



SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



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IIHMR, Delhi works with a mission of improving standards of health through better management of healthcare and related programmes, prepare students for managerial positions with a focus on national and international healthcare management.

In this Issue:

- [Hospital and Health insight](#)
- [World At Glance](#)
- [Recent Researches](#)
- [Reflections](#)
- [Review Page](#)
- [Events at IIHMR, Delhi](#)
- [Quick Facts](#)
- [Upcoming Conferences](#)
- [IIHMR Research findings](#)
- [Articles by IIHMR'ians](#)

HOSPITAL AND HEALTH INSIGHT

Antibiotics & anti-diabetes drugs set to get cheaper

Some popular and commonly used antibiotics and anti-diabetes medicines are set to be cheaper by 10-35%. Drug price regulator, National Pharmaceutical Pricing Authority (NPPA), has slashed retail prices of 25 essential medicines, most of which are used in treatment of diabetes. [Read more](#)

Now, an app to find the closest blood bank



Moved by the plight of people who frantically search for blood donors and blood banks during medical emergencies, a Bengaluru-based software engineer has developed a mobile app that provides details of these facilities situated close by, from any location in the country.

Krishna Kant Tiwari has designed Android app Ausodhyatmika that lists the details of all registered blood banks of the country and their location, with contacts that can be accessed through Google Maps. [Read more](#)

AIIMS to launch 'adopt a patient' program

India's premier medical institute, AIIMS, visited by 8,000 to 10,000 patients daily, has decided to seek public donations for poor patients under an 'adopt a patient' policy. This, officials said, will fill the gap between demand and supply in donations for AIIMS patients.

[Read more](#)

Smallest Pacemaker Implanted In 92-Year-Old At Medanta Hospital

The world's smallest pacemaker was successfully implanted in a 92-year-old man at Medanta Medicity Hospital in Gurgaon, one of the first hospitals in the country to offer such a heart device, said a doctor. [Read more](#)

EVENTS AT IHMR MDP's @ IHMR

Finance for Non- Finance
Medical Professionals
June 17-18, 2016

Urban Health Management
June 20-24, 2016

Managing Conflict and
Teamwork for Healthy Work
Environment
July 11-15, 2016

For MDP details contact:

Training Officer, IHMR
E-mail: shikha@ihmr.org

Indradhanush programme to be renamed



Health Ministry's ambitious programme 'Mission Indradhanush', which provides immunisation against seven life threatening diseases, is all set to be re-christened with the addition of four new vaccines into its basket. [Read more](#)

Fortis Healthcare awarded "Hospital of the Year in India" at Bangkok event

Fortis Healthcare was adjudged "Hospital of the Year in India" and "Digital Savvy Hospital of the Year" at the 2016 APAC Healthcare and Medical Tourism Awards held recently at Bangkok, Thailand. [Read more](#)

India hospital transfusions infect thousands with HIV

At least 2,234 Indians have contracted HIV while receiving blood transfusions in hospitals in the past 17 months alone, say officials. [Read more](#)

WORLD AT GLANCE

First-of-its-kind multiple organ transplant in U.S.

In a first-of-its-kind procedure, doctors in the U.S. have successfully transplanted a "composite" skull and scalp flap, along with kidney and pancreas — all from the same donor — in a 55-year-old patient. The patient was suffering from a non-healing scalp defect and declining organ kidney and pancreas function, researchers said. [Read more](#)

World's first Zika virus clone developed

In a world-first, scientists have genetically engineered a clone of the Zika virus strain, an advance that may aid the development of vaccine and therapies against the infection which has been linked to serious birth defects. [Read more](#)

WHO revises sex guidelines for Zika prevention

The new guidance from the WHO is now in line with the U.S. Centers for Disease Control and Prevention's safe-sex recommendations for Zika. [Read more](#)

QUICK FACTS

- Dehydration: risks and myths
- Want to live longer? Eat lots of fibre
- How to age the healthy way
- How to control anger
- Painkillers can increase duration of chronic pain
- All you need to know about blood pressure
- Don't take decisions on any empty stomach
- Running barefoot could boost your memory
- Food you should never refrigerate

Exercise reduces chemotherapy-induced numbness and pain: Study

According to a new research, exercise could offer a simple and inexpensive way to reduce weakness, numbness and pain in hands and feet due to chemotherapy. [Read more](#)

Forgetting things at times could be good for memory

Forgetting things is very common among people who keep quite busy. Studies have proven that forgetfulness could actually be good for your memory. [Read more](#)

Chronic stress can cause structural changes in the brain

Chronic stress can make us worn-out, anxious and depressed as well as lead to structural changes in the brain, finds a new study that also developed a new drug that might help in preventing these changes. [Read more](#)

Premature babies at greater risk of osteoporosis in adulthood

London: Babies born prematurely are at an increased risk of having brittle bones in adulthood, says a new study adding that low birth weight may also raise the risk of osteoporosis.

[Read more](#)

Be careful, BP fluctuations may harm your brain: Study



'Higher long-term fluctuations in blood pressure readings may be linked to faster declines in the brain and cognitive function among older adults', says a study.

"Blood pressure variability might signal blood flow instability, which could lead to the damage of the finer vessels of the body with changes in brain structure and function", said Bo

(Bonnie) Qin, lead study author and a post-doctoral scholar at Rutgers Cancer Institute in New Brunswick, New Jersey, US. [Read more](#)

UPCOMING CONFERENCES/ EVENTS

IoT Healthcare Summit

(Enabling quality healthcare
access to rural INDIA)

Date: 17th June, 2016

Venue: The Grand Magrath
Hotel, Bangalore

Contact:

<http://www.iothealthcaresummit.com/home.html>

REFLECTIONS

Soft Skills Training of Mohalla Clinic Doctors

Delhi Government has started Mohalla Clinics to serve a population of 5000. One day Programme was organized by the Delhi Government on April 30, 2016 at Auditorium, Delhi Secretariat to welcome doctors and orient them with Soft skills and some clinical issues along with sharing of their experiences with each other. IIMR Delhi was invited to take Sessions on Soft Skills for Mohalla Clinic Doctors.

The pedagogy included role plays, discussions, didactic and summing up the roles of soft skills in providing quality medical care. The session was highly appreciative by one and all.



REVIEW PAGE

Mid-Day Meal Programme



Tamil Nadu was the first to initiate a massive noon meal programme to children. Neither a child that is hungry, nor a child that is ill can be expected to learn. Realizing this need the Mid-Day Meal (MDM) Scheme was launched in primary schools during 1962-63. Mid-Day Meal improves three areas: 1. School attendance 2. Reduced dropouts 3. A beneficial impact on children's nutrition.

The Central Government supplies the full requirement of food grains for the programme free of cost. For its implementation in rural areas, Panchayats and Nagarpalikas are also involved or setting up of necessary infrastructure for preparing cooked food. For this purpose NGOs, women's group and parent-teacher councils can be utilized. The total charges for cooking, supervision and kitchen are eligible for assistance under Poverty Alleviation Programme. In several states, supplementary feeding was assisted by food supplies from Cooperation for American Relief Everywhere (CARE) and World Food Programme (WFP).

Objectives:

The objectives of the mid day meal scheme are:

1. Improving the nutritional status of children in classes I – VIII in Government, Local Body and Government aided schools, and EGS and AIE centres
2. Encouraging poor children, belonging to disadvantaged sections, to attend school more regularly and help them concentrate on classroom activities.
3. Providing nutritional support to children of primary stage in drought-affected areas

Read more

HEALTH TIP



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