



# SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research

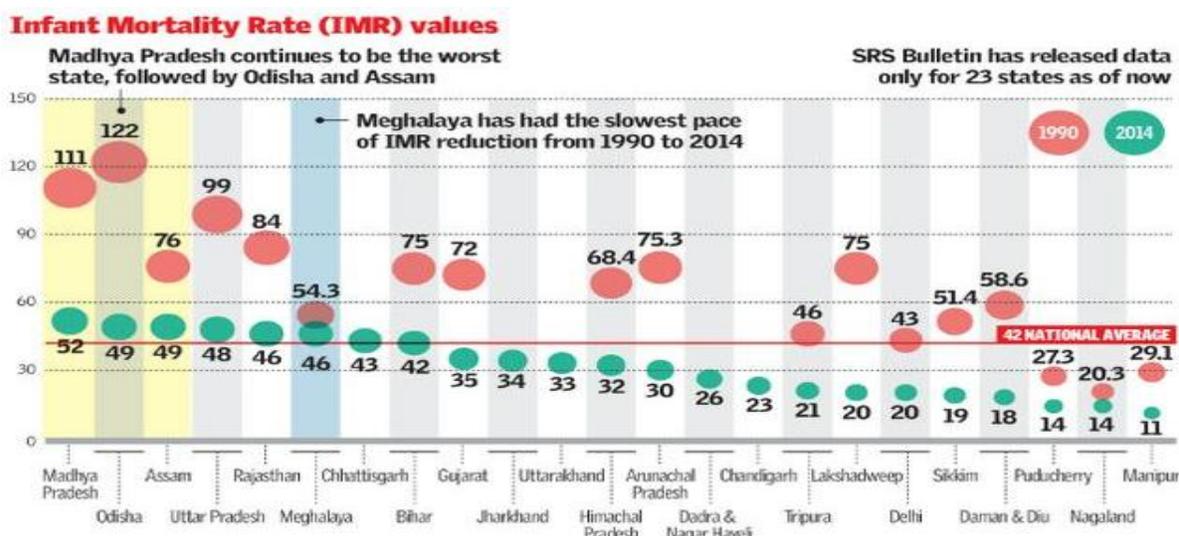


Dated: 7th July, 2016 Issue: 70<sup>th</sup>

## HOSPITAL AND HEALTH INSIGHT

### Infant mortality rate: Target set by Millennium Development Goals not met

Sample Registration System (SRS) Bulletin 2014, published by the Registrar General of India was released earlier in the month of June, shows that none of the ten big states (for which data is available) have been able to reduce the Infant Mortality Rate (IMR) as per the target set in the Millennium Development Goals (MDG).



**Read more**

### In 2015, India Lost A Million Children Who Could Have been Saved: UNICEF

Around 1.2 million children in India could have been saved in 2015 had the basic minimum sanitation and healthcare facilities been provided for, says the UNICEF's State of the World's Children Report 2016.

Around 39% were babies who died due to complications during birth. Most of the rest, the report said, died from diseases like malaria and diarrhoea, which are easy to control, but have become prime killers through lack of proper sanitation and access to healthcare.

**Read more**

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.

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Managing Conflict and  
Teamwork for Healthy  
Work Environment

July 11-15, 2016

Applied Epidemiology for  
Health Program Managers

Aug 29-Sep 2, 2016

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## Are Ayurvedic remedies really safe?

While many believe that "herbal" is synonymous with "safe," it turns out Ayurvedic medicines can in fact be deadly.

A 26-year-old student developed lead poisoning from taking Indian Ayurvedic herbal medicine, write doctors in the online journal BMJ Case Reports. [Read more](#)

### WORLD AT GLANCE

## No threat to polio-free status of India: WHO



Amidst concerns over resurfacing of polio cases in India, the WHO has said there is "no threat" to the polio-free status of all South East Asian region countries, including India, and the detection of a rare strain of the crippling disease is "not unusual." Noting that all the countries, including India, maintain a "high vigil" for the detection of the disease,

the World Health Organisation's South-East Asia Regional Office (WHO SEARO) said that no child has been afflicted by wild poliovirus since the last case was reported from West Bengal in January, 2011. [Read more](#)

## Hospitals on alert for global emergence of deadly, drug-resistant yeast infection

Health authorities in the United States and the United Kingdom are alerting hospitals to be on the lookout for an emerging multidrug-resistant yeast in patients that is causing potentially lethal, invasive infections in healthcare settings. First brought to the attention of medical authorities in 2009 in Japan, outbreaks of *Candida auris* infections have now occurred in nine countries on four continents. [Read more](#)

## World No Tobacco Day, 31 May 2016: Get ready for plain packaging

Recent moves to introduce plain (standardized) packaging of tobacco products can save lives by reducing demand for tobacco products, according to WHO and the WHO Framework Convention on Tobacco Control Secretariat (WHO FCTC). [Read more](#)

## QUICK FACTS

- Five easy and quick tips to fight your everyday laziness
- Skin ageing early? This daily habit/obsession could be the reason
- Tips that even the most seasoned doctors swear by
- Around the world in Health this week
- Top fitness apps this season
- The beginner's guide to yoga

## Human trial of Zika vaccine to start soon

The first Phase-1 human clinical trial of a vaccine for the Zika virus is set to begin in the coming weeks, with the U.S. Food and Drug Administration (FDA) green-lighting it. The DNA vaccine (GLS-5700) developed by the U.S.-based Inovio Pharmaceuticals and GeneOne Life Science, South Korea, has already been tested on animals and found to elicit "robust" antibody and T cell responses. [Read more](#)

## Research suggests aloe vera has beneficial effects for diabetics



Aloe vera has long been used as a herbal medicine. It is known for its amazing soothing as well. Now, a new study highlights the antidiabetic effects of aloe vera. The plant, which originates from Africa, has been found to reduce blood sugar levels, which can be

helpful for patients suffering from type 2 diabetes. [Read more](#)

## New Drug Shows Promise for Rare Blood Cancers

An experimental drug called midostaurin may reverse organ damage in people with certain rare, fatal blood cancers, an early clinical trial finds.

Researchers found that the drug at least partly reversed organ damage in 60 percent of patients with advanced systemic mastocytosis -- an umbrella term for several rare cancers that affect blood cells called mast cells.

The drug, a twice-daily pill, has already been shown to lengthen the lives of patients with a subtype of acute myeloid leukemia. [Read more](#)

## Single dose of this drug could improve memory

A single oral dose of a drug that is already being used to treat a type of blood disorder could also improve our memory, suggests new research.

The researchers found that single dose of the common, inexpensive and safe chemical called methylene blue results in an increased response in brain areas that control short-term memory and attention. [Read more](#)

## Training Programme on Health System Management and Planning

Six participants from Urban Planning Wing, Ministry of Health & Family Welfare, Bangladesh, participated in the Training Programme on Health System Management and Planning from May 30- June 8, 2016 at IIMR, Delhi.

The main objective of the training was to familiarize the participants with the basic knowledge and working methods in areas of health system management and planning. The pedagogy adopted across the sessions included discussion by domain experts, group work, field visits to NITI Aayog, National Health System Resource Centre to see the grassroots functioning and daily reflections. The participants had discussions with the main functionaries working within these organizations and appreciated their work. The Training has been highly appreciated and received well by the participants.



## National AIDS Control Programme

HIV infection in India is a major challenge with no State free from the virus. HIV/AIDS continues to show itself to be one of India's most complex epidemics - a challenge that goes beyond public health, raising fundamental issues of human rights and threatening development achievements in many areas.

The need to prevent the progression of the epidemic and provide care and support for those infected or affected is calling for an unprecedented response from all sections of society. The National AIDS Control Organization, Ministry of Health and Family Welfare has launched the National AIDS Control Programme- II, from December, 1999. The new national programme in implementation sees the country on the

### UPCOMING CONFERENCES/ EVENTS

#### MEDICAL

#### Hospital Needs Expo

Date: July 22-24, 2016

Venue: Chennai Trade Centre  
Nandambakkam,  
Chennai -600 089

Website: [www.medical.in](http://www.medical.in)

#### Hospital Management Conference & CIMS Healthcare Excellence Awards 2016

Date: July 23-24, 2016

Venue: The Leela - Mumbai

Website:

<http://www.hmcindia.in/>

threshold of a new approach - marked by focusing on encouraging and enabling the States themselves to take on the responsibility of responding to the epidemic. It is also leading to growing partnerships between government, NGOs and civil society.

### Objectives:

1. To reduce spread of HIV infection in India
2. Strengthen India's capacity to respond to HIV/AIDS on a long term basis.

### Read more

## NEWS IN PIPELINE

Scientists stabilize HIV Structure, Design Potential AIDS Vaccine Candidates

### Read more

## HEALTH TIP

**10 Tips to live by, for Heart-Healthy Families**

- 1.** Keep portions small, to have less wasted food, and avoid obesity.
- 2.** Watch calories to maintain a healthy weight.
- 3.** Provide kids nutritious snack choices, ready to grab on the go.
- 4.** Use soft spread margarine labeled zero trans fats in place of butter to help reduce intake of saturated fat, trans fat and cholesterol.
- 5.** Don't let anyone skip breakfast; a healthy breakfast is essential for a productive day.
- 6.** Choose beverages wisely. Include nonfat or low fat milk and drink plenty of water and other non-sweetened beverages like tea.
- 7.** Make the dinner occasion a family get-together occasion, and turn the TV off while eating.
- 8.** Offer your family plenty of fruits and vegetables every day.
- 9.** Prepare low-fat versions of your family's favorite meats and poultry, use low fat cheeses and milk and eat at least 2 servings of fish per week in place of fatty meats.
- 10.** Choose whole grain foods as a good source of fiber.

Source: [www.FamilyatHeart.org](http://www.FamilyatHeart.org)

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