

# MEDIUPDATES NEWSLETTER



APRIL 2023 - ISSUE 1



## Issue Contents

Director's Message  
Case Snippets  
Book Troverts  
Practice Updates  
Critical Care Updates  
Drug Review  
IT corner

We're pleased to introduce our Medical Newsletter, which is full of reliable and timely content from leading experts in the field.

Our newsletter also features valuable insight into health topics

---

**NEWSLETTER**

---

# CASE SNIPPETS



Case Submitted by  
Dr Pooja Parikh,  
Paediatrics & Neonatologist  
Divine Life Hospital, Adipur

In the EuroSCAR cohort study, 35 patients were treated with IVIG alone, and 40 patients were treated with IVIG plus systemic corticosteroids. The dose of IVIG ranged from 0.7 to 2.3 g/kg and was given in one to seven days. The mortality rate was 34 percent in the group treated with IVIG alone and 18 percent in the group treated with IVIG and corticosteroids.

Reference

<https://pubmed.ncbi.nlm.nih.gov/17919775/>

There are many medicines that can cause SJS/TEN. The chance that one of these medicines will cause SJS is highest during the first 8 to 10 weeks of taking it. Some of the most common examples

- allopurinol
- Trimethoprim-sulfamethoxazole
- Nevirapine (brand name: Viramune), which is an HIV medicine that is not used often in most countries
- Carbamazepine (Tegretol, Carbatrol)
- Phenytoin and fosphenytoin
- Lamotrigine
- Phenobarbital
- NSAIDs," especially: Meloxicam, Piroxicam, Tenoxicam
- Sulfasalazine

Recommendations

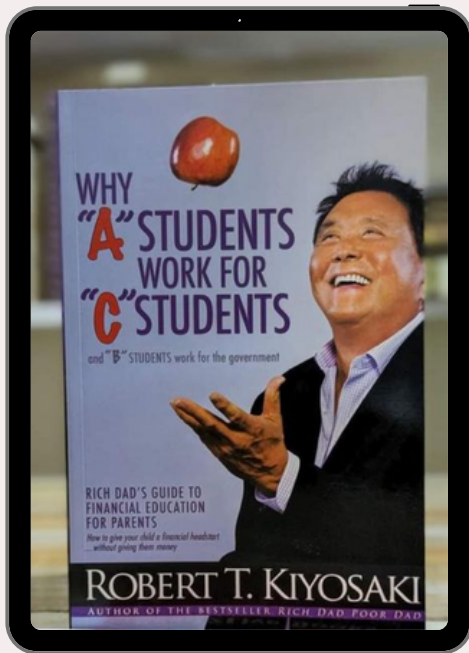
1. **Identification and withdrawal of the offending drug**
  2. **Assessment of severity and prognosis**
  3. **Supportive care** – Supportive care is the mainstay of treatment and includes wound care, fluid and electrolyte management, nutritional support, temperature management, pain control, prevention and treatment of infection, ocular care, and organ support if needed
  4. **Adjunctive pharmacologic therapies:** Oral cyclosporine at the dose of 3 to 5 mg/kg/day should be given early in the course of the disease (ie, within 24 to 48 hours of symptom onset) (**Grade 2C**).
  5. The role of IVIG in combination with systemic steroids can be considered.
- **Prognosis** – The overall mortality rate among patients with SJS/TEN is approximately 25 percent, ranging from approximately 10 percent for SJS to >30 percent for TEN.
  - **Future drug avoidance** – Patients who survive SJS/TEN attributed to a medication must be educated about future avoidance of the causative drug and other chemically related agents and understand that re-exposure may be fatal.

**SCORTEN score for Stevens-Johnson syndrome/toxic epidermal necrolysis**

Independent prognosis factors		Weight
Age	≥40 years	1
Malignancy*	Yes	1
Body surface area detached	≥10%	1
Tachycardia	≥120/min	1
Serum urea	>10 mmol/L	1
Serum glucose	>14 mmol/L	1
Serum bicarbonate	<20 mmol/L	1
<b>SCORTEN#</b>		<b>7</b>

**"You can't fall if you don't climb. But there's no joy in living your whole life on the ground."**

# BOOK TROVERTS



1. The single most powerful asset we all have is our mind. If it is trained well, it can create enormous wealth in what seems like an instant.
2. If you want to be rich, you need to develop your vision. You must be standing on the edge of time gazing into the future.
3. The most successful people in life are the ones who ask questions. They're always learning. They're always growing. They're always pushing.
4. If you're the kind of person who has no guts, you just give up every time life pushes you. If you're that kind of person, you'll live all your life playing it safe, doing the right things, saving yourself for some event that never happens. Then, you die a boring old man.
5. The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way.
6. If you want to go somewhere, it is best to find someone who has already been there.
7. The most successful people are those who are good at plan B.

In the book Robert Kiyosaki challenges the traditional approach to education and encourages readers to think differently about success and financial independence.

## MEDICAL TRIVIA QUESTION

Adherence is the degree to which...

- A. A doctor follows medical regulations
- B. A patient keeps returning to the same doctor
- C. A doctor keeps track of a patient's progress
- D. A patient follows medical recommendations



# PRACTICE CHANGING UPDATES

## ALLERGY & IMMUNOLOGY

### COW'S MILK ELIMINATION ALONE FOR EOSINOPHILIC ESOPHAGITIS

In patients with eosinophilic esophagitis who opt for a dietary approach to treatment, we suggest elimination of cow's milk (in all its forms) and cross-reacting mammalian milk rather than simultaneous removal of multiple foods (Grade 2C).

Dietary treatment of eosinophilic esophagitis (EoE) traditionally has involved removal of multiple foods/food groups simultaneously. However, this approach is associated with poor adherence and can cause nutritional deficiencies.

In a multicenter randomized trial of 129 adults with EoE that compared elimination of mammalian milk (1FED) with simultaneous removal of six foods/food groups (6FED), rates of histologic remission were similar between the two groups at six weeks (34 versus 40 percent, respectively). Improvements in quality-of-life scores and peak eosinophil counts were also similar in both groups.

## PULMONARY MEDICINE

### NEW GOLD STRATEGY FOR INITIAL COPD PHARMACOLOGIC MANAGEMENT

For patients with COPD who are less symptomatic and at low risk of exacerbation (group A), we suggest a long-acting bronchodilator rather than short-acting bronchodilators alone (Grade 2B).

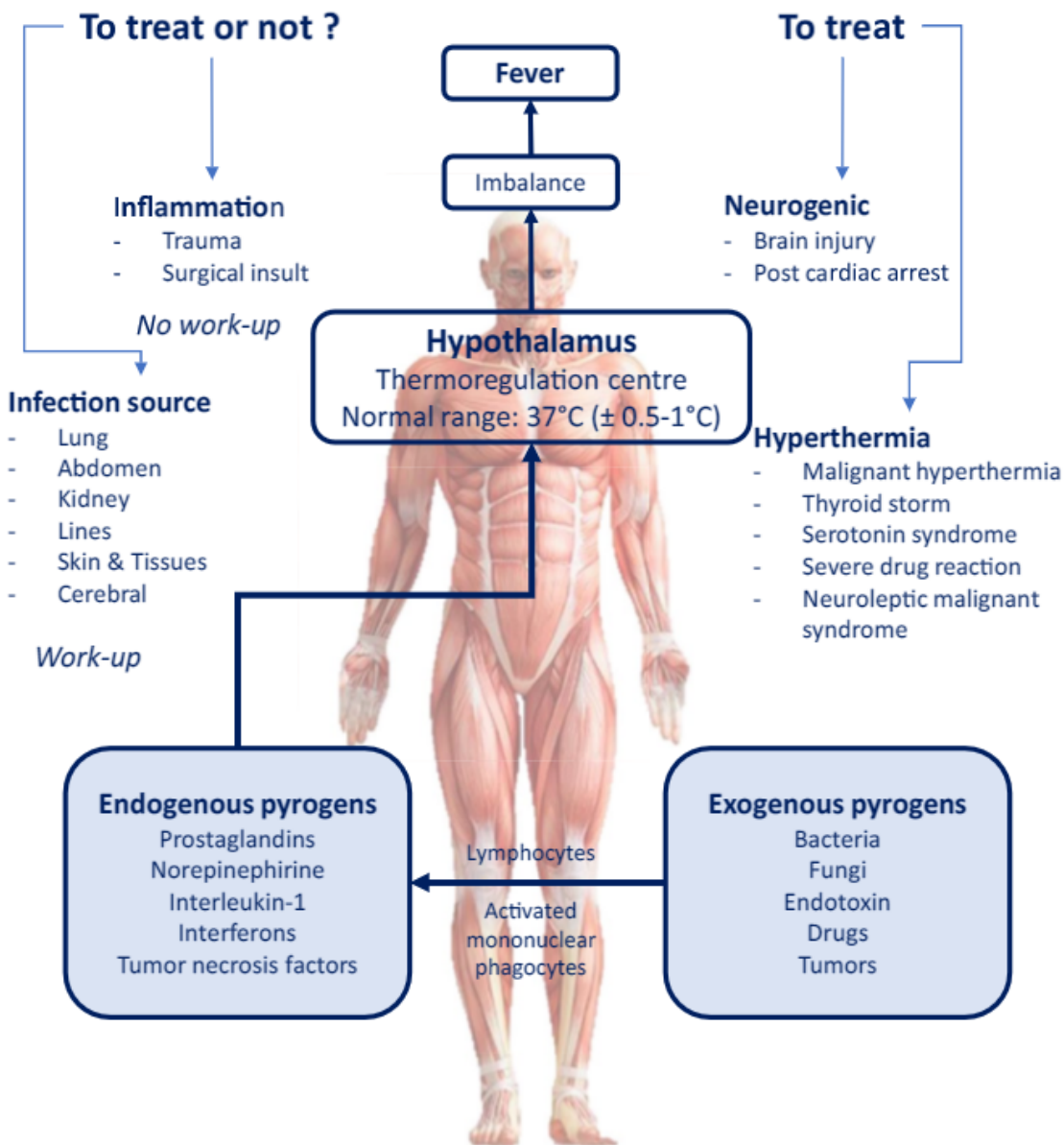
It also redefines a COPD exacerbation as an event characterized by dyspnea and/or cough and sputum that worsens over  $\leq 14$  days with possible tachypnea and/or tachycardia caused by airway infection, pollution, or other insult to the airways.

This new definition decouples exacerbations from their treatment, which had confounded earlier approaches.

# INTENSIVE CARE ARTICLES

Ten Tips on fever  
<https://rdcu.be/c9eL5>

TEN TIPS ON FEVER



# DRUG REVIEW



- Sleep disturbance caused by certain blood pressure medicine (beta blocker-induced insomnia).
- Cancer. Taking high doses of melatonin by mouth or as a shot, administered by a healthcare provider along with chemotherapy or other cancer treatments, might reduce tumor size and improve survival rates in some people with cancer.
- Confusion and agitation after surgery.
- A painful uterine disorder (endometriosis).
- Insomnia.
- Jet lag.
- Migraine
- Anxiety before a procedure in Children
- Sedation before a procedure for some medical procedures in children.
- Sunburn. Applying melatonin gel to the skin before sun exposure seems to help prevent sunburn.
- Low levels of platelets in the blood (thrombocytopenia). Taking melatonin by mouth can improve low blood platelet counts associated with cancer, cancer treatment, and other disorders.

Source : WebMd, Drug Information

## IT CORNER – EXPLORE HEALTH CHECKUP PACKAGES

<https://onwhats.app/divinelifehospital>

**Divine Life Hospital**  
**Post office Road**  
**Adipur**

**Feedback**

[feedback@divinelifedipur.com](mailto:feedback@divinelifedipur.com)

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

**email**

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



" You can move mountains by moving small stones everyday "  
-Bhagvad Gita