

whitecoat newsletter



Grace Kennett Foundation

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FOUNDER PATRON	PRESIDENT	SECRETARY	TREASURER	MEDICAL SUPERINTENDENT
The Rt.Rev.Dr. Samuel Amirtham	Mr. D.T. Reji Chandra	Mr. I. Anandakumar	Rev. S. Suyambu	Dr. (Capt.) Augustus Samuel Dodd

Medical write ups as yellow traffic signal!

Recently a leading news paper carried an article. The message is, calcium kills! For many taking calcium it must have very confusing. You would have also read chocolate is good and chocolate is bad and cholesterol is good and cholesterol is bad.

And at the traffic signal

- When Green: you cross.
- When Yellow: you continue to cross only if unable to stop safely.
- And When Red: you do not cross.

The yellow involves decision making and you are never sure.

A lot of research related articles are like yellow signal. When you want to take a decision to continue calcium or

otherwise consult a doctor who can offer an evidence based decision.

“Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.”

In the past, we have relied on the experience of physicians or other health care workers to make decisions about therapy. In the current information era, this approach would be suboptimal.

Today when you see yellow, do not jump without thinking. The evidence shall always guide you.

Dr (Capt) A S Dodd

IAGES (Indian Association of Gastrointestinal Endosurgeons)

CME – Endosuturing, Knotting Course & Live workshop in Laproscopic Surgeries

IAGES Lapro surg was conducted on 26th & 27th January 2013 at Madurai in Hotel Weshtern Park.

A Live workshop in Laproscopic surgery was conducted in GKF Hospital on 27th January 2013. A total of nine surgeries were performed from 8 am to 4pm by eminent surgeons from all over India. With great pleasure and enthusiasm our GKF team participated in this new venture and made it successful.

The Live workshop in surgery is the first of its kind in this institution

List of Performed Surgeries:

- Lap. Cholecystectomy
- Lap. Appendicectomy
- Single Port Surgery
- Lap. Ovarian cystectomy
- Lap. Mayomectomy
- Lap. Asst. Vaginal Hysterectomy
- Lap. Inguinal Hernia Repair
- Lap. Umbilical Hernia Repair
- Lap. Varicocelctomy

Ms.Mala Dhinagar

QUOTES ABOUT PEACE

“Peace begins with a Smile” – Mother Teresa

“You cannot find peace by avoiding life” – Virginia Woolf

“Nobody can hurt me without my permission” – Mahatma Gandhi

LASER

Light Amplification by Stimulated Emission of Radiation

Principle

Laser is a form of energy made up of photon bundles, moving at a single wave length with certain frequency. It is monochromatic and coherent, e.g. it is a light with single wavelength and parallel rays with no or less dispersion as they travel.

An Element in the resting state will have a stable electromagnetic field. If some sort of energy is applied to it, it will enter an excited stage, E.g. the electron will change their path to a higher orbit.

When the element returns to the state of rest, it will release the energy in the form of photons. If a photon strikes the atom in the excited state, there will be return of multiple photons, they are coherent and monochromatic. They are called laser waves.

Laser is produced by a device called MASTER (Microwave Amplification by Stimulated Emission of Radiation)

Parts of MASTER:

- i. Power supply
- ii. Optical chamber
- iii. Lasing media
- iv. Delivery system

Different lasing media are used to produce different lasers,

- i. CO₂
- ii. Argon
- iii. Neodymium
- iv. Xenon chloride
- v. Some tunable dyes

Depending on the lasing medium we get different lasers which differ in wavelength and frequencies. Some are used in medicine and other in industries.

Effects of LASER on living tissue and Biostimulation

Biostimulation is a term applied to a stimulus that produces or accelerates the physiological response.

- i. Biostimulation increases the collagen synthesis, and hence the tissue strength.
- ii. It produces neovascularisation of the blood vessels and lymphatic's and thus produces quick healing and less odema.
- iii. It accelerates epithelization, osteoplastic activity and promotes callous formation.
- iv. It produces changes in the potential of the nerve cell membrane and so there is hyper polarization and good analgesia.
- v. It stimulates macrophages and suppresses immunity by reduced antigen perception by

the T-lymphocytes, so it can lead to better acceptance of transplant.

Uses:

- i. For endoscopic control of peptic ulcer bleeding
- ii. Palliation of advanced esophageal and rectal carcinoma
- i. Endoscopic treatment of bladder tumor
- ii. Treatment of port wine stains
- iii. As a precise haemostatic incision knife
- iv. Treatment of diabetic retinopathy.
- v. Treating cataracts of extra ocular lens (EOL) extraction and intra ocular lens (IOL) implantation.

LASER is being experimental in various fields:

- i. In tumors of liver and prostate: Used with MRI with fiber optic probes to heat the deep-seated tumors.
- ii. Stereotactic surgery for brain tumor and for Parkinsonism
- iii. Laser lithotripsy
- iv. Laser Angioplasty

Dr. Emmanuel

Diet And Teeth

A Healthy diet, with as little sugar as possible, is the basic rule for preventing dental problems. Eskimos rarely suffered from tooth decay until they adopted a high sugar western style diet. Likewise, during World War II when sugar was scarce, there was much less tooth decay. Having a sweet tooth is a reversible habit but it is better to prevent children from developing one in the first instance. Remember that soft drinks contain a lot of sugar, so offer children water to quench their thirst and give them raw

vegetables, bread, fruit or nuts as snacks rather than candy or cookies.

The total amount of sugar consumed is however; less important than the number of times that sugar enters the mouth. Sugar eaten at meal times is less damaging than, say, sweets, taken between meals. This is because in the early stages of dental caries, it is possible for the saliva to repair the small amount of damage caused by the interaction of sugar and bacteria in the mouth. If the teeth are constantly bathed in a sugar solution this repair process cannot occur.

Mr.R.Rajashankar

Medi Facts

Worms of all shapes and sizes

Do you know that the study of parasitic worms is called Helminthology? Worms are found in different shapes and sizes: round worms, hookworms, pin worms, flat worms, whipworms, etc., parasitic worms can be microscopic to very long. Apart from plants and animals, worms live in humans, causing many diseases. The best way to get rid of worms is by improving hygiene and public health practices.

Adoption

Dr. Grace Kennett started Mazhalai Illam with a vision to help the poor and needy children who are in need of care and protection. She insisted that children have the right to be in a family and she has worked for the benefit of those children. Since then, Grace Kennett Foundation, Mazhalai Illam has created hundreds of happy families through in-country and inter-country adoption services.

Adoption Guidelines 2011

Eligibility Criteria for Adoptive Parents:

- The adoptive parents should have at least two years of stable marital relationship.
- Couples in a live-in relationship are not eligible to adopt a child.
- To adopt a child in the age group of 0-3 years, the maximum composite age of the Prospective Adoptive Parents (PAPs) should be 90 years.
- To adopt children above 3 years of age, the maximum composite age of the PAPs should be 105 years
- In case a single parent desires to adopt, he or she should not be less than 30 years of age and not above the age of 50 years.
- The PAPs should have adequate financial resources to provide a good upbringing to the child.
- The PAPs should have good health and should not be suffering from any contagious or terminal disease or any such mental or physical condition, which may prevent them from taking care of the child.

Registration for Adoption:

- The adoptive parents in India shall adopt a child only through a Government recognized adoption agency called Specialized Adoption Agency (SAA) which should preferably be nearest to their place of residence.
- The adoptive parent in India can also register online at www.adoptionindia.nic.in

The parents residing abroad shall adopt children only through authorized agencies in their country enlisted by CARA (Central Adoption Resource Authority)

In-country Adoption Process

- Registration
- Pre-adoption Counseling and Preparation of the Parents.
- Home study
- Referral and Acceptance
- Pre Adoption Foster care
- Legal Procedure
- Follow-up visits and Post adoption services

GKF - BSS Community College

Grace Kennett Hospital is a pioneer in women's education as it was the vision of Dr. Grace Kennett, the Founder of this institution since 1947. The foundation is recognized as a Community College to conduct Health Education Courses from April 2010 as per the terms and conditions of BSS COMMUNITY COLLEGE COUNCIL.

Bharat Sevak Samaj (BSS) is the National Development Agency sponsored by the Planning Commission, Government of India to ensure public cooperation for implementing Government plans.

GKF's BSS COMMUNITY COLLEGE education system aims to empower individuals through appropriate skill development leading to gainful employment. It serves all segments of society. Teaching is mainly focused on skill development. 100% placement assistance is given.

Pedagogical Method:

Theory – 40% Hours
Practical – 60% Hours

Eligibility:

Certificate Course : 8th Std
Diploma Course : 10th/+2
Age–Male/Female : Above 16 yrs

For application form and other details contact:

The Principal,
BSS Community College,
Grace Kennett Foundation, Madurai.

Humour Corner

Two friends are driving a car, one puts on the indicator and asks the other to check whether it is working. He puts his head out and says, "Yes... No...: Yes...No...: Yes...No...: Yes...No..."

DOCTOR: *Did you know that there are 200 more bones in the human body?*

TOM: *SHH..., Doctor! My dog is outside in the waiting room!*



BSS DIPLOMA & CERTIFICATE COURSES

Medical Laboratory Technology	2 years	Cath. Lab Technician	2 years
Medical Laboratory Technology	1 year	ICU Technician	1 year
Operation Theatre Technology	2 years	Practical Nursing	2 years
Operation Theatre Technology	1 year	Hospital Documentation & Record Keeping	1 year
Ortho & Trauma Care Technology	1 year	Hospital Management	2 years
Radiology Technology	1 year	Hospital Housekeeping	1 year
Medical Equipment Technician	1 year	Old Age Care	1 year
Dialysis Technician	1 year	Nursing Administration	2 years
Physiotherapy Technician	1 year	Pharmacy Assistant	1 year
		ECG Technician	6 months

PHOTO GALLERY

