

*Kutch nahi dekha, toh kuch nahi dekha*

NEWSLETTER DECEMBER 2023

# MEDI UPDATES

The Rann of Kachchh is famous for its white salty desert sand and is reputed to be the largest salt desert in the world. 'Rann' means desert in Hindi which in turn is derived from the Sanskrit word 'Irina' which also means desert.

The Rann of Kachchh region is also home to a range of ecologically rich wildlife such as the flamingos and the wild ass that can be spotted around the desert often. Rann is also a part of a few sanctuaries such as the Indian wild ass sanctuary, Kachchh desert wildlife sanctuary etc. It is a paradise for wildlife photographers and nature enthusiasts alike.



**NEUROSURGERY & NEUROLOGY**

**CARDIOLOGY**

**NEPHROLOGY & UROLOGY**

**CRITICAL CARE & PULMONOLOGY**

**LAP SURGERY & PLASTIC SURGERY**

**MEDICINE & PAEDIATRIC (NEONATOLOGY)**

**ORTHOPEDIC & JOINT REPLACEMENT**

**ANESTHESIA & EMERGENCY MEDICINE**

**RADIOLOGY & INTERVENTIONAL**

**RADIOLOGY**

**PATHOLOGY & DIAGNOSTICS**

**GASTROENTEROLOGY**

**ENT, PSYCHIATRY & ALLIED SPECIALITIES**

**NOTHING IN LIFE IS TO BE FEARED;  
IT IS ONLY TO BE UNDERSTOOD**



## **MARIE CURIE**

**One of the most recognizable figures in science, “Madame Curie” has captured the public imagination for more than 100 years and inspired generations of women scientists.**

**Indefatigable despite a career of physically demanding and ultimately fatal work, she discovered polonium and radium, championed the use of radiation in medicine and fundamentally changed our understanding of radioactivity.**



# How Much Water Do I Need to drink Daily ?

If your body gets dehydrated, many bodily functions can be affected, because water regulates:

- Body temperature
- Hormone regulation
- Energy expenditure stimulation
- Thickness of blood
- Skin moisture
- Cell longevity
- Positive digestion
- Cushion function for the spinal cord, brain and eyes
- Waste product elimination

Our body loses water constantly through breath, sweat, urine and faeces. We lose even more water if we are ill, through vomiting and diarrhoea, so this increases our risk of dehydration.



**Preventive Health Checkup Plans**  
**Personalised Health Check Ups**

**Contact**

**[arpita.barve@divinelifeadipur.com](mailto:arpita.barve@divinelifeadipur.com)**



## Book Troverts

### The Fault in Our Stars John Green

**The Fault In Our Stars is a fabulous book about a young teenage girl who has been diagnosed with lung cancer and attends a cancer support group.**

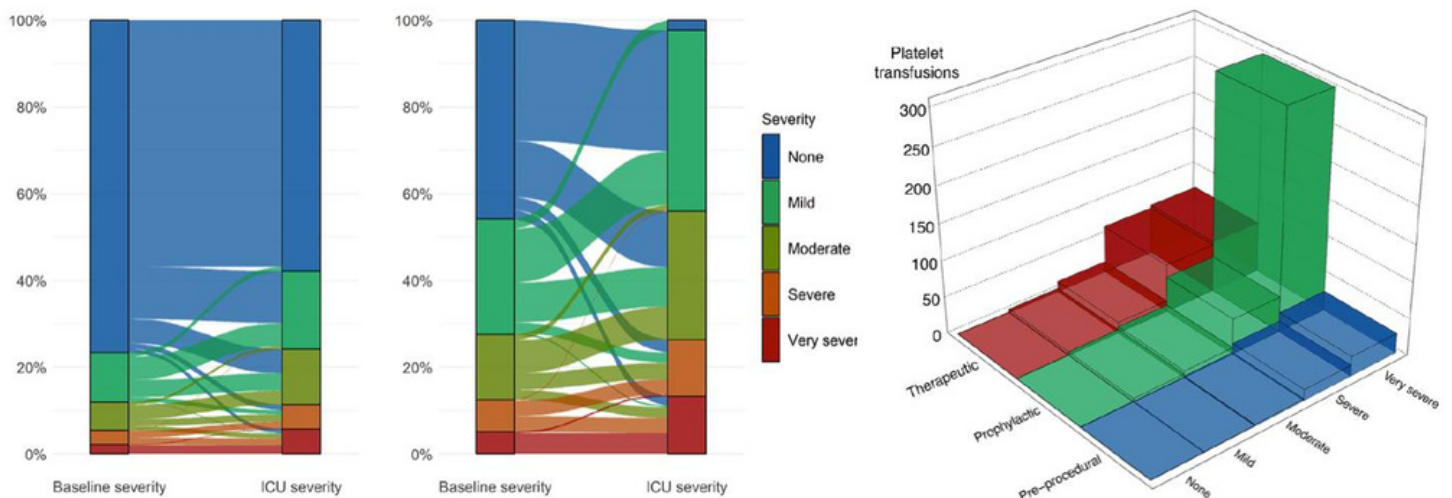
**Hazel is 16 and is reluctant to go to the support group, but she soon realises that it was a good idea. Hazel meets a young boy named Augustus Waters. He is charming and witty. Augustus has had osteosarcoma, a rare form of bone cancer, but has recently had the all clear.**

**Hazel and Augustus embark on a roller coaster ride of emotions, including love, sadness and romance, while searching for the author of their favourite book. They travel to Amsterdam in search of Peter Van Houten the author of An Imperial Affliction. While on their trip Augustus breaks some heartbreaking news to Hazel and both of their worlds fall apart around them.**

- 1. The Fragility of Life: The story beautifully portrays the fragility of life and the uncertainty that comes with illness, reminding us to cherish every moment.**
- 2. Finding Love in Unexpected Places: Love can blossom unexpectedly, even in the face of adversity. Hazel and Gus find a deep connection and love despite their challenges.**
- 3. Accepting Imperfections: Embracing imperfections is a part of life. The characters come to terms with their imperfections and learn to find beauty in them.**
- 4. Importance of Friendship: True friendship is a powerful support system. Hazel's friendship with Isaac and Gus underscores the significance of genuine connections during difficult times.**
- 5. Questioning the Meaning of Existence: The novel prompts contemplation about the meaning of life, mortality, and how we make our lives meaningful despite the inevitability of death.**

ORIGINAL

## Thrombocytopenia and platelet transfusions in ICU patients: an international inception cohort study (PLOT-ICU)



In this international, prospective cohort study, 43% of adult acutely admitted ICU patients had thrombocytopenia. Patients with thrombocytopenia had worse outcomes including increased 90-day mortality. Baseline risk factors for the development of thrombocytopenia during ICU stay included male sex, non-AIDS-, non-cancer related immune deficiency, liver failure, higher illness severity, bleeding, and septic shock. Platelet transfusions were given to 23% of patients with thrombocytopenia and most were prophylactic.

ref: <https://link.springer.com/article/10.1007/s00134-023-07225-2?fbclid=IwAR0isGE2VV-s3luUb3HT41nDI7tUIzbtmWccEGpLzxcDq8GhoRv4l73tM>

# AN UPDATE ON EIGHT “NEW” ANTIBIOTICS AGAINST MULTIDRUG-RESISTANT GRAM-NEGATIVE BACTERIA

## SERIES ONE – PLAZOMICIN



PLAZOMICIN



TEMOCILLIN



Cefiderocol



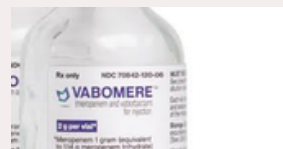
Eravacycline



Ceftazidime/  
Avibactam



Ceftolozane/  
Tazobactam



Meropenem/  
Vaborbactam



IMIPENEM-  
CILASTATIN/RELE  
BACTAM



## MEROPENEM/VABORBACTAM

The FDA approved meropenem/vaborbactam (brand name Vabomere) to treat cUTI at a dose of 4 g (meropenem 2 g and vaborbactam 2 g) IV, TD

The addition of vaborbactam improves the activity of carbapenem-nonsusceptible Enterobacterales, including those that harbor KPCs. However, as mentioned above,

it shows limited activities against isolates with MBL and OXA. Addition of vaborbactam does not improve the activity of meropenem against *A. baumannii* or *P. aeruginosa*.

In treating cUTI, meropenem/vaborbactam 2 g/2 g IV, TD showed similar clinical success when it was compared with piperacillin/tazobactam 4 g/0.5 g IV, TD in a noninferiority study: 98.4% vs. 94.0%

## *Health tips for winters. ....*

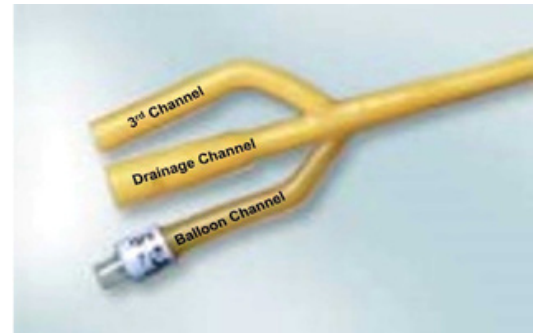
1. Stay hydrated - 8-10 glasses of water/day
2. Season's best - Eat plenty of seasonal fruits and vegetables (use different combinations)
3. Omega 3's - Eat a handful of nuts and include flaxseeds, fish, olive oil.
4. Boost up your immunity with **Antioxidants** -green tea, citrus fruits (amla, lemons, sweet lime, oranges, guava), pomegranate etc.
5. Watch your intake of tea/coffee and readymade soups. Substitute them with green tea, fresh homemade soups.
6. Take a sunbath - 15- 20 minutes everyday for your dose of Vitamin D.



- **Sunlight:** Whenever you wake up in the morning you should stand in the sun for 10 minutes. By doing this the body can easily get the energy it needs. And you can be excited all day long.
- **Exercise:** No matter how cold it is, it is good to get up in the morning and do some exercise as if you were at home. Also, use the stairs without going in the elevator when going outside. Similarly, when you go to the store, go for a walk and buy the necessary items. Doing so will give you more stamina in the winter and can be exciting.
- **Carbohydrates:** Low carbohydrate foods should be taken in the winter without consuming high carbohydrate foods. So eating oats is the best choice. You can also take dried fruits. Eating foods low in carbohydrates and protein during the winter can help you stay energized throughout the day.
- **Green tea:** Although green tea contains caffeine, it contains the amino acid L-theanine. So it does not cause you any side effects like coffee. And because green tea is high in vitamins, it has many benefits for the body. Drinking 1-2 cups of green tea daily in winter can be refreshing.

# NURSING : FOLEYS CATHETER

Color	Size French	Size Millimeter
Green	6	2.0
Blue	8	2.7
Black	10	3.3
White	12	4.0
Green	14	4.7
Orange	16	5.3
Red	18	6.0
Yellow	20	6.7
Purple	22	7.3
Blue	24	8.0
Black	26	8.7



## TYPES OF URINARY CATHETER



### IN-DWELLING

- Stays in place for days or weeks
- Attached to a drainage bag or directly to the toilet
- Must be initiated, replaced & removed by a healthcare professional



### INTERMITTENT

- Often designed for one-time use and discarded after use
- Used multiple times a day
- A health care professional gives instructions for the patient or caregiver to carry out catheterisation



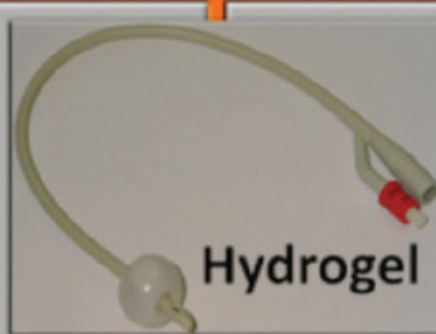
### EXTERNAL

- Only used for male patients
- Used for urinary incontinence not urinary retention
- Can be easily administered by patients or caregivers

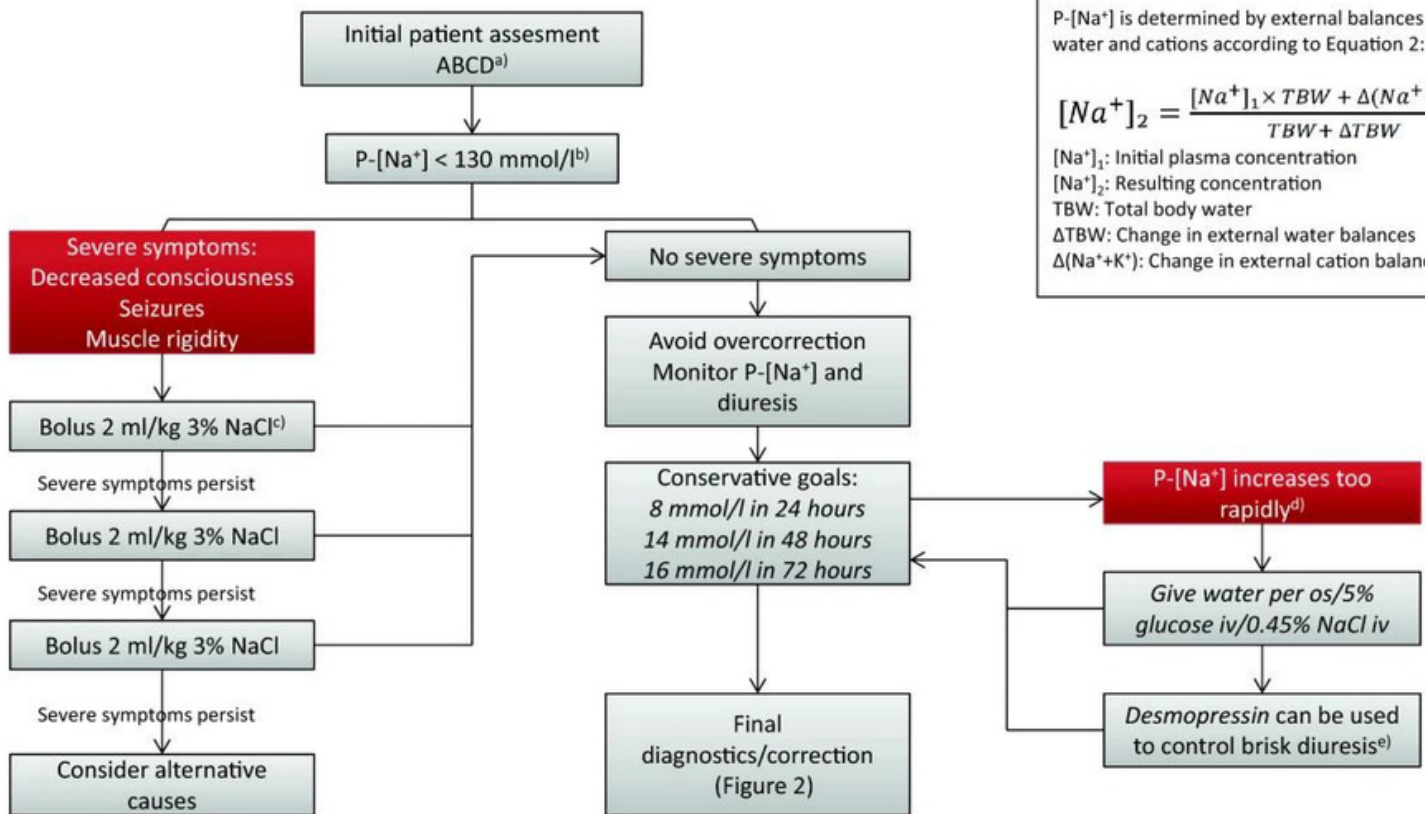
Short term  
[28 days]



Long term [3 months]







P-[Na<sup>+</sup>] is determined by external balances of water and cations according to Equation 2:

$$[Na^+]_2 = \frac{[Na^+]_1 \times TBW + \Delta(Na^+ + K^+)}{TBW + \Delta TBW}$$

[Na<sup>+</sup>]<sub>1</sub>: Initial plasma concentration

[Na<sup>+</sup>]<sub>2</sub>: Resulting concentration

TBW: Total body water

ΔTBW: Change in external water balances

Δ(Na<sup>+</sup>+K<sup>+</sup>): Change in external cation balances.

- a) A=Airway, B=breathing, C=circulation, D=disability: Avoid secondary brain damage. Diagnose hypo-/hyperglycemia.
- b) Higher levels in patients with intracranial pathology/known hypernatremia
- c) Bolus = peripheral or central intravenous/intraosseous infusion in a few minutes. Response to a bolus is observed after 5 minutes: if symptoms decrease, go to "no severe symptoms"; if severe symptoms persist, infuse a maximum of three boluses. Corresponding amounts of more concentrated NaCl can be used.
- d) Large diuresis creating a negative water balance is the most frequent cause of overcorrection. K<sup>+</sup>-substitution: 1 mmol K<sup>+</sup> increase P-[Na<sup>+</sup>] as much as 1 mmol Na<sup>+</sup> (Equation 2)
- e) Proposed desmopressin doses: 1-2 μg iv/10-20 μg nasal spray/60-120 μg melting tablet

In patients with **severe symptoms** of hyponatremia (eg, seizures, obtundation, coma, respiratory arrest) or in those with **known intracranial pathology** (such as recent traumatic brain injury, recent intracranial surgery or hemorrhage, or an intracranial neoplasm or other space-occupying lesion), we treat with a 100 mL bolus of 3 percent saline followed, if symptoms persist, by up to two additional 100 mL doses (to a total dose of 300 mL).

# HIGHLIGHTS

Health Awareness Talk on Heart Health  
@ IFFCO colony, Gandhidham



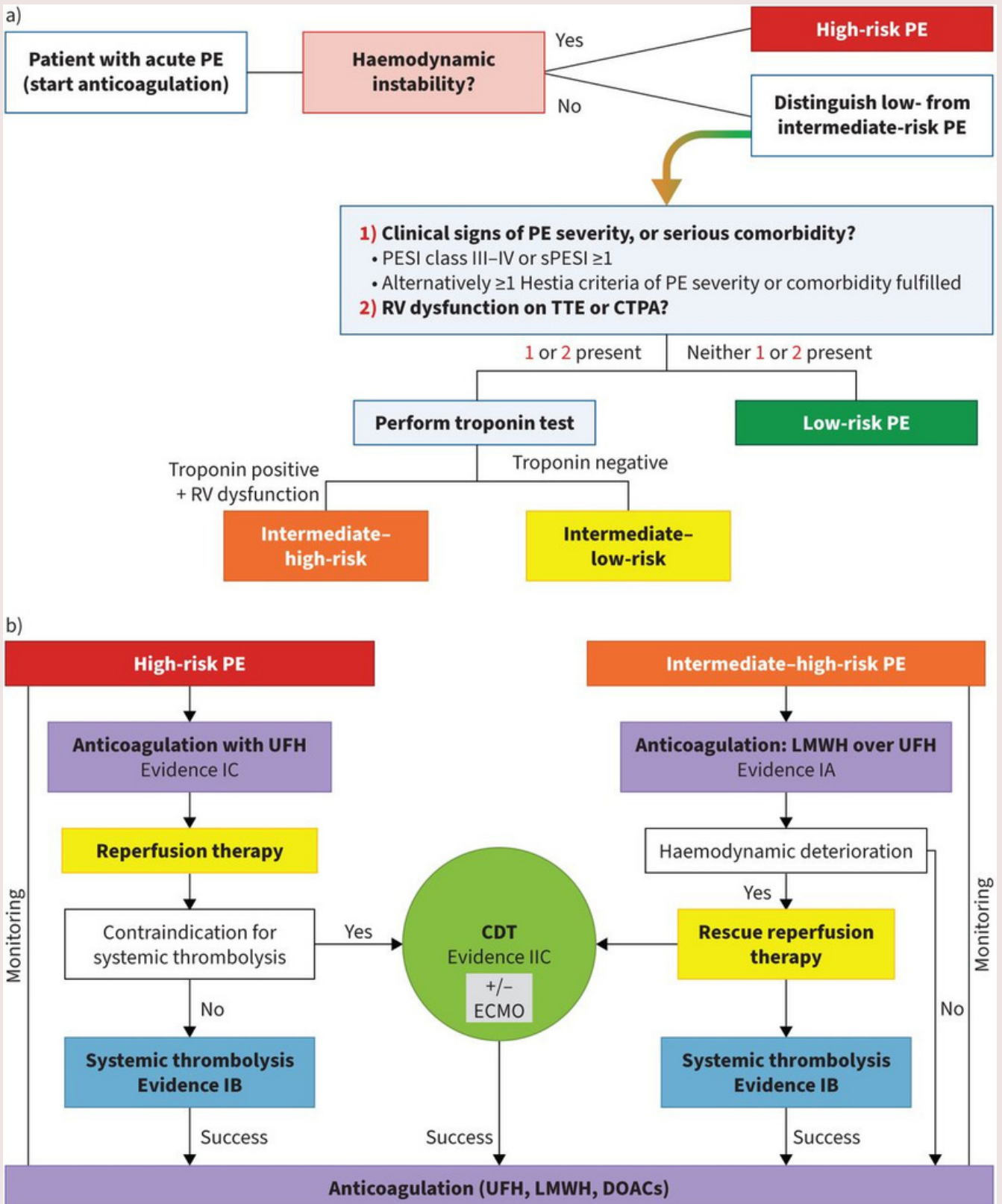
# HIGHLIGHTS

Health Awareness Programme  
at US Clothing, Kandla

  
**DIVINE**  
LIFE HOSPITAL  
MANAGED BY MEDIAID HEALTHCARE LLP



# PULMONARY EMBOLISM





## UROLOGY DEPARTMENT

# DR ASHISH ASARI



**DR ASHISH ASARI**  
**UROLOGIST**

**DIVINE LIFE HOSPITAL**  
**ADIPUR**

Dr Ashish Asari, Lead Urologist at Divine Life Hospital has been boon to the region. He has earned unique identity as Urologist

He specialised in all Urology Procedures related to Kidney Stones, Prostate and Genitourinary System

He has Vast experience in the field with speciality training at Kokilaben Hospital, Mumbai

He has been treating Patients in Adipur and Bhuj Region with his excellent expertise.

### Cash Report

**Patient, 26 yr old , male came in emergency ward with history of analene compound inhalation followed by bluish discoloration of fingers and nails with exertional dyspnea. Patient saturation was 88 percent on room air and with peripheral cynosis. But ABG showed normal PO2 and normal SO2**

**Analine compound induce methemoglobinemia following exposure..**

**So it was histotoxic hypoxia following analine exposure.**

**I.V.methylene blue was given and patient's saturation improved within an hour.**

**Patient was asymptomatic and discharged within 24 hours.**

**MB is the treatment of choice for acute toxic methemoglobinemia with methemoglobin levels >30 percent. MB is also appropriate for those who are symptomatic with methemoglobin levels between 20 and 30 percent**

**Contraindications – MB should not be used in the following:**

- Individuals with G6PD deficiency
- Individuals receiving serotonergic agents

### Dosing

- **Severe (toxic exposure with concerning symptoms and/or methemoglobin >30 percent) – 1 to 2 mg/kg intravenously, given over five minutes**
- **Mild (toxic exposure with less-concerning symptoms and methemoglobin 20 to 30 percent) – It may be reasonable to start with 1 mg/kg.**






Case Presentation by

Dr Naaz Hamdulay  
Physician & Intensivist

Divine Life Hospital, Adipur



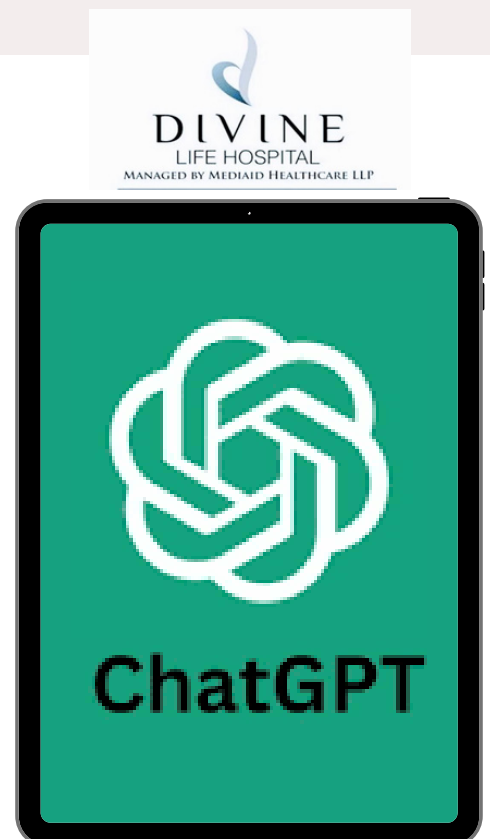
# DIGITAL HEALTH : CHAT GPT

 Examples	 Capabilities	 Limitations
"Explain quantum computing in simple terms" →	Remembers what user said earlier in the conversation	May occasionally generate incorrect information
"Got any creative ideas for a 10 year old's birthday?" →	Allows user to provide follow-up corrections	May occasionally produce harmful instructions or biased content
"How do I make an HTTP request in Javascript?" →	Trained to decline inappropriate requests	Limited knowledge of world and events after 2021

## CHAT GPT

ChatGPT is an app built by OpenAI. Using the GPT language models, it can answer your questions, write copy, draft emails, hold a conversation, explain code in different programming languages, translate natural language to code, and more—or at least try to—all based on the natural language prompts you feed it. It's a chatbot, but a really, really good one. ChatGPT works by attempting to understand your prompt and then spitting out strings of words that it predicts will best answer your question, based on the data it was trained on. While that might sound relatively simple, it belies the complexity of what's going on under the hood.

FUTURE TECH



# FACT CHECK : FLU VACCINE

## WHAT IS THE FLU VACCINE?

Vaccines can prevent certain serious or deadly infections. The flu vaccine can keep you from getting sick with the flu. Vaccines are also called "vaccinations" or "immunizations."

## WHO SHOULD GET THE FLU VACCINE AND WHEN?

All people age 6 months or older should get the flu vaccine every year. The vaccine is especially important for certain people at high risk.

The best time of year to get the flu vaccine is before the winter season begins, ideally in Aug-Sep

## DOES THE FLU VACCINE CAUSE THE FLU?

No, the flu vaccine does not cause the flu. People sometimes feel sick after getting the vaccine. But this is often because they were already starting to get sick with the flu or another virus before they had the vaccine.

## DOES THE FLU VACCINE CAUSE AUTISM?

No. After doing many careful studies, scientists have not found any link between vaccines and autism. Many years ago, a study reported a link between autism and vaccines. But that study turned out to be false. It has been withdrawn.

## WHAT IF I HAVE AN EGG ALLERGY?

People sometimes worry about this. That's because some forms of the flu vaccine contain small amounts of egg. But the amount is so small that it does not cause an allergic reaction. If you have an egg allergy, you should still get the flu vaccine

The flu vaccine is recommended for people with certain long-term health conditions, including: conditions that affect your breathing, such as asthma (needing a steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD) or cystic fibrosis. heart conditions, such as coronary heart disease or heart failure.

## FACT CHECK

**There are 3 recommended vaccines:**

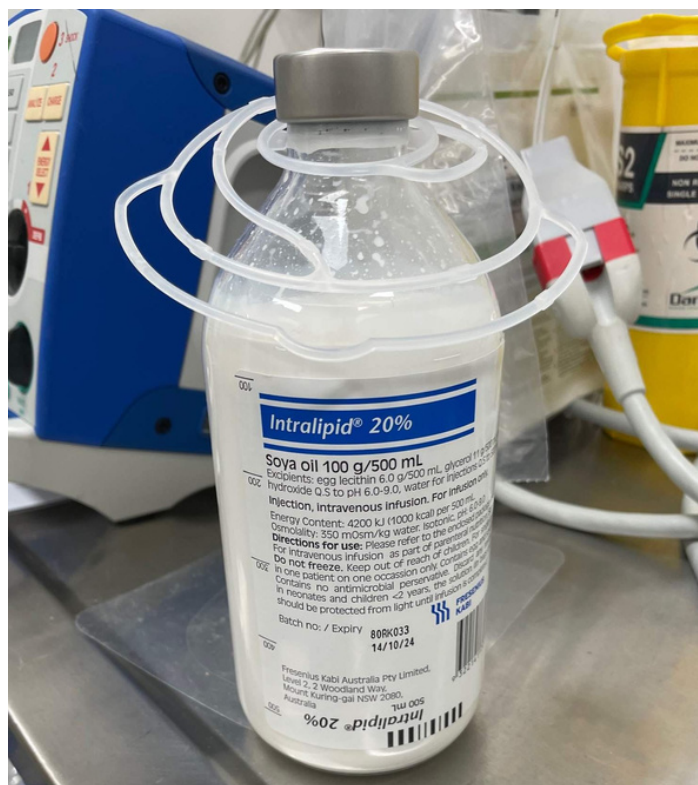
**Fluzone High-Dose Quadrivalent vaccine.**

**Flublok Quadrivalent recombinant flu vaccine.**

**Fluad Quadrivalent adjuvanted flu vaccine.**







20% Intralipid is a lipid emulsion usually used for parenteral nutrition. However, it may have some benefits in cardiac arrest caused by lipophilic drugs, most notably local anaesthetic toxicity.

Local anaesthetic systemic toxicity (LAST) is a rare but potentially life-threatening complication that can occur during the administration of local anaesthetics.

LAST occurs at a rate of approximately 0.04 to 1.8 per 1000 peripheral nerve blocks - severe life threatening events are even more uncommon.

Intralipid, a lipid emulsion, has emerged as a potentially effective treatment for LAST. It is thought to work by acting as a "lipid sink," providing an energy source to the myocardium and potentially facilitating the transport of the toxic local anaesthetic to the liver or kidney. To administer lipid rescue, an initial IV bolus of 1.5 mL/kg bolus of 20 percent lipid emulsion is given over two to three minutes, followed by an infusion based on the patient's weight. The infusion is continued for at least 10 minutes after achieving haemodynamic stability.

Pls Join our LinkedIn Group : <https://www.linkedin.com/groups/9233179>



Divine Life Hospital, Post Office Road, Adipur  
Divine Kutch Life Care, 7 Arrows, Bhuj  
Divine Hospital, Anjar

[www.divinelifehospital.com](http://www.divinelifehospital.com)  
[www.mediaidhealthcarellp.com](http://www.mediaidhealthcarellp.com)

[admin@divinelifeadipur.com](mailto:admin@divinelifeadipur.com)

# DIVINE LIFE HOSPITAL

- ✓ Affordable
- ✓ Quality Care
- ✓ Best team of Doctors
- ✓ State of Art Equipments
- ✓ Trustworthy

[WWW.DIVINELIFEHOSPITAL.COM](http://WWW.DIVINELIFEHOSPITAL.COM)

Divine Life Hospital ' Adipur  
Divine Kutch Life Care - Bhuj  
Divine Hospital - Anjay  
Dialysis Center - Rapar



**9979794727**

