

white coat newsletter



Grace Kennett Foundation

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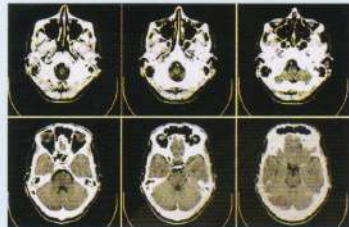
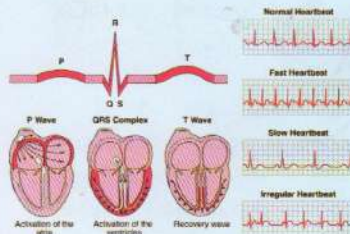
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FOUNDER PATRON	PRESIDENT	SECRETARY	TREASURER	MEDICAL SUPERINTENDENT
The Rt.Rev.Dr. Samuel Amirtham	Mr. D.T.Reji Chandra	Mr. I. Anandakumar	Rev. S. Suyambu	Dr. (Capt.) Augustus Samuel Dodd

From Apes To Apps



Whats App. This is not a question. This is an answer to a number of our communication issues.

A two year old boy falls down and CT images are to be seen, an ECG is taken for chest pain or there is a crush injury of the hand due to an industrial accident, we are able to share the images instantly using some apps.

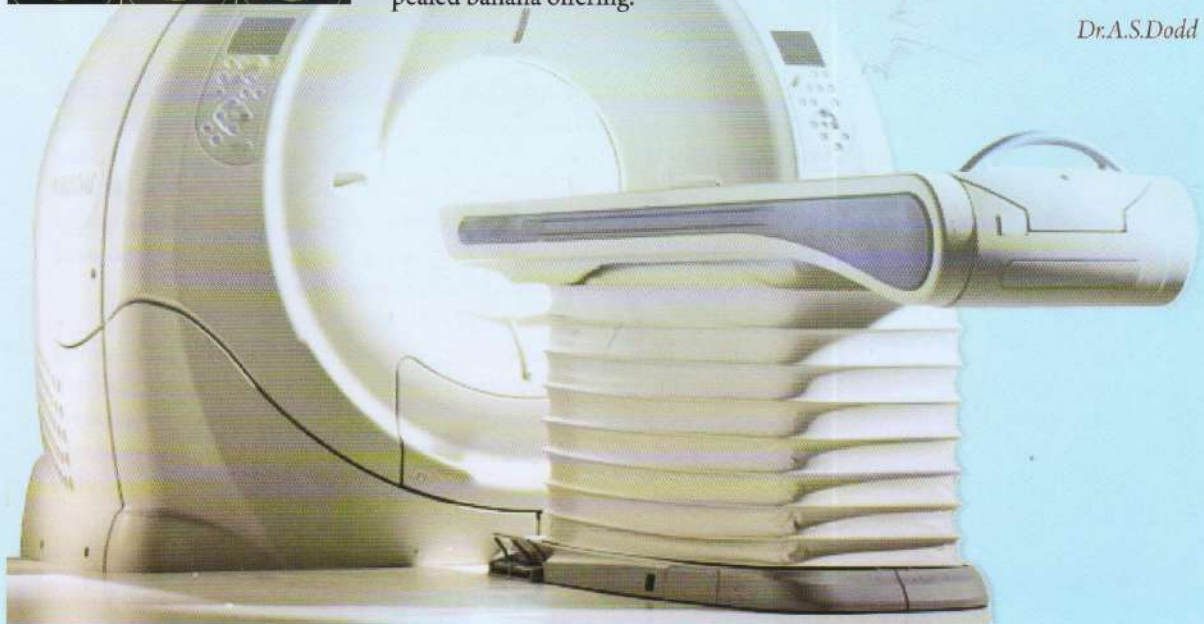
Using the internet is like searching for your favourite banana variety in a plantation. That is, you choose what you need from a plethora of information, whereas, an app is like a peeled banana offering.

Over a million years this transformation has taken place. The technology has driven the ape man to become an app man.

The telegram is dead but the Morse code lives in the smart phones as a very useful mobile app. A book on disease code weighs two kilograms, whereas an app on disease codes gets downloaded in 30 sec!

The day is not far when our news letter white coat will trend as an app. And, what a joy it would be stepping into the app world.

Dr.A.S.Dodd



Preventing Injuries In Sports

Anyone, even the most highly trained athlete, can sustain an injury on any given day, seemingly without explanation. As you begin to exert your body in new ways the risk of injury increases. Although there is no guaranteed method to keep you injury free, there are precautions that you can take to minimize your risks. The factors that you should consider to prevent injury are: stretching and strengthening, training and coaching, equipment and facilities.

Stretching and Strengthening:

To perform your sport at maximum efficiency, you need to prepare by toning your muscles and building strength. Regardless of your level of strength, stretching will help your muscles resist stress. Stretch and warm up exercises also increase the temperature of your muscles and gradually prepare them for hard work.

Strength training improves your muscles, ligaments, tendons, and even your bones. You can train for

a specific sport by using weights or objects that you use when you play such as tennis racket or golf club. Focus on building strong muscles around the joints that receive the most strain in your sport.

Training and Coaching:

Knowing the current way to perform an activity is an excellent defense against injury. A good instructor has the experience and knowledge to observe your movements with a perspective you can never have. Video equipment can also be helpful for giving you feedback.

Equipment and Facilities:

Poor equipment and inadequate facilities can sabotage your safety. There is a wide selection of equipment from which to choose. Buy the best equipment you can afford and make sure that you are paying for quality of materials and workmanship, not just fashion and frills.

Where you perform is as important as how. You should consider the following variables:

Surface:

A good resilient surface can help cushion the shock that travels through the joints and spine each time your feet make contact with the ground. The urban athlete can compensate for concrete surfaces to a certain extent by choosing shoes with extra cushioning.

Temperature:

Try to avoid extremes in temperature, making seasonal adjustments when necessary. Exertion during the heat of a summer day can lead to heat stroke or dehydration. Drink plenty of water, wear breathable clothing and cover your head.

Lighting and Space:

Good lighting is essential. If you can't see something adequately, you might trip over it or run over it. Space is equally important. Investigate the activity area and note factors such as pool depth and length, and fences around playing fields.

– Mr. R. Raja Shankar

Empowerment of Women



Hello,
I am Kalaiselvi,
ANM Staff,
a product of
Grace Kennett
Foundation,
currently working
at Chennai.

I completed my Practical Nursing Course in the year 2001–2003 in GKF Hospital. I worked as an OT Nurse at Dindigul. The experience I gained at GKF helped me survive as an OT

Nurse. Later, I joined Madras ENT Research Foundation(P) Ltd, Chennai, and am continuing till date.

I entered GKF as an empty vessel and as a married woman. It is the education that has helped me fight against the challenges in my life. The various exposures, both professional and general, given to us as students, moulded us and improved our knowledge. The moral support showered on me upheld me and today I am leading a happy family with two children and a loving husband.

What I am today is because of the training I had at GKF hospital. I am an ICU nurse. My superiors love and like me in their team. They appreciate my sincerity, team spirit, leadership quality and punctuality which I have inherited from my mother institution.

I am grateful to the GKF family. Here I stand as a witness, to say that education is the most important drive for humans, especially for women's development. Again I thank my mother institution.

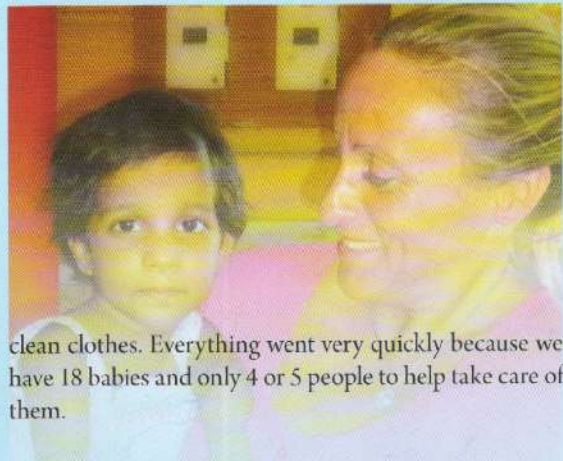
– Ms. K. Kalaiselvi

A Volunteer Speaks

'Just with an open heart' that is how I was going to India. Life is made up of steps, a humanitarian mission in an orphanage in India for a month. It seemed important at that time to me...

My computer was in my hands. I wanted an organization. Projects Abroad is well structured, I was still looking but I always came back to them, then it was decided, it would be the organization in India, in an orphanage with babies. I registered online & then contacted the French office, I did not ask myself too many questions, I especially did not want to get any blank answers. I just knew that I would be received by a representative of the organization at the airport and would stay with a host family. I really had started asking questions about my living conditions and work two or three days before my departure, but I did not have much time to wait for the answers.

In the orphanage, I saw all the babies in their beds—waiting, full of urine, runny nose, some have malformations (result of consanguineous marriages), it's hard but they smiled and stretched out their little arms. Even if my first feeling was of sadness, it was quickly replaced by a force that pushed me to come here. I finally started my volunteer work of self-sacrifice, paid in more rewarding love. I took them in my arms, began to give them the bottle, then changed the sheets, prepared children for a bath which was done by a nurse. It was routine—babies washed, dried babies, diapers and



clean clothes. Everything went very quickly because we have 18 babies and only 4 or 5 people to help take care of them.

I thought that I had time, I was here for a month, except that a month is nothing when you see the magnitude of the task. The days passed, I took my bearings. I saw the pace of the orphanage. I realized more and more that it gave me what I was capable of doing. I took initiative, requested advice, gave advice without imposing anything and everything went perfectly. I gave everything to improve their lives during my stay. They made me a hundredfold what is beautiful and magical. This is what I felt every day.

Last morning at the orphanage, it was hard not to cry saying goodbye. What seemed unfeasible and unthinkable for me (visiting an orphanage with children), I did well more because I was there for a month. I took care of babies without even thinking about all these fears I had before. There I stayed with children so happy just asking for attention, love... I intend to continue on this path, it's so good to give and to receive.

— Ms. Pierre Bes Carbonnel Nathalie, France

Dental Plaque

Sticky dental plaque is the primary cause of both tooth decay and gum disease. Made up of millions of bacteria, plaque accumulates between the teeth and around the gum margins and feels rough to the tongue. When sugar is present, the bacteria produce acid, which dissolves a hole in the protective enamel surface; other bacteria then cause tooth decay.

More teeth are lost through gum disorders than tooth decay. Again, plaque is the cause. It collects around the gum margin, causes inflammation of the gum, and eventually loosens the contact between gum and tooth. The gum shrinks away from the tooth leaving a gap in which bacteria breed, and the tooth loosens. Regular and careful brushing, flossing, and massaging are the best forms of prevention, along with visits to the dentist every six months.

— Dr. S.M. Hussain

Humour Corner

- Prisoner:* Doctor! You've already removed my spleen, tonsils, adenoids and one of my kidneys. I only came to see if you could get me out of this place.
Doctor: Yes, I am ... bit by bit!
- Patient to Eye doctor:* I am very worried about the outcome of this operation doctor, what are the chances?
Eye Doctor: Don't worry, you won't be able to see the difference.
- Teacher:* You never get anything right.
What kind of job do you think you'll get when you leave school?
Student: Well, I want to be the weather girl on TV!
- Our brain has two parts—left and right.*
The left one has nothing right in it and the right one has nothing left in it.

PHOTO GALLERY

