

CHETTINAD SARVALOKA- CREATE A FOREST INITIATIVE



In an initiative to create a sustainable environment and ecosystem, Chettinad Sarvalokaa Education international School along with Chettinad Academy of Research & Education conducted a mega sapling plantation initiative on 16.07.2021. The honourable Chancellor Mrs. Geetha Muthiah planted the first sapling followed by Dr. T. Balasubramanian, Vice-Chancellor. The students of CHRI, staff, faculty of Chettinad Academy of Research and Education along with the parents and staff of Chettinad Sarvalokaa Education international School actively participated in tree saplings plantation. Around 2500 saplings of 150-200 native flora species were planted on 4.5 acres on this grand venture.

LETTER FROM THE EDITORIAL DESK

As India is slowly recovering from the second wave of Covid-19, it is crucial not to let our guards down. The SarsCov2 can mutate as it is an RNA virus and has been doing so since the second half of 2020. The earliest mutation happened in February 2020, in the G614 spike protein position, which increased its replication and transmissibility, although there was no evidence of severe disease due to it. The next mutation (B.1.1.7) was seen in Dec 2020, which started in the UK and spread to many other countries, including India (Punjab and Delhi). The next concerning mutation was B.1.351 in South Africa and spread to many countries and this too was highly transmissible and had less neutralisation with host antibodies. In JAN 2021, 12 mutations (B.1.1.248/ B.1.1.28/ P1) in spike protein was reported in Japan.

Genomic surveillance plays a key role in understanding the evolution and changes in transmissibility, virulence and the clinical course. Furthermore, all countries worldwide have to coordinate to understand the emerging variants to combat the virus successfully. It plays a vital role in helping to identify and characterise these variants. They could be newly discovered ones or already identified ones in other parts of the world. The effectiveness of the treatment, vaccines and disease severity against these variants are being studied in people and the difference in these variants to spread faster among some, how some can even evade detection to tests like NAATs and RT-PCR.

In India, the MoHFW announced the Indian SarsCov2 genomics consortium (INSACOG) in December 2020 with 10 prominent Labs as partners. 5 percent of all covid positive samples from every state and all from international travellers will be sent to them for sequencing weekly. Environmental surveillance in wastewater and sludge is also essential to trace any silent circulation of the pathogen. Many countries have detected the SarsCov2 virus in the wastewater.

WHO categorised the SarsCov2 variants as variants of concern, variants of interest and variants of high consequence. The only good information so far is that all variants despite becoming more transmissible, have not shown any increase in disease severity. There have been four variants; alpha, beta, gamma and the latest being delta (B.1.617.2). According to INSACOG, the delta plus variant shows increased transmissibility, stronger binding to receptors of lung cells and reduced monoclonal antibody response.

- A variant is of concern when its transmissibility or virulence increases or when there is a change in the clinical presentation or a decrease in the use of preventative and treatment measures.
- A variant of interest has shown to cause community transmission or multiple cases/clusters or has been detected in multiple countries. There have been 7 such variants as of 15 June 2021.
- A variant of high consequence clearly shows reduced effectiveness against the existing preventive or treatment measures, and failure of diagnostics, reduction in the effectiveness of vaccines and/or more severe clinical disease. But currently, there are no variants of this level.

Though we keep discovering new information on covid-19, the golden one is to remember social distancing, wear the right mask and frequent washing of hands. With the relaxation of lockdown rules which may soon be followed by the reopening of schools and colleges, following the safety measures and guidelines will be crucial. The WHO keeps up to date with Covid-19 and has developed guidelines on clinical management of COVID-19 infected patients, supported by the Guidelines Development Group. It has established the Global COVID-19 Clinical Data Platform for clinical characterization and management of hospitalized patients with suspected or confirmed COVID-19. The Lockdown is being relaxed to help the economy, let us not forget that SarsCov2 continues to exist.

Specialist Speaks....

ECTOPIC PREGNANCY – AN ENIGMA



Dr.Sailatha
 Professor
 Department of Obstetrics & Gynaecology
 CHRI

The blastocyst normally implants in the endometrial lining of the uterine cavity. Implantation anywhere else is considered an ectopic pregnancy. It is derived from the Greek word ekto-pos—out of place. Nearly 95 percent of ectopic pregnancies are implanted in the various segments of the fallopian tube. Of these, most are ampullary implantations. The remaining 5 percent implant in the ovary, peritoneal cavity, or within the cervix. More recently, cesarean scar pregnancies are reported to be more common than in the past. Occasionally, and usually with assisted reproductive technologies (ART), multifetal pregnancies implant simultaneously with either ectopic or, one ectopic and one intrauterine (heterotopic).

Risk Factors

Some reported risk factors for Ectopic Pregnancy includes previous ectopic pregnancy, tubal corrective surgery, tubal sterilization, intrauterine device, documented tubal pathology, infertility, ART, previous genital infection, smoking, prior abortion, multiple sexual partners and prior cesarean delivery.

Clinical Manifestations

Earlier patient presentation and more precise diagnostic technology have enabled identification before rupture in most cases. Symptoms and signs of ectopic pregnancy are often subtle or even absent. Classical symptoms include delayed menstruation followed by slight vaginal bleeding or spotting. The symptoms of ruptured ectopic are Severe lower abdominal and pelvic pain- sharp, stabbing, or tearing. Vasomotor disturbances develop, ranging from vertigo to syncope.

Examination

Tenderness in the corresponding iliac fossa. Bimanual pelvic examination, especially cervical motion, causes exquisite pain. The posterior vaginal fornix may bulge because of blood in the rectouterine cul-de-sac, or a tender, boggy mass may be felt to one side of the uterus. Symptoms of diaphragmatic irritation, characterized by pain in the neck or shoulder, especially on inspiration, develop in perhaps half of the women with sizable intraperitoneal haemorrhage.

Diagnosis Of Ectopic Pregnancy

1. Laboratory Tests

Human Chorionic Gonadotropin (beta-hCG): Ectopic pregnancy may present with a rising, plateau or falling beta HCG trends. Rising but subnormal rise can give an assumption of an abnormality like miscarriage or ectopic pregnancy.

Serum Progesterone: A value exceeding 25 ng/mL excludes ectopic pregnancy with 92.5-per cent sensitivity. Values <5 ng/mL suggest either an intrauterine pregnancy with a dead fetus or an ectopic pregnancy. Because in most ectopic pregnancies, progesterone levels range between 10 and 25 ng/mL, the clinical utility is limited (American College of Obstetricians and Gynecologists, 2008).

2. Sonography

- Transvaginal Sonography (TVS)
- Transabdominal Sonography(TAS)

3. Culdocentesis

4. Laparoscopic Diagnosis

MANAGEMENT

Expectant Management

Restrict expectant management to women with these criteria:

- Tubal ectopic pregnancies only
- Decreasing serial β -hCG levels
- Diameter of the ectopic mass, not >3.5 cm, absent fetal cardiac activity.
- No evidence of intra-abdominal bleeding or rupture by transvaginal sonography.

The potentially grave consequences of tubal rupture, coupled with the established safety of medical and surgical therapy, require that expectant therapy be undertaken only in appropriately selected and counselled women.

Medical Management with Methotrexate

Regimen

- Single dose – Methotrexate 50mg/m²
- Two dose- Methotrexate 50mg/m² IM Days 0,4
- Variable dose (upto 4 doses)- Methotrexate 50mg/m² IM Days 1,3,5,7 and Leucovorin 0.1mg/kg IM days 2,4,6,8

Surgical Management

Laparoscopy is the preferred surgical treatment for ectopic pregnancy unless the woman is hemodynamically unstable.

1. Salpingostomy: It is a procedure in which the contents of the fallopian tubes are removed by making an incision on the fallopian tube on an antimesenteric border.

2. Salpingotomy :Seldom performed today, salpingotomy is essentially the same procedure as salpingostomy except that the incision is closed with a delayed-absorbable suture.

3. Salpingectomy: It is a procedure in which the affected side of the tube is removed

NOTE:

To conclude I would like to bring it to the attention of all medical practitioners, the importance of considering the possibility of ectopic pregnancy whenever a lady in her reproductive age group presents with acute pain abdomen even in the absence of missed period, spotting/bleeding PV. Many young patients have lost lives because of delay in diagnosis.

CAMPUS BUZZ

This section has the list of all events conducted at the Chettinad campus from 1st to 30th June 2021

World Bicycle Day 2021

The Chettinad School of Physiotherapy, CARE organized an e-lecture to commemorate the World Bicycle Day 2021 in the theme of “Cycling and Fitness” on 03.06.2021 via Online Mode. Dr. P. Senthil, Dean i/c, Chettinad School of Physiotherapy, CARE addressed and welcomed the audience for the session. The primary objective of this event is to insist on the importance of the Bicycle and its utilization. The program had an essay competition on “Cycling for body and mind”. About 20 students from varying Schools/

Colleges of Chettinad Academy of Research and Education (CARE) participated in the Essay Writing competition. The audience found the lecture useful and winners of the essay competition were awarded with prizes.



E-Lecture



School of Physiotherapy
Chettinad Academy
of Research and Education
(Deemed to be University)

Cordially invites you to the E- Lecture on behalf of

WORLD BICYCLE DAY 2021



JUNE 03rd 2021
09:00 am - 10:00 am

Topic : Cycling and Fitness
Time : 09:00 A.M to 09:40 A.M
DR. P. SENTHIL, MPT (Cardio), Ph.D.,
Professor/ Dean i/c,
Chettinad School of Physiotherapy,
Chettinad Academy of Research and Education (CARE),
Kelambakkam, India.

Instruction for the essay writing competition:

1. Kindly stick on to the theme and write-up not more than 1000 words.
2. Scan and send your write-up copy to the Email: physiotherapy@care.edu.in (on or before 03/06/2021, 10:00 A.M)

ESSAY WRITING COMPETITION
Topic : Cycling for the Body and Mind
Invitee : All the students,
Chettinad Academy of Research and Education (CARE),
Kelambakkam, India.

HEALTH BENEFITS OF BIKING



QUOTES

- European Cyclists' Federation General Secretary Dr. Bernhard Ensink says of the United Nations declaration of June 3 as World Bicycle Day:

“Cycling is a source for social, economic and environmental benefits, and it is bringing people together.”

Gender Champion Club Activity-2021

Chettinad College of Nursing, CARE organized a guest lecture and video editing contest to emphasize gender empowerment and gender roles on 04.06.2021. The event started with the welcome address by Prof.Dr.Hepsibah Sharmil S, Principal, CCN. The speaker was Ms. Anagha R Nair, Former. Content designer & Facilitator, Chetana education, Tamilnadu. Her session enriched the participants' vision on Gender differences and gender responsibility in society. Various factors discussed were gender equality and inequality, gender issues, factors influencing gender roles, & gender biases in society. A total of 250 participants attended the lecture. This was followed by a video editing contest. The Moderator was Ms.Metha, Assistant Professor, Gender champion club in-charge, Chettinad college of nursing and the competition was judged by Dr.P.Senthil, Dean I/C, School of physiotherapy, CARE. The partici-



College of Nursing
Chettinad Academy
of Research and Education
(Deemed to be University)

GENDER CHAMPION CLUB ACTIVITY - 2021

ONLINE GUEST LECTURE AND COMPETITION



Resource person
Ms.Anagha R Nair
Former,
Content Designer & Facilitator,
Chetana Education, Tamilnadu.



Moderator
Ms.Metha. J
Assistant Professor
Gender Champion Club in Charge
Chettinad College of Nursing, Chennai.

Content Writing
Gender Roles and Biases in the Society

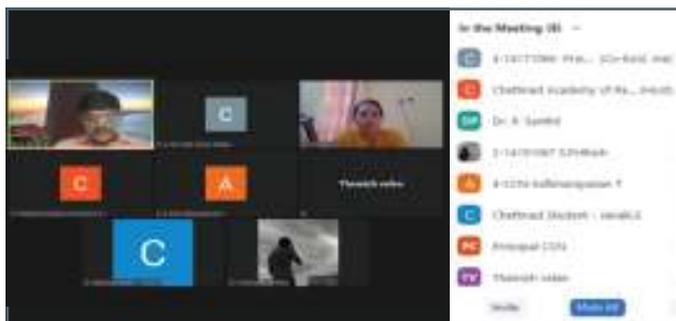
Friday, 04 June 2021
11.00 am - 02.30 pm

Video Editing Contest : Criteria for the Competition.

- Theme: **Nursing at CCN**
- Participants have to edit and make a video that limits within 30 seconds.
- Contestants can use the copy right free videos from the college website (Facebook and Instagram account).
- The file should be in MP4/MOV format and size of the video should not exceed 10 MB.
- The editing should not categorize anyone and should be about Chettinad college of nursing
- The judgement will be based on the editing skills, quality and presentation of video.
- E-certificate will be awarded to the winner and runner up.

Meeting ID : 859 1670 7583
Passcode : 321582

Organised by: **Chettinad College of Nursing, CARE** | Contact : **9840968992**



participants were given 3-4 minutes to present their Video. The videos were evaluated on the following criteria: visual appeal, uniqueness, technical execution, appropriateness etc. The winners were Ishwarya BSc Nursing IV year, Tamilzhvelan BSc Nursing IV year & Janaki BSc Nursing IV year.

Workshop on Meta-Analysis of Observational Studies & Randomised Control Trials

A workshop was organized by the Faculty of Allied Health Sciences, CARE on 'Meta-Analysis of Observational Studies & Randomised Control Trials' on 03.06.2021 & 04.06.2021. The workshop started with an inaugural speech by Dr. Ram Murugesan, Director Research, CARE. This was a two-day workshop with the first day of the sessions addressed by the Director Research and Dr. ShiekFareeth Ahmed, Associate Professor, FAHS, CHRI on the fundamental and

What is quality assessment & why is it important?

- Errors or flaws in the design of a trial can be
 - Deliberate
 - Accidental
 - Unavoidable
- In any case, they have the potential to bias the results in favour of one intervention over the other(s)
- If biased data from trials is synthesised in a systematic review, the results of the review will be biased to
- Given the importance of SRs for evidence-based healthcare, we need to be aware of the risk of these biases



What is a meta-analysis and why are they useful?

- Meta-analysis allows us to combine the results from multiple studies, giving more weight to more precise studies
- Great fit for synthesising results of systematic reviews.
- Usually the result of a meta-analysis is more precise than each individual study.



Common question: Why can't I just search MEDLINE?

Cochrane Handbook states a "search of MEDLINE alone is not considered adequate"

- Publication bias - peer reviewed only
- Subject coverage
- Language/geographical factors




advanced meta-analysis. The other international resource persons were Alexander Jarde and Judy Wright, University of York, England. They discussed the topics on Advance Meta-Analysis on Randomised Control Trials. On the Second day, Hands-on-training was given to the participants. Around 55 participants from various specialities of Allied Health Sciences and research scholars of our Institute attended the workshop.

Guest Lecture- Transactional Analysis

A Guest Lecture was organized by the Faculty of Allied Health Sciences, CARE on Transactional Analysis on 18.06.21. The Program Coordinator is Dr.C.N.Ramgopal, Professor of Counselling Psychology, Faculty of



Guest Lecture



Allied Health Sciences
Chettinad Academy
of Research and Education
(Deemed to be University)

TRANSACTIONAL ANALYSIS

📅 18th June 2021 | 🕒 10:00 AM - 12:00 PM

Organizer

Dr. C.N. Ram Gopal,
Professor,
Faculty of Allied Health Sciences, CARE.



Speaker

Prof. S.KADHIRAVAN, Ph.D,
Controller of Examinations [FAC]
Dean - Social Science
Head - Department of Psychology
Periyar University

Organized by:
Counselling Psychology,
Faculty of Allied Health Sciences, CARE

TRANSACTIONAL ANALYSIS

S. Kadiravan, Ph.D,
Controller of Examinations [FAC], Dean - Social Science
Professor & Head, Department of Psychology
Periyar University
Salem - 636 011
Mobile - 94434-96299 Email : kadir1971@gmail.com



Type of Strokes

Conditional	Positive - "You've made a fantastic presentation!"	
	Negative - "That was the worst report I ever read."	
UnConditional	Positive - "You're a nice guy!"	
	Negative - "I've never seen anyone as arrogant as you."	

• Seek our ways to give more unconditional positive responses. Listen carefully to positive strokes from others.

Everyone occupies a preferred basic life position (BLP).



Allied Health Sciences, Chettinad Academy of Research and Education. The resource person was Professor S. Kadiravan, Head, Department of Psychology, Periyar University, Salem. The speaker talked about Transactional Analysis as a mode of communication and foundation to any successful working relationship. He covered the topics such as Self-awareness, Ego states, Types of transactions, Script and Game analysis which are important in transaction or information flow. He has also emphasised that Transactional Analysis helps people to find more effective ways to communicate and helps to eliminate unhelpful thoughts, feelings, and actions. About 56 participants attended the guest lecture which included students and faculty from Presidency College and Faculty of Allied Health Sciences (CARE). All the participants actively participated in the guest lecture and asked questions showing keen interest in the topic.

National Conference- Stress – A Holistic Overview

The Department of Physiology, CHRI conducted a National level Conference on the theme 'STRESS – A HOLISTIC OVERVIEW' for all undergraduate and post-graduate students of Medical Sciences, Dental Sciences, Pharmaceutical Sciences, Nursing, Physiotherapy, Allied Health Sciences as well as associated teaching faculty on 11.06.2021. The e-conference began with Dr Sanjay Andrew, HOD, Department of Physiology, CHRI, welcoming the participants and the Vice-Chancellor of CARE, Dr. T. Balasubramanian, delivered the Presidential address. The speakers were Dr.Vishwanatha Rao, Professor & HOD, Department of Physiology, Panimalar Medical College Hospital & RI and Founder member of Association of Physiologists of Tamilnadu (APT); Dr. P. S. L. Saravanan, Professor & HOD, Department of Physiology, Government Medical College, Sivagangai; Dr. Vijayashree, Professor & HOD, Department of Pathology, CHRI; Dr. Bijin Oliver John, Assistant Professor, Department of Geriatric Medicine, Government Medical

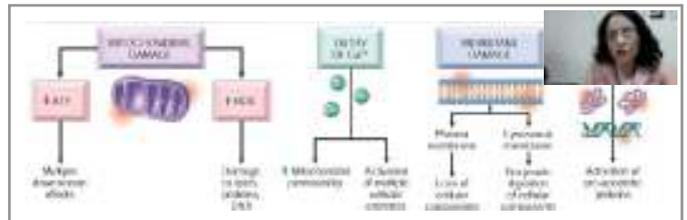


The Department of Physiology
Chettinad Hospital & Research Institute



"STRESS – A HOLISTIC OVERVIEW"

11th June 2021 | 8.30 am - 4.00 pm



Cell injury results from different biochemical mechanisms acting on several essential cellular components. The cellular components that are most frequently damaged by injurious stimuli include mitochondria, cell membranes, the machinery of protein synthesis and packaging, and DNA

Aging is not lost youth but new stage of Opportunity and strength





Dilemmas for Health Care Workers during Covid-19 Pandemic



College, Vellore; Dr. Pratheema Ramachandran, ICU coordinator, Senior Consultant, Critical care medicine, Apollo Speciality Hospitals, OMR, Chennai and Dr. Vikas Menon, Additional Professor, Department of Psychiatry, JIPMER, Pondicherry. The keynote address on the theme of the e-conference by Dr. Vishwanatha Rao introduced the topic of stress and related it to the encounters and trials we experience in life. Dr. Saravanan narrated the story of two friends, Raj and Vimal, with contrasting personalities and lives, where he connected each chapter of the story to the physiology relevant to their age, regarding the impact of stress on their bodies and their functional reserves towards combating it.

Dr. Vijayashree discussed the complex cellular responses to stress. Dr. Bijin Oliver John discussed what needs to be considered by a geriatric team to help their patients manage the various stressors being faced. He also discussed the fact that even a small degree of emotional neglect may be a great source of stress for our senior citizens and suggested few measures that can be implemented at home for the stress-free care of the elderly. Dr. Pratheema Ramachandran provided an insight on the stress faced at the level of every role played in society – be it as a medical professional dealing with the loss of patients despite one’s best efforts, as an ICU patient’s attender, as a colleague of someone dealing with the loss of a loved one, as a parent and many others. The final speaker of the day, Dr. Vikas Menon made us aware of many simple self-help strategies to cope-up with stress, with practical demonstration, which was

immensely helpful for a lot of the people in the forum. He also provided a list of available online resources which can be utilized by all present, to reduce the adverse effects of the prevailing stressful environment that all of us are exposed to.

The open house session was highly interactive with many interesting questions proposed by the students and faculty attending the conference. The vote of thanks was proposed by Professor Dr. Anbarasi M of the Department of Physiology, CHRI and with that, the curtains closed on this successful event. A total of 780 participants attended the program.

Webinar on Nutraceuticals

The Chettinad School of Pharmaceutical Sciences organized a one day webinar on 11.06.2021. The topic of the webinar was “Nutraceuticals”. It was inaugurated by Dr. T. Balasubramanian, Vice-Chancellor, CARE. The resource persons of the webinar were Dr. K. Mangathayaru, Vice Principal, Professor and Head, Sri Ramachandran- yaru, Vice Principal, Professor and Head, Sri Ramachandran-

One day Virtual Seminar on Nutraceuticals

📅 11th June, 2021 ⌚ 10:30 am - 03.30 pm

 <p>Dr. K. Mangathayaru, M.Pharm, Ph.D., Vice Principal, Professor and Head, Sri Ramachandra Faculty of Pharmacy, Sri Ramachandra Institute of Higher Education and Research (SRIHER), Chennai</p> <p>Topic: Clinical Pharmacognosy Research – An Experience sharing</p>	 <p>Dr. S. Jayakumari, M.Pharm, Ph.D., Professor and Head, Department of Pharmacognosy, School of Pharmaceutical Sciences, Vels Institute of Science, Technology and Advanced Studies, (VISTAS), Chennai</p> <p>Topic: The role of traditional medicine as immunity boosters</p>
 <p>Dr. N. Deepa, M.Pharm, Ph.D., D.H.M.S (Homeo), PGDPS, FALB, Principal, Saveetha College of Pharmacy, Saveetha Institute of Medical and Technical Sciences, Chennai</p> <p>Topic: COVID 19 and Nutraceuticals – The missing connect</p>	 <p>Mr. C. Arther Paul, M.Pharm, Manager International Business, Apex Laboratories Private Limited, SIDCO Garment Complex, Chennai</p> <p>Topic: Regulatory perspective on Nutraceuticals</p>





dra Faculty of Pharmacy, SRIHER, Chennai; Mr.C.Arther Paul, Manager, International Business, Apex Laboratories private limited, Chennai; Dr.N.Deepa, Principal of Saveetha College of Pharmacy, Chennai and Dr.S.Jayakumari, Professor and Head, Department of Pharmacognosy, Vel's School of Pharmaceutical Sciences, VISTAS, Chennai. The topics discussed were "Clinical Pharmacognosy Research – An Experience sharing", "Regulatory Perspective of Nutraceuticals", "COVID 19 and Nutraceuticals – the missing connect" and "Role of Traditional medicines as immunity boosters". The programme ended with a vote of thanks by Dr.G.P.Pazhani, Associate Professor, Chettinad School of Pharmaceutical Sciences. The webinar was attended by a total of 260 participants ranging from UG and PG students, research scholars and faculty from different pharmacy colleges across the country.

FDP 2021 - Understanding the term Research and process of research

The Faculty Development Program 2021 on "Effective Tools for Quality Research in Biomedical Sciences" was organized by the Faculty of Allied Health Sciences, CARE commenced on 14.06.2021. Dr. Shoba Narayan, Dr. Pavitra Gunasekaran and Dr. Kumar Ebenezer were the organising faculties under the guidance of Dr.SripathiKandula, Principal, Faculty of Allied Health Sciences, CARE. The resource person was Prof.Dr. Ramachandran Murugesan, Director – Research, CARE. The



Allied Health Sciences
Chettinad Academy
of Research and Education
(Deemed to be University)

**14th June -
07 July 2021**

**2:00 pm
ONWARDS**





Faculty Development Program 2021

on

EFFECTIVE TOOLS FOR QUALITY RESEARCH IN BIOMEDICAL SCIENCES

Registration Link:
<https://forms.gle/NxvK5yYEX5wll99M8>

For participation in program

- Pre registration is essential
- The total number of participants is limited to 50

For further Information contact
Organizing Committee

Dr Shoba Narayan
Dr Pavithra Gunasekaran
Dr Kumar Ebenezer K

Contact email id : fahsfdpcare@gmail.com

Certificates will be provided after successful completion of the program

Organized by
Faculty of Allied Health Sciences

What is Research ?

Research is an **Original Contribution to Knowledge.**

- You must show **two things**
- Identification of an unanswered question
- The Answer !

"...the systematic process of collecting and analyzing information (data) in order to increase our understanding of the phenomenon about which we are concerned or interested."



Program was inaugurated by Prof. T Balasubramanian, Vice-Chancellor, CARE. The first lecture on FDP was 'Understanding the term Research and process of Research' which was delivered by Dr.R Murugesan, Director Research, CARE. Through his presentation, he brought out the definition of Research and how research should be carried out to meet the planned objectives and deliver the desired output and outcome. The program was attended by 60 faculty members from various colleges and departments of CARE, CSSH, and

World Blood Donor Day 2021

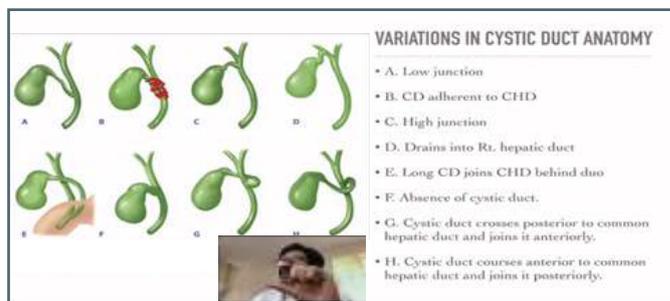
Departments of Transfusion Medicine and Pathology organized a guest lecture on 'Blood Donation – Myths & Facts' on 16.06.2021, in commemoration of the World Blood Donor Day 2021. Dr. Aswin Kumar, Assistant Professor, Department of Transfusion Medicine,



Institute of Child Health & Government Hospital for Children, Egmore, Chennai, was the resource person of the guest lecture. The speaker talked about the importance of blood donation and other aspects. Around 285 delegates attended this education program, including faculties, technicians, postgraduates and undergraduates from constituent colleges of Chettinad University.

Weekly CME - Laparoscopic Cholecystectomy and its Complications.

The weekly CME was organized by Medical Education Unit, CHRI on 18.06.21 on the topic 'Laparoscopic Cholecystectomy and its Complications'. The speaker of the CME was Dr. Dr A Prabakar, Professor, Department of General Surgery, Chettinad Hospital and Research Institute (CHRI). The speaker addressed the teaching faculty and postgraduates of CHRI on the essential surgical principles of laparoscopic cholecystectomy at the weekly continuing medical education (CME) update in the institute. He outlined the functional anatomy, its variations and the anomalies of the gall bladder stressing their importance to the surgeon performing a laparoscopic cholecystectomy. The procedure of laparoscopic cholecystectomy was explained and the complications of the surgery were discussed. An update on the strategies employed while managing the complications related to laparoscopic cholecystectomy and the risk factors leading to the complication was discussed. Following the presentation, the speaker interacted with the postgraduates and answered their queries.



Basic concepts of PNF exercise

A guest lecture was organized by Chettinad School of Physiotherapy, CARE on 19.06.21 on 'Basic concepts of PNF exercise'. The coordinator of the event was Dr.Subramanian. S, Associate professor, CSP, CARE. The Guest Speaker was Mr.Suresh Kumar, M.P.T(Neurology) who had ten years of teaching and research experience to his credits. The speaker gave basic infor-

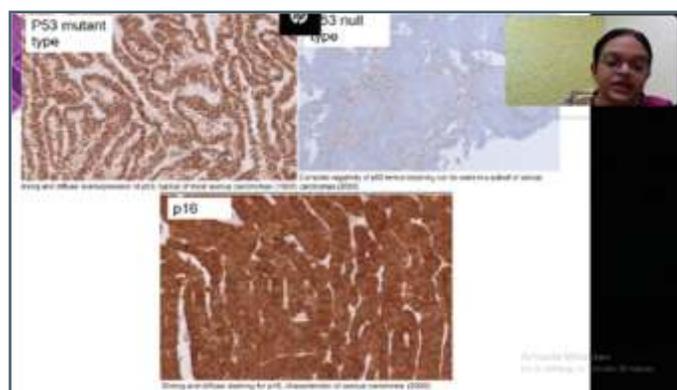


mation on PNF exercises for neurological and Musculo-skeletal disorders. He discussed the principles of PNF exercise and explained about patterns and techniques of Proprioceptive Neuromuscular Facilitation (PNF). A total of 25 participants attended the guest lecture. The participants had a very good learning experience, the lecture helped them in their understanding of the Basic concepts of PNF exercises. The vote of thanks was given by Dr Senthil P, Dean in charge, CSP.

CHETPATHCON 2021

The Department of Pathology, Chettinad Hospital & Research Institute has organized a national conference-CHETPATHCON on the topic 'GYNEC PATHOLOGY – A REVISIT' on 19.06.21. The Organising Chairperson was Dr. R. Vijayashree, Professor and Head, Department of Pathology, CHRI and the organizing secretary was Dr.N.R.RajeshKanna, Professor, Department of Pathology. The speakers were Dr.KanthilathaPai – Professor, Dept of pathology, KMC, Manipal, Dr.Shivanjali Raghu-

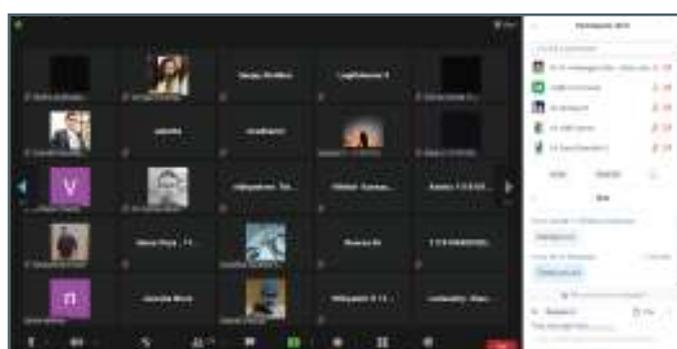
vanshi, Associate professor, Dept of Pathology, King George medical university, Lucknow; Dr. Sharada Rai, HOD, Dept of pathology, KMC, Mangalore and Dr. Sarala Ravindran, Consultant histopathologist, Pantai hospital, Kuala Lumpur. Dr. Kanthilatha talked about abnormal uterine bleeding, starting from the very basics of endometrial histology, going into the different phases of the menstrual cycle and the various entities that are encountered. The lecture was followed by an interactive slide discussion of the participants. The second session was on endometrial malignancies by Dr.Shivanjali. She covered the WHO classification of endometrial carcinoma with a potpourri of interesting cases and discussed in detail the molecular subtyping of the endometrial tumours. This was followed by the third session by Dr. Sharada on benign cellular changes in Pap smears, which started with the very basics of pap smear and went on to the benign cellular changes encountered in various situations and their diagnosis. The last session was on ovarian tumours and the speaker was Dr. Sarala Ravindran. She discussed various ovarian tumours, their morphology, immunohistochemical profile and an approach to the diagnosis. A total of 217 participants have attended the conference.



Webinar on availability of e-resources on PROQUEST

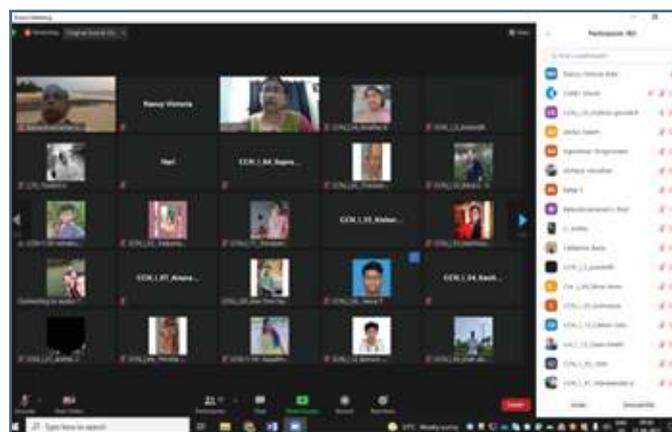
A webinar was conducted on "HEALTH PREMIUM COLLECTIONS – PROQUEST ELECTRONIC RESOURCES AND DATABASES ACCESS METHODS" on 21.06.2021.





International Yoga Day -2020

The international day of yoga (IDY) for the year 2021 was commemorated by NSS and UBA, Chettinad Academy of Research and Education (CARE) on 21.06.2021. The Chief Guest of the event was Dr T Balasubramanian, Vice-Chancellor, CARE. The programme started with an invocation song followed by a welcome address delivered by Dr.KoyeliGirigoswami, NSS, PO and UBA



coordinator, CARE. The Chief Guest address highlighted the importance of Yoga and the origin of yoga practice. The speech was very motivating for all the participants and after the completion of his speech, a video demonstration of different types of breathing exercises was screened. The expert who demonstrated Yoga was Ms. Kamlesh Barwal, Director of Sri Sri Yoga, Art of Living and she elaborately explained the various types of breathing exercises and their benefits in combating COVID 19. Then the vote of thanks was delivered by Ms. Nancy Victoria, NSS, PO, CARE followed by the National anthem to conclude the programme. The participants were the different volunteers of NSS, UBA, students from different constituent colleges of CARE, faculties and staff. A total of 100 participants attended the event.

The resource person was Mr. Srijith, Training & Consulting Partner of PROQUEST. This webinar was organized by the staff of the central library, CARE. Participants including students, faculty, and research scholars of CARE University attended the webinar. It was organized to address the requirements of academic learning and referencing during the pandemic period. At the end of the webinar lecture, the participants actively participated in the discussion and clarified their doubts. A total of 247 participants of CARE University attended the webinar.

Workshop on Research Manuscript Writing for Publication in Quality Journals

Faculty of Allied health Sciences (FAHS), Chettinad Academy of Research and Education (CARE) conducted a two-day online workshop on 'Research Manuscript Writing for Publication in Quality Journals' on 24.06.21 & 25.06.21. The resource persons of the workshop were Dr. R. Murugesan, Research Director, CARE; Dr. Pandian Sokkar and Dr. ShiekFareeth Ahmed, FAHS,



CARE. Dr.R.Murugesan delivered keynote talks on "Research Manuscript Writing" and "Common Errors in Preparing Research Manuscript". Dr.Pandian provided hands-on training on the topics 'Bibliography Tools for Manuscripts' and 'Plagiarism Check'. Dr.Shiek provided training on 'Statistical Methods and Data Presentation'. Scientific writing exercises were assigned to the participants for a better understanding of the topics. All the participants completed the tasks assigned to them. A total of 56 participants from various departments of CHRI attended the workshop, including research scholars and final year PG and UG students.

International Conference - Closing The Gap In Nursing Teaching And Practice

The College of Nursing, CCN organized an international conference in collaboration with an international university on 23.06.21 & 24.06.21. The organizing chairper-



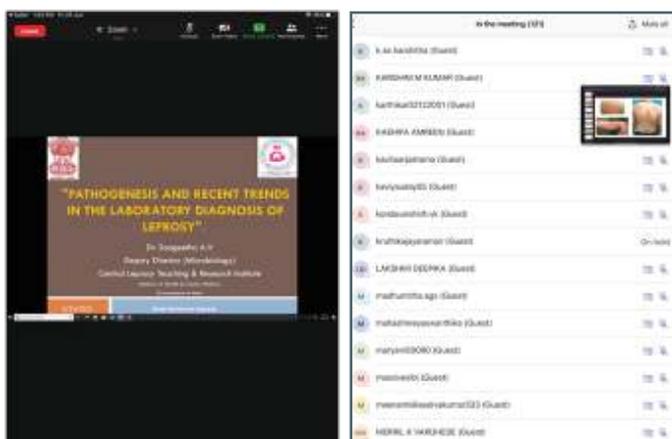
sons were Prof.Dr.HepsibahSharmil S, Principal, Chettinad College of Nursing, CARE and Prof.Dr.Hamidah Hassan, Head of Nursing Department, University Malaysia Sabah (UMS). The organizing secretaries were Prof.YagaJeyanthi, HOD-Community Health Nursing and Mr. Venkatesan A, HOD-Medical Surgical Nursing, Chettinad College of Nursing. The programme started with the welcome address by Prof.Dr.HepsibahSharmil, Principal, CCN, followed by Deputy Dean Associate Prof.Dr.Fairrul Kadir who delivered a welcome note from UMS. Dr.T.Balsubramanian, Vice-Chancellor, Chettinad Academy of Research and Education (CARE), India and Dr.MohdRahimie Abd Karim, Director Center for Strategic Management and Corporate Communication, UMS delivered the inaugural address respectively. Prof.Dr.S.Ani Grace Kalaimathi, Registrar, Tamilnadu Nurses and Midwives Council delivered a keynote address, through which she discussed the way to bridge the gap between nursing theory and practice.

The speakers of the conference were Prof.Dr.Hamidah Hassan, Head of Nursing Department, UMS; Prof.Dr. Frank Donnelly, Dean and Head of School, Australia; Prof.Dr. Takashi Ohue, Hyogo University, Japan; Dr.AgusSetiawan, Dean, Faculty of Nursing, Universitas, Indonesia; Dr.HepsibahSharmil S, Principal, Chettinad College of Nursing; Dr.Mohd Firdaus MohdHayati, Faculty of Medicine and Health Sciences, UMS; Ms. Mazlinda Musa, Senior Lecturer, Faculty of Medicine and Health Sciences, UMS; Dr. T.R. Udaya Kumar, CEO, Impetus Health Care Skills Private Limited and Dr.Sukhpal Kaur, Lecturer, PGIMER. There was a total of 10 sessions and a special plenary session. The topics discussed were Nursing Education in the time of the pandemic, Models of Clinical Teaching, Clinical Based Teaching: What's the approach in Australia, Binding patient care nurses and nurse educators for comprehensive clinical education, Are there challenges in clinical teaching? Issues and feasible solutions, Soaring above Pandemic: Our Experience in Sustaining the Research Momentum, PhD Dairy: How do I start and Where do I begin? Getting Acquainted with Simulated Skills Lab and Communication of Research Finding in Nursing Clinical Education

In addition, research papers presentation and discussion took place in which totally 21 International and National participants presented their research abstracts. A total of 748 participants attended the conference. (International-35, Inter state-79, Tamil Nadu-258, Students-376)

Pathogenesis and recent trends in the laboratory diagnosis of Leprosy

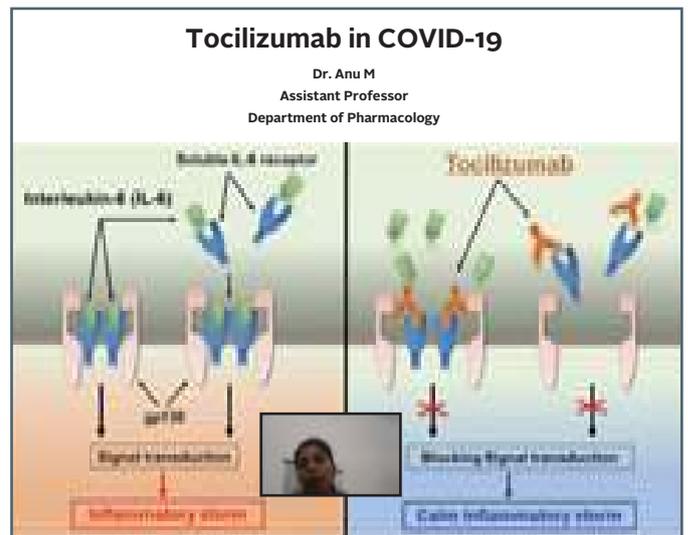
The Department of Microbiology, CHRI, organized a Guest Lecture on 25.06.2021 on "Pathogenesis and recent trends in the laboratory diagnosis of Leprosy". The resource person was Dr.A.V.Sangeetha, Deputy Director, Central Leprosy Training and Research Institute, Ministry of Health and Family Welfare,



Government of India. The guest speaker gave a detailed view on the morphology of Mycobacterium leprae, various modes of cultivation, epidemiological aspects, its pathogenesis and the various types of leprosy based on the immune status of the host. The speaker also listed the recent advances in the laboratory diagnosis of leprosy. A total of 121 participants attended the meeting.

Weekly CME - Tocilizumab in COVID - 19

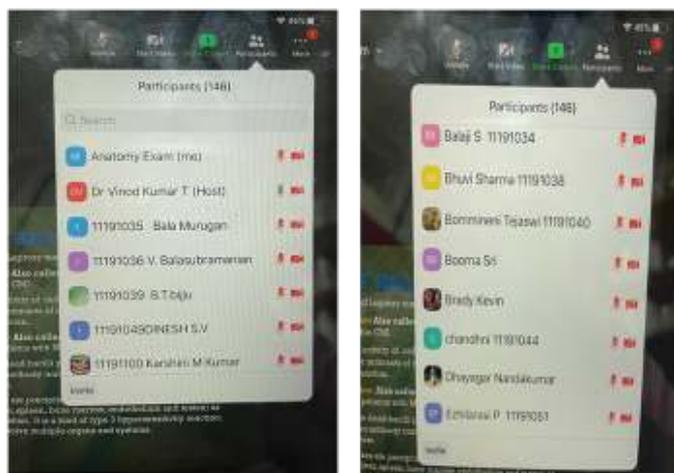
The weekly continuing medical education (CME) for this week was organized by Medical Education Unit, CHRI on 25.06.21. The speaker of the CME was Dr.Anu M, Assistant Professor, Department of Pharmacology, Chettinad Hospital and Research Institute. The speaker began the presentation by outlining the cytokine storm noted in COVID 19 and its significance in the inflammato-



ry response seen in infected patients. Later, She updated on the current therapeutic uses of tocilizumab. Following this, the pharmacodynamics and pharmacokinetics of the drug in the discussion were described. The CME concluded with the speaker putting forth a summary of the studies already done on the therapeutic significance of tocilizumab in Covid 19 infections. The CME was attended by the teaching faculties and post-graduates of CHRI.

Clinical aspects of Leprosy

The Department of Microbiology, CHRI, organized a Guest Lecture on 28.06.2021 on Clinical aspects of Leprosy. The resource person was Dr.T.Vinod, Medical officer, Central Leprosy Training and Research Institute, Ministry of Health and Family Welfare, Government of India. The speaker discussed the various types of the disease based on the reflection of the immune status of



the host. The speaker explained the two extreme forms of the disease the leptomatous and tuberculoid types and their various clinical manifestations. A total of 146 participants attended the program.

National Conference on "Drug targets and Newer drugs for COVID-19"

An Online National Conference was conducted by the Department of Pharmacology, CHRI on 28.06.2021 on the topic "Drug targets and Newer drugs for COVID-19". The chairperson of the organizing committee, Dr. A. Ruckmani, HOD, Pharmacology, CHRI introduced the theme of the conference. The organizing secretary, Dr.M.Duraivel conducted the proceedings of the symposium. The Vice Principal Dr.R.Arunkumar welcomed the dignitaries and participants. The Dean, Dr.Pichai-Balashanmugam then addressed the participants. The Honorable Vice-chancellor of CARE, Dr.T.Balasubramanian inaugurated the conference and delivered the inau-

gural address. The conference was held in 8 sessions. Session 1: 'COVID-19: Current scenario in India' by Dr. S. Chandrasekar, Professor, Dept. of General Medicine, Govt. Stanley Medical College, Chennai; Session 2: 'Treatment of COVID-19' by Dr. V.S. Hariharan, Intensivist, Gleneagles Global Health City, Chennai; Session 3: 'Life cycle of SARS-CoV-2' by Dr. K.V. Leela, Professor & Head, Dept. of Microbiology, SRM Medical College and Research Centre, Kattankulathur, Kanchipuram; Session 4: 'Structural proteins of SARS-CoV-2 as therapeutic drug targets' by Dr. Puneet Dhamija, Additional Professor, Dept. of Pharmacology AIIMS, Rishikesh; Session 5: 'Non-Structural proteins of SARS-CoV-2 as therapeutic drug targets' by Dr.Rohitash Yadav, Dept. of Pharmacology AIIMS, Rishikesh; Session 6: 'Clinical trials on SARS-CoV-2' by Dr. R. Arunkumar, Professor, Dept. of Pharmacology & Vice-principal, CHRI; Session 7: 'Recent drugs in the treatment of SARS-CoV-2' by Dr.E.Madhavi, Associate Professor & HOD in charge, Dept. of Pharmacology AIIMS, Hyderabad and Session 8: 'Potential Viral RNA synthesis inhibitors' by Dr.A.Ruckmani, Professor & Head, Dept. of Pharmacology, CHRI. In addition to the above scientific sessions, oral and poster sessions were held which were coordinated by Dr.M.Anu, Dr.V.Vivek and Dr.E.Abinaya of the Department of Pharmacology, CHRI. The scientific papers were evaluated by experts and prizes were given to the winners. Each session was followed by an interesting interaction with queries clarified. Around 170 participants from various institutes across India attended the conference.

Pharmacotherapy of hypertension in pregnancy

The Department of Pharmacology, Chettinad Hospital and Research Institute organised a guest lecture on 29.06.2021 on Pharmacotherapy of hypertension in



PHARMACOTHERAPY OF
HYPERTENSION IN PREGNANCY

📅 29.06.2021 ⌚ 01:45 P.M - 02:30 P.M IST



Speaker

Dr Sudha R, MBBS, MS OBG,

Professor & HOD, Dept of OBG,
Mysore Medical College and Research Institute,
Mysuru.



Moderator

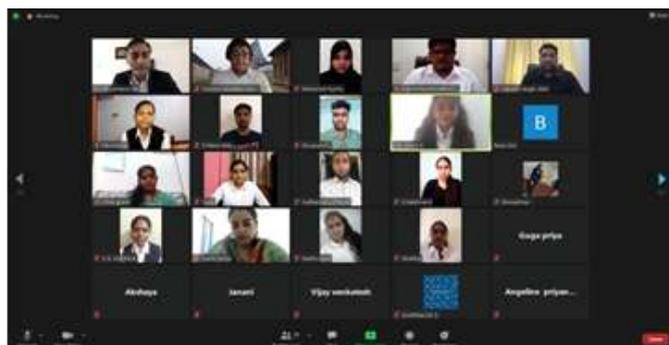
Dr Anu M

Assistant Professor,
Department of Pharmacology,
CHRI, Chennai.



Management Principles for the Hypertensive Disorders of Pregnancy

1. Use antihypertensives to maintain BP in the range 110 to 140/80 to 85 mm Hg.
2. Acceptable initial antihypertensives include labetalol, oxprenolol,
3. methyldopa, nifedipine, diltiazem, prazosin and hydralazine are usually used as second line agents.
4. Home BP monitoring is a useful adjunct to clinic visits if available.
5. Home BP devices are accurate, so we recommend checking device
6. Accuracy against a sphygmomanometer for each woman.



pregnancy. The guest speaker were Dr. Sudha R, Professor & HOD, Dept. of Obstetrics and Gynaecology, Mysore Medical College and Research Institute, Mysore, Karnataka. The moderator for the session was Dr. Anu M, Assistant Professor, Dept. of Pharmacology, CHRI. The speaker discussed the classification of hypertensive disorders in pregnancy, their management principles and drugs to be used with their adverse effect profiles. There were 119 participants including the second MBBS students, postgraduate students and faculty members of the Department of Pharmacology.

Guest Lecture On -Public Speaking And Body Language

An online Guest lecture was hosted by Chettinad School of Law, CARE, on 30.06.2021 on 'Public Speaking And Body Language'. The distinguished speaker of the session was Mr. Zakaria Vargis John, who is an M.Phil in English and, is also a Researcher on Early Modern Studies & Cultural Studies, and an Education Strategist. The moderator for the event was Ms. AlinGedsi A, a student, Chettinad school of Law. Dr. Shyamtanu Pal, Associate Professor, Chettinad School of Law, delivered the welcome address and welcomed the speaker, students and the participants. The speaker started the lecture with the important points on how one shall speak, how to improvise, and how much body language is important while speaking. The speaker gave an elaborate explanation of the fear of public speaking and suggested ways

on overcoming the fear. He concluded with his own experience on presentation. The webinar ended with an interactive session that saw the enthusiastic involvement of the students and other participants in asking questions and getting their doubts clarified by the speaker. The students of Chettinad School of Law and the participants from various other colleges attended the session. A total of 50 participants attended the session. The vote of thanks was then delivered by Ms. Ruchi Sinha, HOD (I/C), Chettinad school of Law, CARE.

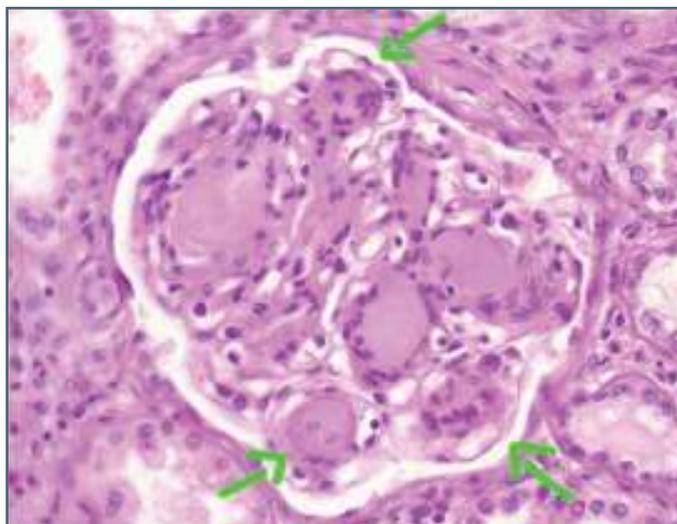
CLINICAL VIGNETTES

Question 19

A 28-year-old female presents in the 24th week of pregnancy with profound tiredness and anxiety. Examination reveals a tremor, a pulse of 100 beats per minute and a soft bruit heard over the thyroid gland. Thyroid function tests show Free T₄-32 pmol/L, TSH-0.04 mU/L. What is the best treatment option?

Question 20

Impression of the image?



Answers to questions from the previous issue

Question 17

Myasthenia gravis

Question 18

Myelofibrosis

Identify The Personality (8)

Sir. C. V. Raman



Identify The Personality - 9



KUDOS!!!

Participants who sent the correct answers :

Dr. Femela. M, Professor of Pathology

Dr. Nirupama, PG

Answers can be sent to:

Mail ID : carekonnct@chettinadhealthcity.com /
ckmeditors@gmail.com

STUDENTS ACHIEVEMENTS



Guga Priya S, pursuing B.Com. LLB (Hons) First Year at Chettinad School of Law secured first runner-up in the Fresher's Day match held on 17th March 2021 and also secured first prize in the E-Poster competition on the topic of Women Empowerment which was held on 8th March 2021.

Vaishnavi S, pursuing B.Com. LLB (Hons) First Year at Chettinad School of Law secured Third place in an Essay writing competition and Multiple-Choice Questions Contest on the Topic of National Martyrs Day which was held on 30th January 2021.



Yuva Keerthana, pursuing LLB (Hons) First Year and **Vaishnavi S**, pursuing B.Com. LLB (Hons) First Year at Chettinad School of Law had participated in the World Red Cross Day Quiz Contest conducted by Chettinad Academy of Allied Health Sciences which was held on 10th May 2021 and secured High Scores.



Alin Gedsi A pursuing LLV (Hons) first year at Chettinad School of Law secured 1st place in Tennikoit match which was conducted by Chettinad Academy of Research and Education.



Abdus Salam K A, pursuing BBA, LLB(Hons) Second Year at Chettinad School of Law won the Best Speaker award prize money of Rs.700 in a Debate Competition which was conducted by SGT University, Delhi on an account of Literary Event 2021.



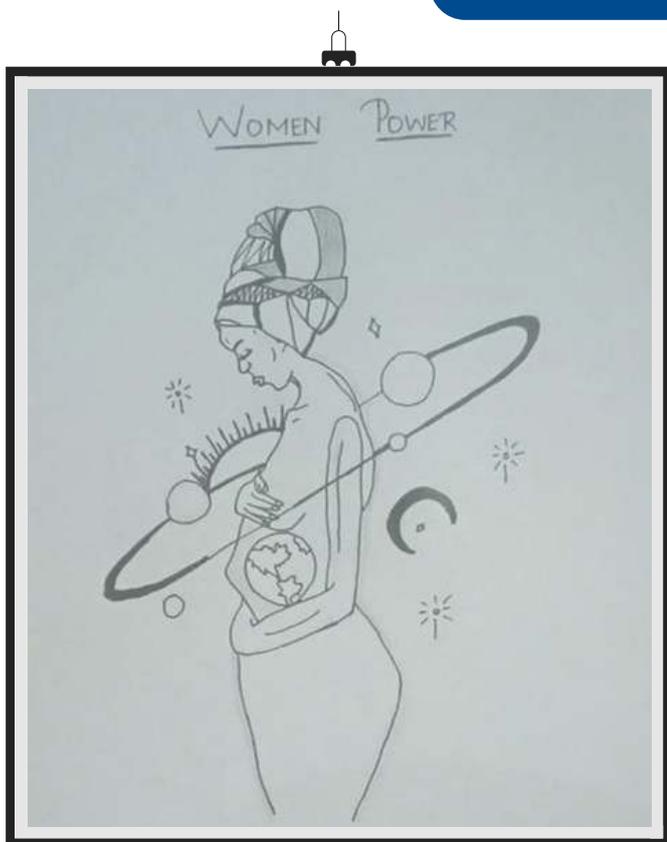


The students of Chettinad School of Law, **Shanmuga Sundaram R** of BA.LL.B (Hons) 2nd year and **Yuva Keerthana K** of LL.B (Hons.) 1st year has jointly written an article titled "**Right To Education Act, 2009 and its execution limitations**" which talks about the challenges in implementing the RTE Act and the measures to implement the act. The article has been selected for Advolex Book Series on RTE Act for publication. The tentative month of publication is July 2021.



The students of Chettinad School of Law, **Aditi Shanmugam** of LL.B (Hons) 2nd year, **Shanmuga Sundaram** of BA.LL.B(Hons.) 2nd year, and **Yuvakeerthana K** of LL.B (Hons) 1st year have written an article titled "**The street of India – A glimpse**". The Article has got published in (Volume2 Issue2) of **INTERNATIONAL JOURNAL FOR LEGAL RESEARCH AND ANALYSIS** on June 23, 2021

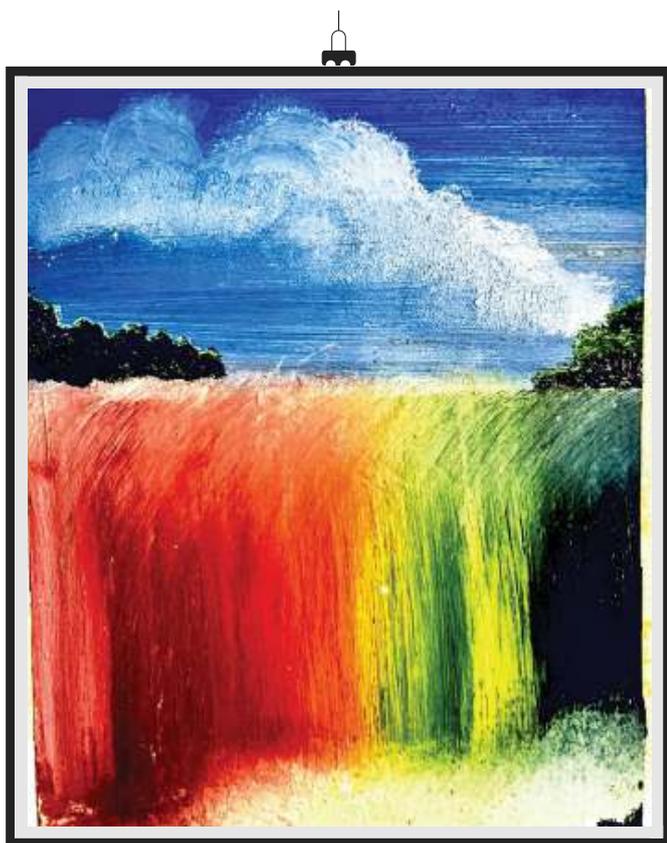
STUDENTS CORNER



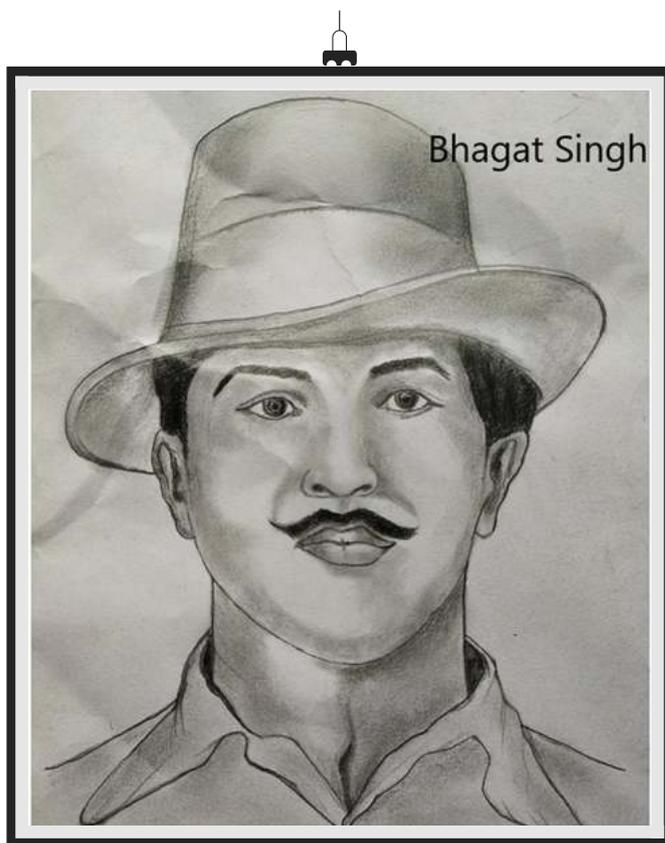
- S.Vaishnavi, B.Com, LL.B Hons 1st year



- RAJESHWARI, LLB



- Archana Anebarassane, B. Pharm, 1st Year



- Akash Raj. A, B. Pharm, 1st Year

Bell's Palsy

Presented by:
P. Naresh, Nanda kishore D.

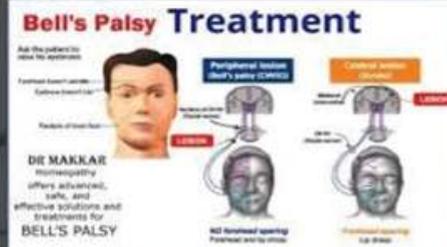
FACIAL NERVE Palsy

Introduction

Bell's palsy is a paralysis of the facial nerve resulting in inability to control facial muscles on the affected side. It affects individuals regardless age and gender.



Bell's Palsy Treatment



DE MAKKAR Neurology offers advanced, safe, and effective solutions and treatments for BELL'S Palsy

100% functional opening Post-hoc and in vivo

Signs and symptoms

- Drooling
- Pain in or near ears
- Facial drooping on the affected side
- Difficulty with facial expression (smiling, frowning etc)
- Difficulty with blinking and closing the eye
- Dry eyes
- Lack or excessive salivation etc

The cause of Bell's palsy is unknown. However viral and bacterial infections are the most common cause.

- **Medication:** Steroids have traditionally been prescribed to reduce facial nerve inflammation.
- **Physiotherapy:** may consist of facial massage, exercises, dry needling and electrical stimulation.

- P. Naresh, D. Nanda Kishore, MBBS

TRACHEOSTOMY

Presented by: Nivedidhaa Krisne V & Nivedithaa S

->It surgical procedure of making an incision on the anterior aspect of neck . The resulting stoma can serve as a site for a tracheal tube or tracheostomy tube to be inserted .

->commonly done on retro thyroid region after retracting isthmus of thyroid gland

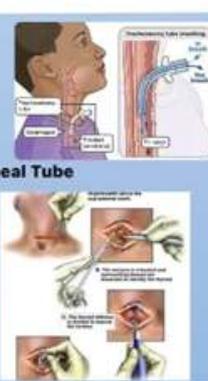
->There are four main reasons for tracheostomy to be performed

- 1 Emergency airway access
- 2 Airway access for prolonged mechanical ventilation
- 3 Functional or mechanical upper airway obstruction
- 4 Decreased/ incompetent clearance of tracheobronchial secretions

Tracheostomy is in which trachea is opened and tube is interested to facilitate breathing.It is commonly done in retrothyroid region.It is a emergency operation done in cases of laryngeal obstruction.

Steps

- *Patient Positioning
- *Skin Incision
- *Dissection
- *Withdraw Endotracheal Tube
- *Tracheal Puncture
- *Feed the Wire
- *First Dilator
- *Progressive Dilator
- *Tracheostomy Tube



Complications

->Early complications include infection, hemorrhage, pneumomediastinum, pneumothorax, tracheoesophageal fistula

Delayed complications include tracheal-innominate artery fistula, tracheal stenosis

->Suprathyroid tracheostomy is liable to stricture and infrathyroid is difficult due to depth of trachea and is dangerous as numerous vessels line anterior to trachea.





Distal Trachea View



Proximal Trachea View



- V. NivedidhaaKeisne, S.Nivedithaa, MBBS







BLACK EYE



The name refers to the dark-colored bruising which is the result of accumulated blood and fluid in the loose areolar tissue following a blow to the head

A periorbital hematoma, commonly called a black eye or "a shiner", is bruising around the eye commonly due to an injury to the face rather than to the eye

SIGN AND SYMPTOMS

The appearance (discoloration in purple and blue tones with swelling) does not usually indicate a serious injury, and most black eyes resolve within a week. The bruising around the eye area will also occur because when compressed against margins of bone which surround and protect the eye socket.

TREATMENT

unless there is actual trauma to the eye itself, extensive medical attention is generally not needed.

Applying an ice pack will keep down swelling and reduce internal bleeding by constricting the capillaries.

analgesics (painkillers) can be administered to reduce pain

ASSOCIATED CONDITIONS

Some common signs of a more serious injury may include:

- Double vision
- Loss of sight and/or fuzzy vision could occur
- Loss of consciousness
- Inability to move the eye or large swelling around the eye
- Blood or clear fluid from the nose or the ears
- Blood on the surface of the eye itself or cuts on the eye itself
- Persistent headache or migraine

By: MANIMEGALAI, NIVETHA.S

- M. Manimegalai, S. Nivetha, MBBS



FREY'S SYNDROME

~Malladi Aditya & Mettu Leela krishna

Frey's syndrome is a form of gustatory hyperhidrosis that develops disease in the parotid gland area.

It also known as Dupuy's syndrome, is a rare neurological disorder resulting from damage to or near the parotid glands responsible for making saliva.

It results in erythema (redness) and sweating in the cutaneous distribution of the auriculotemporal nerve, response to gustatory stimuli. Having burning sensation, numbness and altered sensation.



it is due to complications of surgery of or near paratoid gland. injury to the auriculotemporal nerve. the parasympathetic nerve fibers may switch course to a sympathetic response, resulting in "gustatory sweating" or sweating in the anticipation of eating, instead of the normal salivary response.

diagnosis is by starch-iodine test.

treatments are injection of botulinum toxin A, application of ointment with anticholinergic drug such as scopolamine.



references: https://en.wikipedia.org/wiki/Frey%27s_syndrome
<https://youtu.be/8O76JhYL41I>

- Malladi Aditya, Mettu Leela Krishna, MBBS





Cisternal Puncture

Presented by : Obineni Swetha Sri Mani & Nitharshan.M.R.G
1st Year MBBS Student Chettinad Hospital And Research Institution

INTRODUCTION:
A suboccipital puncture or cisternal puncture is a diagnostic procedure that can be performed in order to collect a sample of cerebrospinal fluid (CSF) for biochemical, microbiological, and cytological analysis, or rarely to relieve increased intracranial pressure.

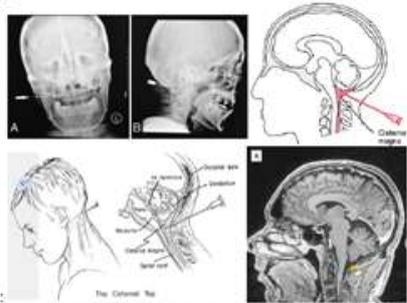
DEFINITION:
Cisternal puncture is puncture of the cisterna magna (a small reservoir of CSF between the cerebellum and medulla). A physician introduces a short-beveled needle below the occipital bone, between the first cervical lamina and the rim of the foramen magnum

PURPOSE:

- To drain CSF for increased intracranial pressure
- When Lumbar Puncture cannot perform because of deformity or local infection
- To introduce medications directly into the meningeal space
- To inject air or an opaque drug for myelography

PROCEDURE:

- Place the client on the treatment table on side lying position
- Flex the client's head forward and hold it firmly in position
- Local anesthetic may or may not be injected
- A cisternal needle with stylet in place is inserted to a depth of about 5 cm
- Gentle and slow withdrawal of CSF done
- The needle is removed by providing pressure over the puncture site
- Mild pressure is applied over the punctured area for few minutes

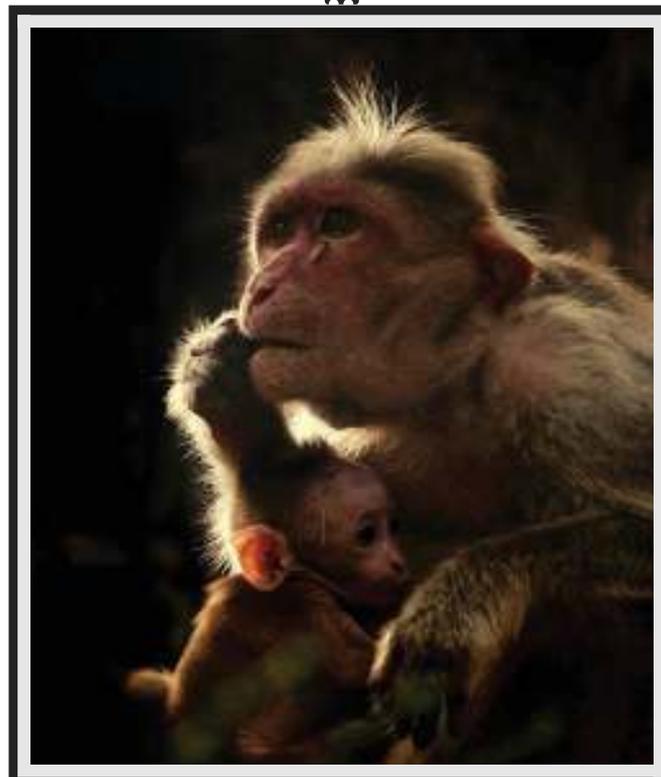


AFTER CARE:

- Provide strict bed rest for 8-24 hours
- Check the vital signs and neurological status
- Check the puncture site frequently for any CSF leakage
- Send the specimen to the laboratory immediately with request
- Replace the articles after washing
- Record the entire procedure in the nurse's record

NOTE:
Subarachnoid hemorrhage and direct puncture of brain tissue are the most common major complications.
Fluoroscopic guidance decreases the risk for complications.

- Obineni Swetha Sri Mani, M.R.G. Nitharshan, 1st Year MBBS



- Vishal Naveen, 2nd Year MBBS

Justice through boundaries and eras

*Through the hell and heaven of the world
Heard the sound of your footsteps
Right in the valley of highs and lows
In the time between day and night with
Sound and silence along your path
Holding all the rights and wrongs
Arrived you king named as LAW...*

- K. Srivathsan, BA LLB honours (1st Year)

You do not have to be good - After Mary Oliver

*I think I know why
Oliver said,
"You do not have to be good".
What she meant was
you do not have to listen
to the ones
who will make you feel small
and less.
She meant that you should hold
the softness of your skin close
and to love wildly,
like spinning maple seeds.
To wish to be someone else
is a sin,
a disservice to the wind
that ripples through your clothes,
to the grass that parts beneath your feet
in a specific shape.
She meant that nothing
can keep the world
from spinning, nothing
can keep springtime
from rolling up to us again
And anytime you feel deeply
that you have been wronged,
whoever you are,
you are probably right.
But that is not an excuse to hide
your broken pieces, to apologize
for being here.
What Oliver meant
by "heading home" is this:
it's okay to be unsteady
where you stand
as long as you keep
looking up.*

- Yuvakeerthana K, 1st Year LL.B (Hons), School of Law

The Seastorm of Life

The brown rings in my eyes focus on the ebb and flow of my morale

Resting on the shores of happenstance and existence

The tides of life wash away the vitality that remains after each surge

A year full of valleys and less of the peaks

You begin to cherish

The beauty of flowers that thrive in the hollows

A rock or two that stands firm

Always helps you learn

That maybe the grass isn't always greener on the other side

That it is all about the gratitude and endorsement of the paths that you have trodden on

Acclimatising the brown rings in my eyes to the beauty of gloom and despair

You begin to unearth yourself there

Like a flower that blooms amidst despair

You find a rock or two that stands firm

Those are the ones you root yourself on

Companionship is often the only rock that stands firm

Let the past wither

Grow in that very soil

Immerse yourself in the seastorm that is life

Perhaps you will learn to surf.

- Racshana, MBBS (1st Year)

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