch



Issue 126
March
2014

COCHIN IMA CONDUCTS WORKSHOP ON MEDICAL ETHICS, COMMUNICATION SKILLS & DOCUMENTATION at IMA House on March 5th

Three topics of great importance and relevance were discussed.

- Medical ethics** : Dr. Abraham Varghese, Convenor, State IMA Ethics committee
- Communication skills and Medicolegal matters** : Dr. Rajeev Jayadevan, Secretary, Cochin IMA & Senior Consultant Gastroenterologist, Sunrise Hospital.
- Medical documentation** : Dr. Maria Varghese, Medical Superintendent, Medical Trust Hospital & Joint Secretary, Cochin IMA.

The program was attended by several junior doctors as well as seniors. More seminars are planned. State and regional leaders of IMA attended the program. DTF Ernakulam and IMA Students Wing associated with Cochin IMA in organizing this.



CME on UTI - 26th Feb



The Kochi Urology Club and Cochin IMA conducted a panel discussion on various aspects of Urinary Tract Infection for IMA members during the monthly meeting of IMA held on 26th Feb. The discussion was chaired and moderated by Dr.

H. Krishna Moorthy, President, Kochi Urology Club. The other panelists were Dr. Vijayan (Consultant Urologist, Specialist Hospital), Dr. K. Mahesh (Consultant Urologist, Ernakulam Medical Centre), Dr. Mohammed Saheed (Consultant Urologist, Sunrise Hospital) and Dr. Biju Pillai (Consultant Urologist, Lourdes Hospital).

Dr. Krishna Moorthy started off with an introduction on UTI, the definition of various terminologies associated with UTI and an



overview of the pathogenesis and general treatment. Dr. Vijayan enlightened the audience

regarding the current guidelines of diagnosis and management of UTI in children. Dr. Saheed spoke on the prevalence and etiology of UTI in middle aged with special emphasis on management of UTI in females. He also provided detailed information on the diagnosis and management of chronic prostatitis.

Dr. Mahesh explained to the audience regarding the risk factors and management of UTI in the elderly population and also provided an insight into genito-urinary tuberculosis and its



manifestations. Dr. Biju spoke regarding catheter associated UTI (CAUTI), its preventive measures and the current concepts of management of UTI in pregnancy.

The session concluded with Dr. Saheed providing information on the usefulness of some of the newer agents available for prevention of UTI. Dr. Vijayan demonstrated some laparoscopic techniques in management of PUV, VURflux and Hydronephrosis in children.

Dr. Krishna Moorthy concluded the session summarizing the salient features of the presentations.

President's Message

Dear friends,

We all were upset to hear about the brutal attack on students, teachers and professors of the Govt. Medical College, Kanpur by the local MLA of Samajwadi Party, his goons and the local Police. The students and staff went on strike supported by the national IMA. All over in India the outpatient dept. was closed from 10 am to 12 noon on 11.3.2014 expressing our solidarity, IMA Cochin too took part. Such heinous crimes have to be condemned. The MLA was arrested and Police officers were transferred.

Please remember to enroll your friends who are not members to become IMA members and introduce them to the various schemes of IMA.

Wishing you all the best,

Dr. Babu John Mathews



MARCH CME

Date : 26th March 2014, Wednesday

Time : 8.00 pm;

Venue : IMA House

Diabetes Mellitus and Ophthalmic complications of Diabetes

Dr. N.S.D. Raju, Vasan Eye Care

WIMA activities

COGS received Kerala Best Society Award from Central Minister K.C. Venugopal during the AKCOG At Alapuzha.



Congratulations to **Dr. Gracy Thomas**, President, Cochin Obsteric & Gynaecological Society for receiving the national award and state award for Best Society of Gynaecology for the second consecutive year.

CANCER DAY ON 4TH FEB



Dr. R. Mahadevan participated in the Cancer Day programme on 4th Feb 2014 held at Govt. Hospital Cancer Ward, Ernakulam.

CONGRATULATIONS!

In accordance with Kerala state IMA's Program for care of the elderly, we congratulate Medical Trust Hospital for being declared 'elderly-friendly hospital'.



UGMA's highest honor "AROGYA RATNA" Award presented to Dr George Thayil by Chief Minister Mr Oommen Chandy for his commitment and service.

Dr. Thayil also received 'KCBC Dharsanika Vyjnjanika Award' from Union Minister Prof. K.V. Thomas and Bishop Dr. Sebastian Thekkethecheril for his best seller book 'Shreekalum Hrudrogavum'.

OBITUARY

Dr. K.G. Mohandas, Kalapurakal house, expired from a cerebral haemorrhage on 10.3.2014. Cremation was held on 11.3.2014 at his ancestral home Kongorpilly, Aluva.

IMA Periyar House Project

By the side of Periyar, Desom, Aluva, a few more flats are available. Please contact Dr. M.N. Menon, Convenor, Periyar House Project @+91 94-47-433669; drmmnenon@hotmail.com.

From the Editors Desk

Dear friends,

One of the major deficiencies of the MBBS course appears to be the lack of an organised curriculum on communication skills, medical ethics and medical documentation. All over the world, many of the problems that people in general and doctors in particular, face are the result of poor communication skills.

As doctors, we spent countless hours reading subjects like forensic medicine, pathology, neuroanatomy, molecular biology and social and preventive medicine. However, an equal or even greater importance must be given to communication skills.

Cochin IMA, along with the District Task Force, Ernakulam and the IMA Student Wing recently conducted a seminar on improving communication skills, medical documentation and medical ethics, which was attended by both junior and senior doctors alike. The program was much appreciated, and several junior doctors commented that they wished this topic had been included in the medical curriculum. This program was attended by our state president Dr. A.V. Babu and secretary Dr. Jayakrishnan.

Kerala State IMA had taken this topic very seriously, and yet another communication skills workshop called 'training the trainers' is being held at Cochin IMA on 23rd March, Sunday.

One of the topics discussed during our recent seminar was the selection of appropriate medium of communication. For example, texting, whether by email, SMS or WhatsApp is not an effective medium to resolve conflicts/grievances. These are best resolved by direct face-to-face meetings between individuals rather than as a text which doesn't have a human voice/tone/expression attached to it. Therefore, the same text can be misinterpreted as threatening, sarcastic, humorous or encouraging by people of different mindsets reading these toneless words.

For example, a depressed person may perceive a phrase as insulting or derogatory, while an optimistic person may interpret the very same comment as positive.

Cochin IMA has launched a WhatsApp group for its executive committee, which again is aimed at better communication amongst doctors. Positive news and IMA activities will be instantly uploaded so that all members of the committee can see the update immediately. From the outset, this will be maintained as a business forum and will be kept free of clutter such as cartoons and jokes.

Unfortunately, WhatsApp has an upper limit of 50 members, therefore we are thinking of using another mobile phone program to include all the members of Cochin IMA. For this, Dr. Ramesh Shenoy, Dr. NSD Raju and I recommend you downloading the free app called 'Telegram' which does not have an upper limit of members. Over the next few months, once sufficient numbers of people have this program installed on the phone, we can start the Cochin IMA Telegram group. Note that Telegram is a mobile phone app and that has nothing to do with the actual telegram which is now obsolete.

Together, let us move forward with these positive waves of change, and make more good things happen.

Best regards,

Dr. Rajeev Jayadevan

Dr. Salini Sudhindran



District Task Force Meeting at North Paravoor on 13th March 2014



March 8th - Womens Day celebration by Cochin IMA - Honoring Dr. Jancy James



Dr. Abraham Varghese on Medical Ethics at DTF Alleppey on 2nd March



6 March 2014, doctors all over India observed solidarity to their colleagues at Kanpur by forming protest meetings during the outpatient hours 10-12 am.



Glaucoma walk on 9.3.2014 - Dr. N.S.D. Raju, Dr. Meenakshi Dhar and others participated

SUMMER @ IMA HOUSE



Physical exercise is good for mind, body, and spirit. Furthermore, team sports are good for learning accountability, dedication, and leadership; among many other traits. Putting it all together by playing a sport is a winning combination. So you have all the reasons to join the **Summer Coaching Classes or Swimming & Badminton** at



IMA House from April 1st 2013. Interested members may contact for registration before 30th March 2013.

Contact Mr. Ajeesh@9388236677 / Vinayan@9847192279

**Batches : Swimming - Morning-09.00-10 am/Evening-7.30pm-8.00 am-3.00 pm
Badminton - Morning-10.00-11.30 am.**

News & Views from State IMA & National IMA

Clinical Establishment (Registration & Regulation) Act

Clinical Establishment Act was passed by Parliament and received president's assent in 2012 and was notified in the Gazette of India. Now it is a Central Law. It became applicable immediately in all the Union Territories and four North Eastern States. Since Hospitals come under the State list of the Constitution, it is upto the States to implement this Law with necessary changes as deemed fit. Hon. Minister for Health (Kerala) has announced that Kerala Clinical Establishment Bill will be presented before the next session of Kerala Legislative Assembly.

Once this Law is implemented in Kerala, Govt. by notification can make rules for carrying out any of the provision of Act, like

- Set minimum standards for each category of clinical establishment.
- Minimum qualification of medical and paramedical staff.
- Maintenance of infection control adhere to treatment protocols etc. etc.

There will be a State Councils and District Council with powers to grant, renew, suspend or cancel registration of a clinical establishment. Every clinical establishment will be bound to register with the District Council. Renewal of permanent

registration will have to be done every three years. The Authority will inspect the clinical establishment and renewal will be done only if the prescribed minimum standards are fulfilled.

Penalty for non-registration will be Rs.50,000 which can extend upto Rs.5 lakhs, in case of continuing contravention. Whoever works in non-registered clinical establishment will be liable to penalty upto Rs.25,000/-

Miscellaneous clauses :

- Shall display the certificate of registration.
- Every clinical establishment shall display the rates charged for each type of service provided.
- Shall maintain medical records of patients and copy to be furnished to patients on request.
- No civil court shall have the jurisdiction to interfere with any order under the Act.

IMA at State level has mobilized various organizations of stakeholders and maintains continuous consultation with Health Minister, Law Minister etc. It has also been decided to sensitise the MLAs before the draft bill is presented in the Assembly.

Dr. V.D. Pradeep Kumar
Working Committee member
IMA Kerala State



Guest House of IMA Head Quarters, New Delhi

IMA Headquarters in New Delhi (IMA House, Indraprastha Marg, New Delhi 110 002) has Guest House available for rent to all IMA members across India.

Double/Triple/Four bedded air-conditioned rooms are available at very low rent. For advance booking call 011-23370009, 23378680 email : imabuilding@gmail.com or contact Hon. Joint Secretary (Building), IMA House.

IMA Hospital Board of India (Kerala Chapter)

Are you having a clinic or hospital of your own? IMA HBI will provide you all the upto date information regarding various Govt. notifications rules, registration and tax related matters etc. pertaining to private hospitals. IMA HBI effectively acts to address your grievances or problems, be it at local level or state level.

Be a member of IMA HBI now and grab this opportunity. (annual membership fee - Rs.200/- for clinic; Rs.600/- for medium hospitals; Rs.1,100/- for large hospitals.

For membership please contact Dr. M.E. Sugathan (Secretary, HBI) Ph : 9447121723.

Lagoon Nite - 8th March



More photos in next issue

Teaching Pearls 6 of 12

(This is part of an ongoing awareness series for road accident prevention. Please use this to educate teenagers and younger drivers in particular)

The Zebra crossing : How safe are they?



In developed countries abroad, the zebra crossing is meant for safe crossing of pedestrians. All vehicle drivers dutifully stop as soon as they see a pedestrian on the zebra line.

Unfortunately in India, this is not the case. When pedestrians are seen on the zebra line, instead of slowing down and stopping, many vehicles often increase their speed to prevent the pedestrian from crossing and slowing them down.

The pedestrian, often caught unawares, may end up having an accident.

To further compound problems, if a well-meaning driver stops his car at the zebra line to allow the pedestrian to cross, other vehicles from behind often mindlessly overtake the stopped car, frequently from the left side, running over the unsuspecting pedestrian.

How then, to use the crossings safely in India?

Pedestrians:

1. You must exercise extreme caution and not take the oncoming vehicles for granted.
2. Remember that even if a vehicle stops for you, others might run you down by rash and hurried overtaking.
3. Until our driving culture improves in the future, do not blindly trust everyone when using the zebra crossing. Injuries can be fatal or permanently disabling.
4. Never stand in the middle of the road and gesture at other vehicles to stop. This is a hazardous road behaviour. It is smarter to wait a few minutes until the road clears, before crossing.

Drivers:

1. Please drive respecting the city speed limit, and when you see the pedestrian from a distance, please stop if you think it is safe to do so.
2. Please remember that stopping abruptly for a pedestrian can lead other drivers, especially two-wheelers to overtake you on the left side and kill the pedestrian as they cross in front of you.
3. Please be courteous to other road users, this is part of good culture.
4. If you see that a vehicle has stopped in front of you, find out why, before trying to overtake.

In summary, all of us, pedestrians and drivers must use extreme caution when approaching a zebra crossing.