



NEWSLETTER SEPTEMBER 2023

MEDI UPDATES

Ganesh Chaturthi holds an immense religious significance among Hindus. Ganesh Chaturthi is one of the main festivals of Hindus, which is dedicated to Lord Ganesh. This festival is celebrated across the country with great enthusiasm and fervor. This day is considered as the one of most auspicious day to worship Lord Ganesh. Lord Ganesh was born on Chaturthi Tithi of Shukla Paksha in the month of Bhadrapada. This year, Ganesh Chaturthi festival is going to be celebrated on September 19, 2023.



NEUROSURGERY & NEUROLOGY
CARDIOLOGY
NEPHROLOGY & UROLOGY
CRITICAL CARE & PULMONOLOGY
LAP SURGERY & PLASTIC SURGERY
MEDICINE & PAEDIATRICS (NEONATOLOGY)
ORTHOPEDIC & JOINT REPLACEMENT
ANESTHESIA & EMERGENCY MEDICINE
RADIOLOGY & INTERVENTIONAL RADIOLOGY
PATHOLOGY & DIAGNOSTICS
GASTROENTEROLOGY
ENT, PSYCHIATRY & ALLIED SPECIALITIES

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ARTICLE PUBLISHED BY

**DR SANDEEP KAPADIA : ANESTHETIC & INTENSIVIST
DR BHARAT RATHVA : PLASTIC SURGEON
DR DHARA SHUKLA : EMERGENCY PHYSICIAN**



Abstract: Patients with complex head and maxillofacial trauma present with unique challenges to the anesthesiologist. Provision and maintenance of a secured airway control throughout the surgery is of prime importance. It is always needed to explore the better available options for airway management according to the individual needs of patients and surgery. Submental intubation (smi) is one such technique that can be very useful. Submental intubation is an interesting alternative to tracheostomy, especially when short-term postoperative control of airway is desirable with the presence of undisturbed access to oral as well as nasal airways and a good dental occlusion. There were no perioperative complications related to the submental intubation. Submental intubation is a simple technique associated with low rates of morbidity. It is an attractive alternative to tracheotomy in the surgical management of selected cases of panfacial trauma. We report an interesting case of leforte type 3 injury for open reduction and internal fixation with plating, for which we opted for submental intubation as an airway management.



Research Paper link for Review

[https://www.ijsr.net/getabstract.php?
paperid=SR23812153300](https://www.ijsr.net/getabstract.php?paperid=SR23812153300)

Case Files : Medicine

An Interplay between Drugs, Virus & Immune System

Patient Praveen Kumar, 28 yr old, came in ER with history of high grade fever since 3 days. Erythematous skin rash since 7 days, yellowish urine since 7 days and swelling over face, neck and axilla.

Patient had history of chemical burns in eyes one month back for which he had undergone surgical intervention in both eyes.

Patient was on oral antibiotics doxycycline and analgesic diclofenac since 4 weeks.

Patient had DRESS i.e. Drug reaction with eosinophilia and systemic symptoms (DRESS) is a severe adverse drug reaction characterized by an extensive skin rash in association with visceral organ involvement, lymphadenopathy, eosinophilia, and atypical lymphocytosis.

USG suggestive of altered liver parenchymal pattern, increase echogenicity both kidneys and lymph node enlarged in axilla, cervical as well as mesenteric.

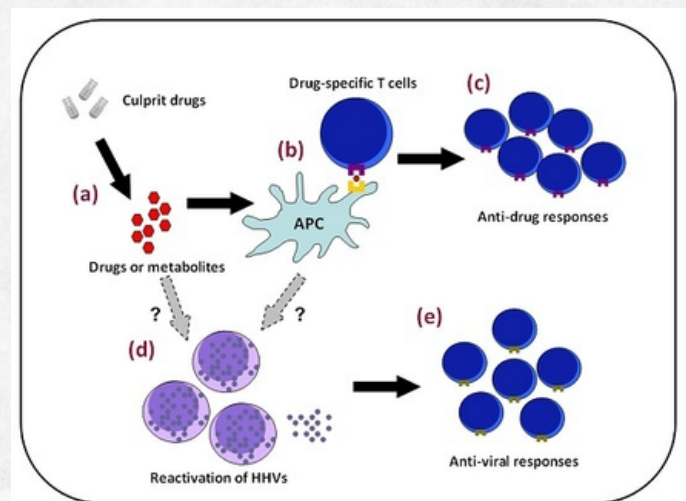
Patient was treated with iv steroids Methylprednisolone 0.5-1 gm per/kg dose.

And hydration by iv fluids, symptomatic treatment for hepatitis..

Within 2 days skin rashes improved and within 5 days lfts and rft improved.

Patient was discharged in 5 days with oral steroids..

DRESS SYNDROME IS A COMPLEX DISEASE THAT IS COMPRISED OF COMPLICATED INTERACTIONS AMONG DRUGS, VIRUSES, AND IMMUNE RESPONSES. AS A RESULT OF PAST RESEARCH ENDEAVORS, THE UNDERSTANDING OF DRESS SYNDROME HAS GRADUALLY INCREASED. HOWEVER, SOME MAJOR ISSUES STILL REQUIRE CLARIFICATION, SUCH AS WHAT DETERMINES THE DEVELOPMENT OF DIFFERENT TYPES OF CD8+ DRUG-SPECIFIC T CELLS IN INDIVIDUALS OF THE SAME GENETIC BACKGROUND IN TERMS OF HLA ALLELES, THE MECHANISMS OF IMMUNOSUPPRESSION IN THE EARLY PHASE OF THE DISEASE, AND THE KEY STEPS OF HHV REACTIVATION. FURTHER INVESTIGATIONS ARE WARRANTED TO ADDRESS THESE ISSUES AND MAY SHED LIGHT ON THE PREVENTION OF OR NEW TREATMENTS FOR THE DISEASE.

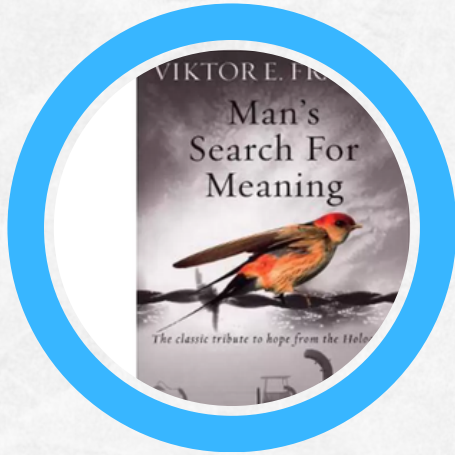


Case Presentation by

DR NAAZ HUMDULAY

Senior Physician and Intensivist

“Striving to find a meaning in one’s life
is the primary motivational force
in man.”



Book Troverts

Man’s Search For Meaning By Viktor Frankl

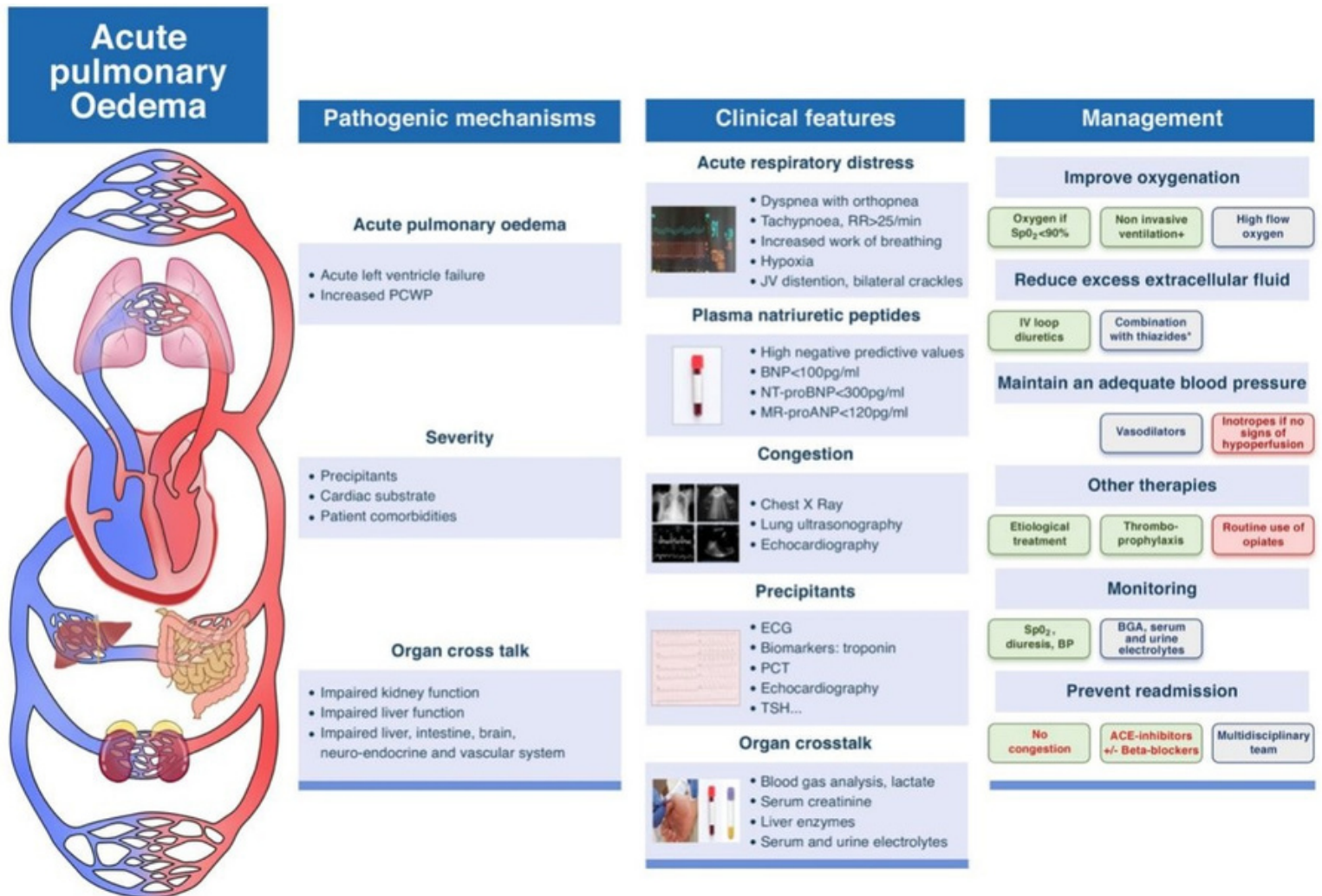
Surprisingly, this book was written some 77 years ago (1946) by Viktor Frankl chronicling his experiences as a prisoner in Nazi concentration camps during World War II.

The major theme of his book is buried in the truth that Human life, under any circumstances, never ceases to have a meaning,

He shared that;

1. Everything can be taken away from us except the ability to choose our attitude in any given set of circumstances.
2. If a book has one passage, one idea with the power to change a person’s life, that alone justifies reading and re-reading it and finding room for it on one’s shelves.
3. He believes that life is a quest for meaning and saw three possible sources for meaning: in doing something significant, in loving someone and courage in times of difficulty.
4. That it did not really matter what we expected from life, but rather what life expected from us.
5. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.
6. Whoever is still alive had reason for hope. Read it again.
7. No one has the right to do wrong, not even if wrong has been done to them.
8. Striving to find a meaning in one’s life is the primary motivational force in man. Everyone has his own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment.
9. “Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!”
10. As logotherapy teaches, there are three main avenues on which one arrives at meaning in life. The first is by creating a work or by doing a deed. The second is by experiencing something or encountering someone; in other words, meaning can be found not only in work but also in love and the third avenue to meaning in life: even the helpless victim of a hopeless situation, facing a fate he cannot change, may rise above himself, may grow beyond himself, and by so doing change himself. He may turn a personal tragedy into a triumph.

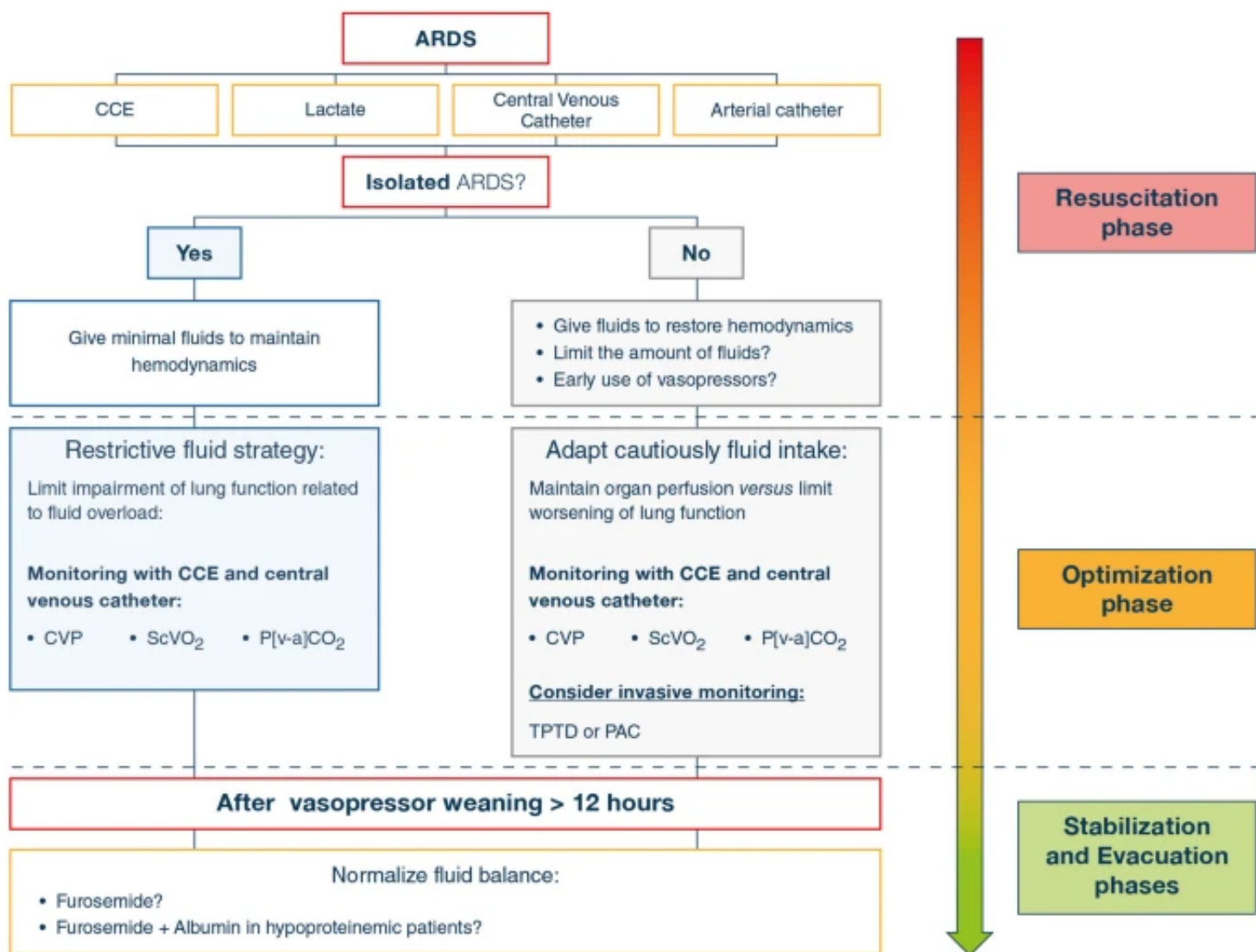
10 Questions Specialist should address while Managing Cardiogenic Pulmonary Edema.



Do we need multidisciplinary teams to improve the outcome?

Multidisciplinary teams ensure higher quality decision-making, standardized patient care and improved out-comes. Many reasons may explain the necessity to set up multidisciplinary teams to manage APE patients;

- (1) the heterogeneity of physicians in charge of APE patients in terms of specialty, years of experience (intensivists, emergent physicians, cardiologists and geriatrics);
- (2) the organ cross talk involving heart, lung, kidney and other end-perfusion organs;
- (3) the lack of robust evidence regarding APE therapy and;
- (4) the high mortality and rehospitalization rate without any improvement in the past years



Fluid Management in ARDS

ARDS is characterized by an increased endothelial and epithelial permeability which promotes the passage of fluid into lung interstitial and alveolar space. Since ARDS is frequently associated with shock, fluid management is key to restore adequate organ perfusion while avoiding diffuse tissue edema and positive fluid balance. Initial resuscitation should be guided by close hemodynamic monitoring aimed at predicting FR and avoiding undue venous congestion. Positive airway pressure should be kept as low as possible since it contributes to positive fluid balance. Once the patient is hemodynamically stable, subsequent management should be based on the evacuation of excess fluids to normalize cumulated fluid balance and facilitate ventilator weaning. Although various restrictive strategies aimed at reducing fluid administration have not yet been shown to improve mortality, tailored therapeutic management based on ARDS subphenotypes remains to be tested to improve patient-centered outcome.

Virus Updates : Nipah Virus

Alert healthcare system detects Nipah outbreaks

The route of Nipah virus transmission from bats to humans has not been clearly established in Kerala

Widespread: NIV Pune found Nipah virus antibodies in fruit bats (*Pteropus medius*) in nine States, including Kerala, and the Union Territory of Pondicherry

■ Three Nipah virus outbreaks — 2018, 2021 and 2023 — in Kerala have been in Kozhikode district; the 2019 outbreak was in Ernakulam district

■ Four outbreaks in five years may be because the virus has become endemic in bats in Kerala, or due to thorough investigation of undiagnosed fever cases for possible Nipah virus infection or both

■ Except in NIV Pune, there is no Nipah virus testing facility anywhere in India. Kerala screens for Nipah virus routinely in a molecular lab in Calicut Medical College

■ Patients with unusual symptoms are tested for Nipah virus, the reason why Kerala might be detecting Nipah cases

■ Patients who tested positive for Nipah virus in 2023 had only respiratory symptoms not reported anywhere in the world before. Nipah virus detection still became possible due to doctors' high index of suspicion

■ In the latest outbreak, a combination — possible index case, clustering of cases, unusual symptoms, and proximity to the 2018 outbreak epicentre — led to testing for Nipah virus



There are no vaccines to prevent or cure the infection, which has a mortality rate of between about 70%. The usual treatment is to provide supportive care. Infected people initially develop symptoms that include fever, respiratory distress, headaches, and vomiting, the World Health Organization (WHO) says.

- Nipah virus (NiV) can spread to people from: Direct contact with infected animals, such as bats or pigs, or their body fluids (such as blood, urine or saliva) Consuming food products that have been contaminated by body fluids of infected animals (such as palm sap or fruit contaminated by an infected bat)
- Nipah virus can be transmitted to humans from animals (such as bats or pigs), or contaminated foods and can also be transmitted directly from human-to-human.
- Nipah is a zoonotic virus, meaning it can be transmitted between animals and humans but can also spread through contaminated food or from human to human. It kills 40 to 75 per cent of people who become infected, according to the health organization.

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ડોક્ટર એ ભગવાનનું બીજું સ્વરૂપ છે તે કહેવત
સાર્થક કરી બતાવતા ડિવાઇન લાઇફ હોસ્પિટલના
જ.લે.સ ડૉ. મિતેશ મોદી. !!!



મળતી માહિતી મુજબ આદિપુર ડિવાઇન લાઇફ હોસ્પિટલ ખાતે
સારવાર અર્થે આવેલ વકીલાબેન પઠાણ ઉંમર વર્ષ **45** જેવો લગભગ
દસ વર્ષથી પેટના અસહ્ય દુખાવાથી પરેશાન હતા કેટલાય ડોક્ટરોને
બતાવી લાખો રૂપિયાનો ખર્ચો કરવા છતાં બીમારી નો અંત ન આવતા
આખરે દર્દી ડિવાઇન લાઇફ હોસ્પિટલ માં જ.લે.સ ડૉ. મિતેશ મોદી
સાહેબ પાસે તપાસ કરાવતા જાણવા મળ્યું કે દર્દીના પિતાશયમાં પથરી
છે તેના કારણે તેને પેટમાં વારંવાર દુખાવો થયા કરે છે ડૉ. મિતેશ મોદી
તથા તેમની ટીમની સખત મહેનત બાદ દર્દીના પેટમાંથી લગભગ **175**
જેટલી પથરી તથા પિતાશય નિકાળવામાં સફળ રહ્યા હતા દર્દીને **24**
કલાકમાં ડિસ્ચાર્જ પણ કરી દેવામાં આવ્યું હતું આ ઓપરેશન વિના
મૂલ્ય આયુષ્માન કાર્ડ પર કરવામાં આવ્યું હતું ખરેખર જો પીડિત દર્દીને
તેનું દર્દ સમજી શકે તેવા ડોક્ટર મળી જાય તો દર્દી મોતને પણ મહાત

THANK YOU

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