

Abstract of previous month Scientific session  
**MANAGEMENT OF HUMAN LEPTOSPIROSIS**  
**Dr. Georgy K. Nainan DM FISN,**  
 Organising Secretary, LeptoCON 2009



Leptospirosis a zoonotic disease had been on the increase for the last decade. This affects males, predominantly 20-40 age, more from the lower socio-economic status with history of exposure to environment harboring leptospirae. From the clinical point of view it is important to differentiate leptospirosis from other febrile conditions, identify who will develop Multi Organ Dysfunction (MOD) and will progress into Multi Organ Failure (MOF).

Viral fever is the commonest cause of fever and may mimic leptospirosis (lepto syndrome). Renal parenchymal involvement is more characteristic of lepto and Hanta virus infections. Main differential diagnosis in a patient with fever, thrombocytopenia, jaundice and urinary abnormalities will be enteric, malaria, other viral infections and septicemia. There are detectable and treatable conditions. Viral fever usually doesn't produce significant liver and hepatic dysfunction.

Some of the simple lab tests which may favour leptospirosis are severe thrombocytopenia (<30000) raised CPK more than 600 (2 fold), liver transaminases increase less than fourfold, presence of urinary abnormalities like albuminuria, microhaematuria and leukocyturia. These are not confirmatory. High titre of IgM Elisa for Lepto Antibody or rise in titre is the commonly used test to support Human Leptospirosis.

Complications: Acute Renal Failure – oliguric & non oliguric; Thrombocytopenia; Makedly raised CPK (Rhabdomyolysis); Hepatitis / Congestion; Encephalopathy – encephalitis / + metabolic encephalopathy; Haemorrhagic Alveolitis / Pneumonitis / ARDS; Myocarditis, Pancreatitis / Cholecystitis / Uveitis; Systemic Inflammatory Response Syndrome (SIRS)-Capillary Leak; Refractory Hypotension.

**TREATMENT** - A variety of antimicrobial agents including pencillin, (antibiotic of choice), ampicilline doxycyclin, 3rd / 4th generation cephalosporins and quinalones are found to be affective both in vivo and invitro studies. Early antibiotic therapy has been shown to shorten the duration of illness. Simple analgesics, anti pyretics like acetaminophen, tepid spenging etc., are adequate for the myalgia and fever. NSAIDs are best avoided due to potential nephrotoxicity. Patients who have clinical suspecion based on the symptoms and with the lab parameters pointing to leptospirosis should be treated at the earliest. with 200 mgs of doxycyclin daily x 7 days. Once patient gets signs of organ dysfunction they should be admitted and treated with inj. Crystalline pencilline. Recommended dose is 15 lakhs 6 hourly IV after test dose. Quinolones and 3rd and 4th generation of cephaloporins have been clinically claimed to be beneficial and used to treat possible primary infective cause and to prevent secondary hospital acquired infections till culture and sensitivity results are available for guidance. With aggressive treatment mortality in Leptospirosis has come down.

## CONGRATULATIONS !



**Best Branch Award for IAP Cochin** - Dr. S.S. Kamath and Dr. Muhamed Ismail (President & Secretary, IAP Cochin) receive the Best Branch Award from IAP State President Dr.V.K.Parvathy at recently held 43rd Annual State Conference of IAP Kerala at IMA House, Cochin. The Conference Inaugurated by Smt. P.K. Sreemathy Teacher, Health Minister for Kerala on 3.10.2009. Dr. Abraham K. Paul (Org. Chairman), Dr. M. Beena IAS (Dist. Collector), Dr. Remesh Kumar (IAP Kerala Secretary), Dr. T.U. Sukumaran, Dr. Joy Joseph (IMA Cochin President) and Dr. Betty Jose are also seen.



Dr. Joy Joseph, IMA Cochin President inaugurates one day COGS CME on 4.10.2009.

**National Award to COGS** - Cochin Obstetric & Gynaecological Society (COGS) received the Best Society Award and T.K.Tank Trophy for the Best Reproductive Health Promtion Activity for the year 2009 from the Federation of Obstetrics & Gynaecologists of India (FOGSI).



**Anand G. Krishnan** who won 7 gold medals and group championship in the CBSE South Zone Aquatic Championship 2009.

He is son of Dr. N. Gopalakrishnan and Deepa.

## MEDICAL CAMP AT PRESS CLUB



Ernakulam Press Club in association with IMA Cochin organised a Medical Camp. Shri Sharma, Minister for Fisheries & Registration inaugurated the Camp. Dr. Joy Joseph and Dr. N.S.D. Raju examined the minister at the inauguration. Shri K.V. Sudhakran, Shri Sreenath (President & Secretary, Press Club) and Dr. Joy Joseph (President, IMA Cochin) led the Camp. Dr. N.S.D. Raju & Team from Ranjini Eye Hospital, Dr. Anand Kumar (Lakeshore Hospital), Dr. Vikram (Medical Trust Hospital), Dr. K.C. George (Treasurer IMA Cochin) and Dr. C. Sagar (Medicine Bank Convenor) were consulted by the patients.

## PRESIDENT'S ACCEPTANCE SPEECH



Chief Guest of the day Hon'ble Justice A.K. Basheer, Judge of the High Court of Kerala, Immediate Past President Dr. Abraham K. Paul, Chairman of Blood Bank Dr. V.P. Kuriype, President of Women's Wing Dr. Pushpa Susan Issac, incoming Women's Wing President Dr. T.N. Chandrika, President of IMA Cochin West Dr. Tomy P.X., President of IDA Dr. Afzal V.A., IMA Secretary Dr. N. Dinesh, incoming IMA Secretary Dr. Sunny P. Orathel, my teacher and professor Dr. D.V. Nair, Past Presidents and Secretaries of IMA Cochin, my colleagues in G.P. Association, our benefactors, invited guests and dear friends,

Today is a momentous and memorable day in my life as I am addressing you as the President of Cochin Branch of IMA, which is the most prestigious branch in the whole country. First of all I thank the Almighty for the honour bestowed on me today. I thank you for electing me unanimously to the very responsible and coveted post, which I accept with all humility. I am happy that today is historical because I am the first President to be sworn in, in this dream house of ours and in this magnificent auditorium.

All of us in the IMA family are happy that our dream of having a palatial house of our own has become a reality. On this occasion I salute all those who worked

tirelessly for the creation of this beautiful edifice under the leadership of Dr. V.P. Kuriype and Dr. Sachidananda Kamath. We still have miles to go before our ambitions and tasks are fulfilled in the best possible way. With the support and co-operation of all of you, I know that, we can do it.

Last year was a wonderful one for our Association under the presidentship of Dr. Abraham K. Paul and his team of office bearers. Although they had faced several difficulties they could accomplish their goals effectively.

On behalf of each one of you I thank them for their dedicated service. We the new team will do our best to continue their tradition this year too to ensure that our branch activities excel in all respects with decency and decorum.

One of our main project activities this year will be to overcome the

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## MONTHLY CME

Date : 28.10.2009 (Wednesday), 8.00 p.m.

Venue : IMA House, Kaloor

## SCIENTIFIC SESSION

Topic

**MYOCARDIAL INFARCTION - STATE OF THE ART 2009**

Speakers : **Dr. Roni Mathew Kadavil**

Consultant Cardiologist,  
Lisie Heart Institute, Kochi

**Dr. Jacob Abraham**

Consultant Cardiac Anesthesiologist  
Lisie Heart Institute, Kochi

**Dr. Jose Chacko Periapuram**

Consultant Cardiac Surgeon  
Lisie Heart Institute, Kochi

Chairperson : **Dr. A.K. Abraham**

Senior Cardiologist  
Indira Gandhi Co-op. Hospital, Kochi



Chief Guest Hon'ble Justice A.K. Basheer, Judge of the High Court of Kerala inaugurating the installation ceremony