

whitecoat newsletter



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Fbquettes

Publish or perish is an old adage. Be on Facebook or be faceless is the new lingo.

Social networking is here to stay. When on a social networking platform, it is important to follow certain netiquettes. Most of us are careful with security and privacy issues. Unless you are in a closed group or a secret group, it is better to avoid the following—

1. Posts on politics. (Particularly sharing without knowing what you are sharing)
2. Posts on religion and
3. Posts related to gender jokes.

And a final word of caution—Do not click on unknown suspicious videos. If you ever do, the whole world knows that you have seen a 'not so clean' video.

— Dr (Capt) A S Dodd

Brain Death and Organ Donation

Brain death is a clinical diagnosis. It is a complete and irreversible cessation of all brain functions.

Various investigatory modalities are available for the confirmation of brain death.

The brain is divided into 3 parts:

Cerebrum—Controls higher mental functions.

Cerebellum—Controls equilibrium of the body.

Brainstem—Controls respiratory (breathing) and cardiac activity (heart beat).

In normal death, the heart stops so the blood flow to all the organs are stopped and the needful oxygen delivery is not possible. In normally dead persons, only the skin and cornea can be retrieved for organ donation. It should be taken within 6 hours.

In brain death, the heart keeps beating. The heart beat is sustained with the help of modern techniques, drugs and ventilator. These steps help in the delivery of oxygen to all the organs in the body and this keeps the organs functioning from hours to days.

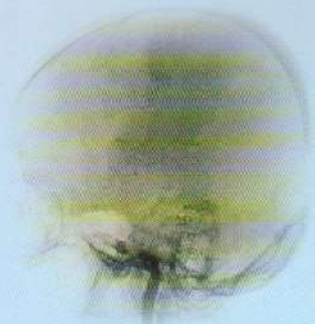
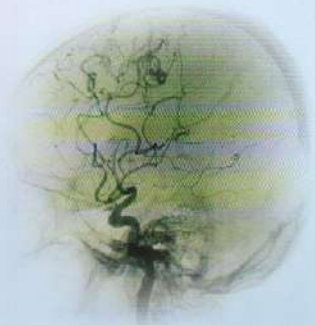
In brain death, we can retrieve and use 34 vital organs and tissues for transplant.

90% of all organs donated for transplant are from brain dead patients.

For the past 10 years, Tamilnadu is the number-1 state in organ donation.

Every year about 200,000 people wait for organ transplantations. But only 3,500 people get organs for transplantation.

— Dr. M. Anbu



Prevention of Burns Injuries in Children



Burns is one of the devastating injuries with significant cause of morbidity, deformities, disability and fatality in child-

hood. It is one of the major public health problems in India. It requires proper implementation of effective burns prevention programs, regulating and providing improved burns treatment.

Scald is the most common injury among infants, toddlers and in early childhood.

Scalds are sustained following contact with hot liquids, water being the commonest.

Hot water is transported from the kitchen to the bathroom and then diluted with cold water for a bath. Children sustain scalds very commonly during the transit.

When a mother drinks a hot beverage while holding a baby, very often it leads to spillage of the hot drink on the child.

Scalds may also occur as a result of steam inhalation from an open saucepan containing boiling water.

Common method of sustaining scald injury is by falling into a container of hot water, milk or cooked food.

Flame burns

1. Fire cracker related burns is responsible for the majority of firework related injuries. The fire crackers are manufactured with crude gun powder without following any standard of production. When ignited they tend to burst instead of opening as a display of sparkling firework.
2. An epileptic child may fall on an open flame and sustain very deep burns.
3. Sleeping children may get trapped in a house on fire. The cause can be an LPG cylinder, stored petrol or firecrackers.
4. Using a substandard kerosene stove and cooking at floor level is another major cause for flame

burns. Young girls who help their mothers are often the victims.

5. Using kerosene lamp for illumination during power cut is another reason for flame burns.
6. Even using mosquito coils may cause a fire accident when it comes in contact with clothes or bed linen.

Chemical burns

Commonest chemical burns in children is due to accidental ingestion of caustics. These injuries cause oropharyngeal and oesophageal burns.

Some times children get a chemical injury while a chemical is being thrown on some other person and they come in the way.

Electrical burns

Children by nature are very inquisitive. Unless the unused sockets are covered, children will try and put some objects in the holes and get burned.

Kite flying is another reason. The kite gets entangled in the high tension electrical lines. When the child goes to retrieve the kite, he/ she gets a severe high tension electrical injury.

Prevention strategies

Prevention can be approached by active and passive strategies.

Active strategy is by educating the masses. Education is targeted at increasing awareness on how to modify unsafe behaviors and offering first aid information.

Passive strategies cater to keep the subject (child) away from the object (hot liquids or fire etc.,) by physical barriers.

Burn injury causes lot of panic. Ignorance causes more panic and the person runs and screams for help. This is the cause of extensive and deep burns. We educate with the slogan Stop, Drop and Roll to extinguish fire without wasting any time. This should be followed by pouring water on burns till the burning pain subsides. Do not pour water on a small baby for more than

10 minutes as the baby may become hypothermic. Then immediately take the child to the nearest hospital. Do not apply anything over the burnt area particularly Ink or GV paint. It will become very difficult to remove and also assess the depth of the burns.

Children sustain burns due to loose fitting and easily inflammable flowing gowns and dresses. A study revealed a dramatic change in the incidence of burns after changing the clothing style to shorts and trousers. We can also encourage using a kitchen apron of a fire retardant material.

To prevent electrical burns from sockets, plastic covers should be inserted in to wall sockets when not in use. Ground fault circuit interruption is found to be beneficial to shut off the supply in case of leakage or short circuit.

Prevention strategies should include burying power lines and making open wires and transformers less accessible.

Chemicals should be stored in safer places out of the reach of children. Pour cool water copiously whenever a chemical is accidentally spilt. Wash eyes immediately in water.

For scalds and superficial burns, collagen application gives excellent results in children.

The difference between paediatric burn and adult burn is not only epidemiological but also clinical because of the basic differences between a child and an adult. This is especially because the response of a child to heat trauma is different from that of an adult.

Most of the paediatric burns are preventable. By properly educating the public and conducting periodical campaigns, burn incidences in children can be reduced to a large extent.

Ref. Paediatric Burns by Prof. Mathangi Ramakrishnan.

— Prof. Dr. C. Balasubramanian, M.S., MCh.,
Consultant Plastic, Cosmetic,
Faciomaxillary & Hand Surgeon



Importance of Strength Training in Sports

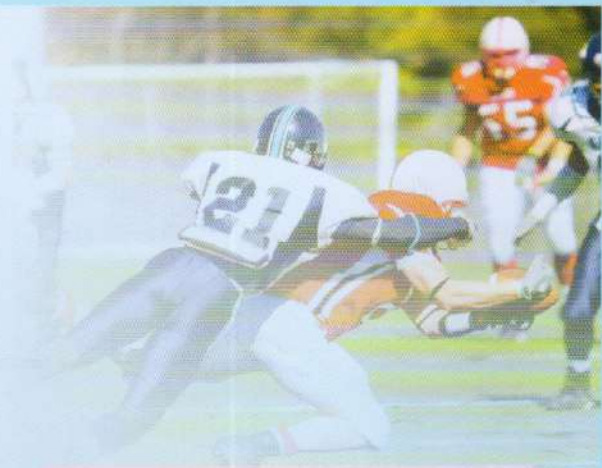
Strength training is not essential to fitness, but being strong will undoubtedly help you to build up your endurance and aid your aerobic training. There are also a number of good reasons why you might want to build up your muscles strength as well as improving your aerobic endurance. What is important is to go about strength training in the correct way. Otherwise, you may harm yourself.

Muscle strength can have a striking effect on your appearance. Your posture is better if you are strong. This not only looks more attractive than a weak, slumped posture, but does much to protect your back from common ailments. Since, volume for volume, muscle is heavier than fat, you might gain some weight but actually be slimmer as your proportion of body muscle increases.

In many sports, both aerobic and anaerobic strength are a positive advantage to performance. In swimming and rowing, strength of the upper body muscles is essential to success. In football and hockey, leg strength is critical. Upper and lower body strength is helpful for racket games and for martial arts such as judo.

Another bonus of strength training is that if you are strong for your size, you are more likely to stay active longer. This will, in turn, keep you aerobically fit and help prolong your life. If you simply wish to improve your strength for its own sake, remember that strength training, in itself, will not make you fit.

— Mr. R. Rajashankar



Humour Corner

1. Walking down the street, a man passes a house and notices a little boy trying to reach the doorbell. No matter how much the little boy stretches, he can't make it. The man calls out, "Let me get that for you," and he bounds on the porch to ring the bell. "Thank you, sir," says the boy. "Now let's run".
2. Salesman: "This computer will cut your workload by 50%".

Office Manager: "I'll take two of them."

3. Teacher: "Why are you late?"
Student: "Because of the sign."
Teacher: "What sign?"
Student: "The one that says—School Ahead. Go Slow."

Medi Fact

How did the modern science of oncology begin?

Oncology is the branch of medicine dealing with the diagnosis and treatment of cancer. The beginning of oncology was in the early years of the 19th century. It flourished through the years, making amazing advancements. The discovery and use of the modern microscope is a milestone in the study of cancer. It enabled us to study human cells in detail. Rudolf Virchow found out that cells are fundamental to life, and our body is made of millions of microscopic

cells. Cancer emerges when cells grow abnormally and form unwanted growths. These growths are called Tumours, and they are of two kinds - benign and malignant. The benign cells are harmless and won't spread. But, the malignant cells spread all over the body and develop into cancer. This theory marked the beginning of the modern scientific oncology. There was no looking back and relentless research and experiments led to many useful inventions in the field.

The introduction of X-ray, radio therapy, the development and use of the chemotherapy drugs showed better prospects in the treatment of cancer. Radiation and chemotherapy showed that cancer can be cured successfully without damaging the healthy tissues.

With early detection, greater use of specialist surgery, screening programmes and advanced methods of chemotherapy and radio therapy, cancer survival rates have doubled in the past couple of years.

— Dr. K. K. Shalini

PHOTO GALLERY

