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LETTER FROM THE EDITORIAL DESK

Feuille De Route for Safer World

The world we are living in now has changed after the pandemic. The global devastation brought by the pandemic seemed relentless, and the collateral damage on children is likely to reverberate for years to come. Yet as a result of prodigious global collaboration and determination, COVID-19 vaccines arrived less than a year after the discovery of the virus, a near-miracle that is providing much-needed hope for an end to the acute phase of the pandemic.

Now the question is what about children? Children less than 18 years form a quarter of the world population, hence making it essential to ensure their protection as we progress towards the control of pandemics. 1 in 9 SARS-CoV-2 infections are seen in children, and they constitute about 2% of all hospitalisations. Approximately 1 in 3,500 child cases results in death, compared with a figure of 1 in 60 for adults. Thus indicating that children are at less risk compared to adults. But it is important to remember that the risk of children spreading the virus is not zero, and a step-up of cases in the community will echo on the children as well.

The effects of COVID-19 on children have been disastrous. Education is wretched, and 2020 is a lost year for a generation of children. Mental health issues like anxiety and social isolation are seen among more children and families. Many of these problems stem from societal pandemic responses and are not the direct effects of the virus on children. Keeping schools open for in-person classes is cardinal for children's education and development, but having a large cohort of unvaccinated and susceptible children, despite their lower risk of infection and transmission, can become significant if cases in the community begin to surge.

How long can our timidity lock the children? Throughout the world, there is sprouting of recognition for the importance of including children and pregnant women in vaccine trials. Many COVID-19 vaccine products authorised for usage in adults (AstraZeneca, Pfizer/BioNTech and Moderna) have initiated trials in children 12 years and older. Of these WHO's Strategic Advisory Group of Experts (SAGE) has culminated that the Pfizer BioNTech vaccine is competent for use by children aged 12 years and above. As of now, Children aged between 12 and 15 who are at higher risk of severe COVID-19 may be offered this vaccine alongside other priority groups. Whether vaccinated or not, neither children nor adults, shouldn't forget to physical distances, clean hands frequently, sneeze and cough into the elbow, wear a mask if age-appropriate, avoiding crowded, poorly ventilated spaces. No one is safe until everyone is safe!

With the beginning of November, and India being the diabetic capital it makes it indispensable for me to mention world diabetes day which is observed on 14th November. The theme of this year is "Access to diabetic care". People with diabetes demand ongoing care and support to manage their condition & avoid complication. They can't wait longer which necessitate the government to increase investment in diabetes care and prevention. And I would also like to highlight the fact that "Less sugar, more happiness", so keep this in your mind while celebrating Diwal.

Specialist Speaks....



Dr. Vijayashree

Professor and Head, Department of Pathology, CHRI

Pathology is the bridging science between basic and clinical sciences and is a unique amalgamation of life in research, academics and diagnostics. Pathologists are rightfully called 'the detectives' in the field of medicine because they do much more than just blood tests, which unfortunately is a common misconception among the general population. They diagnose and grade cancer and that decides the treatment plan for patients. Pathologists give the final diagnoses on most diseases - no wonder Arthur Hailey wrote 'The Final diagnosis' where the main protagonist was a Pathologist. Pathology is a "very specific science", there is no shooting in the dark, there is a logical sequence in the diagnosis based on the heuristic algorithm. They see under the microscope the tissue exactly for what it is and we can give answers to the patient's suffering. The most satisfying part of being a pathologist is to give an exact diagnosis in most cases and at least a clue as to what could be wrong in the rest so that the clinicians can proceed with their treatment. It is important to remember that behind every blood tube or histology slide, a patient is counting on us to make a correct diagnosis. It is ultimately pathology that drives the management plans that our clinical colleagues develop to treat our patients.

Three adjectives to describe the typical pathologist: Knowledgeable with encyclopaedic knowledge, Observant and Obsessive-compulsive.

Additionally, pathology offers a broad scope of practice and provides a positive work-life balance. Important reasons to pursue a career in pathology:

- Intellectual challenge faced every day
- Work-life balance in most of our lives
- Diversity of the subject
- Multidisciplinary teamwork
- Use of frontline cutting edge tools and Artificial Intelligence.

Being in pathology, the day can vary based on what service we are on for the day. In the case of anatomic pathology, time is spent looking at patient slides, a stack of cases (i.e., slides) that needs to be looked into a microscope and reports to be dictated that will go in the electronic health record. We have a busy service with complicated specimens, slides usually taking the whole day, and then some into the next. Frozen sections- at the mercy of the surgeons for rapid diagnosis specimen from operation table. we evaluate the specimen grossly, freeze some, and stain it to provide a diagnosis in less than 15 to 20 minutes—all to help them decide the next step of surgery. The patient is under anaesthesia while waiting for our diagnosis to proceed accordingly—the most stressful part of the pathology. Cytology study-in contact with patients for performing fine needle aspirations from various accessible sites, get body fluids or Pap tests to interpret, though there are many nuances to looking at single cells versus something "whole" with retained architecture. We also go to endoscopy or radiology to do a quick interpretation of the aspiration biopsy to see if it is adequate for diagnosis. Also, do the bone marrow aspiration biopsies. Haematology/Clinical Pathology, all "abnormal" CBCs, all peripheral smears, MP/MFs have to be given a thorough look for confirming the abnormality/or picking up the abnormality. Coagulation mathematics/specialised blood tests to be performed, interpreted and discussed with clinicians for getting across the clues for disease diagnosis, prognosis and recovery. Molecular Pathology lab may seem slow but the most fast-paced in terms of advanced diagnostic activities, a greater challenge with all new cutting-edge technologies and AIs.

International Pathology Day (IPD, 15th Nov 2021) is an annual awareness day dedicated to highlighting the fundamental role of pathology in the healthcare community and the lives of everyone.

CAMPUS BUZZ

This section has the list of all events conducted at the Chettinad campus from 1st to 31st October 2021

International Webinar Series On HIV

International webinar series on HIV was organised by the ART centre of CHRI. The first webinar of the series was on the topic 'Past, present and future of the HIV epidemic' were held on 28.09.2021. The guest speaker was Dr. Sheela Godbole, Professor and Head, Division of Epidemiology, National AIDS Research Institute, Pune.

The session was chaired and coordinated by Dr. Mayilananthi K. The speaker discussed her very vast experience in the field of HIV and she also discussed India's goal of ending the HIV/AIDS epidemic by 2030. She also discussed the role of medications and counselling in HIV positive patients. The webinar was attended by 200 registered participants from various medical colleges and hospitals all over the country.

CME - Organophosphorus Compound Poisoning

Weekly CME was organized by the Medical Education unit of Chettinad Hospital & Research Institute on 01.10.21 on the topic 'Organophosphorus Compound Poisoning'. The speaker was Dr. S Selvamani - Professor: Department of General Medicine- Chettinad Hospital & Research Institute (CHRI). The speaker began the session with an introduction on organophosphorus compounds classifying them and mentioning their general properties. He further discussed updates on acute organophosphorus poisoning was put forward with a mention of its incidence, diagnosis, clinical presentation and medical management. The neurological complications associated with organophosphorus poisoning and evidence-based cases of organophosphorus poisoning were also discussed. There was an interactive discussion on the topic at the end of the CME.

Adenoma-Carcinoma Travelogue of Colon Cancer With Molecular Signature Pathways

The Department of Pathology, CHRI conducted a Guest lecture on 1.10.2021 on the topic Adenoma-Carcinoma Travelogue of Colon Cancer With Molecular Signature Pathways. The speaker was Dr. Deepthi. B, Senior Resident, Dept of Pathology, Regional Cancer Centre, Trivandrum. The moderator was Dr. Sudha. S, Assistant professor, Dept of Pathology, CHRI. The speaker discussed Adenoma-Carcinoma sequence with Molecular Pathways and newer modalities Testing. At the end of the section, the interactive session and speaker cleared the doubts of the audience. The participants were II MBBS students, postgraduates and faculties of Pathology Dept, CHRI. A total of 200 participants attended the guest lecture.



CHETPATHCON E- LECTURE SERIES

ADENOMA - CARCINOMA TRAVELOGUE OF COLON CANCER WITH MOLECULAR SIGNATURE PATHWAYS! WHAT YOU SHOULD KNOW

01.10.2021
2:30PM to 4:00PM

LIVE WEBINAR

Speaker

Dr. Deepthi B, MBBS, MD, DNB, PDCC (ONCOPATH), Dept. of Pathology, Regional Cancer centre, Trivandrum.

Moderator
Poornima. D
MBBS phase II student, CHRI

Coordinator

Dr. Sudha S, Asst. Professor, Dept. of Pathology, CHRI

Organized by
Department Of Pathology, CHRI.

ID: 965 1614 2924
PASSWORD: 508065



Ocular Infections – Clinical features and Laboratory diagnosis

A guest lecture was organized by the Department of Microbiology, CHRI on the topic 'Ocular Infections– Clinical features and Laboratory diagnosis' on 02.10.2021. The resource person was Dr. Suganeswari G, Senior Consultant Vitreo Retinal Surgeon, SankaraNethralaya, Chennai. The speaker discussed the anatomy of the eye and the various ocular infections. The speaker discussed her clinical experience with interesting and illustrative pictures. The speaker also gave an outline of the various recent diagnostic modalities in intraocular infections. The lecture was attended by faculty and students of CHRI. The students interacted with the speaker at the end of the guest lecture. A total of 180 participants attended the lecture.

Workshop on Pre & Post Test Counseling for HIV

A workshop was organized by the Department of Microbiology, CHRI from 4.10.2021 to 5.10.2021 on Pre & Post Test Counseling for HIV. The Resource Person was Dr. Santhosh Clement, MSW, PhD. National Trainer, NACO & NBTC, Department of Psychiatry, CMC Vellore. The total number of participants trained was 25. The resource person started the session with a brief introduction on HIV then proceeded to discuss in detail counselling, the qualities of a good counsellor and the essential communication skills. The importance of values and attitudes of counsellors to be followed were also



discussed. Then the participants were made to enact role plays for risk assessment (Antenatal cases, IV drug abuse, Homosexual individuals and sex worker). The speaker also gave an elaborative lecture on risk assessment. Role-plays were enacted for pretest counselling followed by an explanation of pretest counselling by the speaker and role-plays on posttest counselling and ethics with 3 simulated situations. The last session was a group activity that encompassed vital topics such as anxiety, depression and denial. The queries were clarified by the speaker.



Anti-Untouchability Week

The Anti-Untouchability week celebration was organized by the Faculty of Allied Health Sciences, CARE from 4.10.21 to 8.10.2021 in association with Chettinad College of Nursing, Chettinad School of Architecture, Chettinad School of Law, Chettinad School of Pharmaceutical Sciences and Chettinad School of Physiotherapy. The organizing team members were Dr. CN Ramgopal, Dr. S. WeslenVedakumari, Mrs. S. Vigneswari from FAHS, CARE and various competitions were conducted. An essay competition was conducted on the topic "Untouchability in Modern India" in English and "தற்கால இந்தியாவில் தீண்டாமையின் நிலை" in Tamil. Speech competition was conducted on the topic "Ambedkar's Views on Anti-untouchability" in English and "அம்பெத்கார் பார்வையில் தீண்டாமை ஒழிப்பு" in Tamil. Face painting and poster presentation competitions on Anti-untouchability were conducted. A guest lecture was organised with the Guest Speaker Mr. K.

Mohan, chairman of Gandhi Study Circle addressed the participants. Award and Participation Certificates were distributed to students who won and participated in various events.



Library Orientation Program – 2021

A library Orientation program is frequently conducted by the central Library team, CARE to orient the new students, about library facilities, resources, services, policies and rules & regulations of activities & sessions organized as part of the program. A similar orientation program was organized for I Year Nursing students on 07.10.21. The resource person was Dr. R. Arumugam, Librarian & Head, CARE. There were two sessions – session 1 consisted of the introduction of the central Library & a Physical visit to the Central Library. In session 2, library digital resources were discussed. A total of 100 participants attended the program.

Chettinad Women's Basketball Premier League 2021

The sports department of Chettinad Academy of Research and Education conducted a basketball tournament for women from 04.10.21 to 08.10.21. The tournament was held between four teams from various batches. It was a league tournament where the four teams competed against each other. The final match was held on 08.10.21 between MBBS vs BDS students where the BDS students team emerged as the winners. Dr. T.Balasubramanian, Vice-Chancellor graced the event with his presence and distributed the awards and medals to the teams. Dr. Rajeshkanna, Department of Pathology, Dr. Ebinezer, Principal of FAHS, Dr. Ahamed Basha. Department of Physiology & Dr. Kirubalan, Deputy Director of Physical Education were also present during the final match.



World Mental Health Day 2021

The Department of Psychiatry, Chettinad Academy of Research and Education conducted an Online Symposium on 'District Mental Health Programme: Framework & Approach' commemorating World Mental Health Day 2021 on 8.10.2021. Dr. Shabeeba Z.Kailash, Assistant Professor was the Organizing Secretary and the Organizing Committee was led by Dr. Sabari Sridhar O.T, Professor & Head, Department of Psychiatry conducted this online symposium. The resource persons were Dr. P.Poorna Chandrika, Director of IMH Chennai and the State Nodal Officer of Tamilnadu DMHP and Dr. R.Karthik Deivanayagam, District Psychiatrist-Program Officer, DMHP Pudukkottai. The session started with Dr. Shabeeba Z. Kailash, Assistant Professor of Psychiatry, CHRI giving introductory remarks about this year's World Mental Health Day 2021's theme 'Mental Health in an Unequal world' and the rising need for effective implementation of National and District mental health programme in the current day scenario. The 1st session was by Dr. P.Poorna Chandrika, who gave a broad overview of DMHP and explaining about all the steps taken at the state level to improve the mental health of all at the taluk and PHCs. Dr. R.Karthik Deivanayagam discussed the in-field scenario about the role of a psychiatrist in DMHP and the opportunities and challenges we face and also how to overcome them. At the end of each session, we had brief interactive discussions with participants. Then the event was closed with a valedictory note by Dr. Kailash.S, Associate Professor of Psychiatry, CHRI. Total registrations of the symposium were 120 practising psychiatrists, other mental health professionals as well as post-graduate and undergraduate students from all over India. Both the scientific sessions were attended by 90 delegates.

Alumni Meet- CCN

Alumni meet for 2016-17 Batch of nursing students of CCN, CARE was organized by CCN on 8.10.21. The welcome address was given by Dr. Hepsibah Sharmil S, Principal, Chettinad College of Nursing followed by the special address by Dr. Loganathan, Assistant Professor, Faculty of Allied Health sciences. All the

alumni participants cherished their experiences and recalled their old memories. The program was followed by a variety of other events such as songs and dance competitions. The alumni felicitated and honoured all the faculty with awards and mementoes. The Alumni reflected and gave feedback on curricular prospects and extracurricular activities on the campus. A total of 200 alumni attended the event.



CME - Integrating Osteology with Forensic Medicine

A CME was organized by the Department of Anatomy, CHRI on 08.10.21 on Integrating Osteology with Forensic medicine. The organising secretary was Dr. Sudakshina Chakrabarti Associate professor of Anatomy, CHRI and the guest speaker was Dr. Anju Rani Head of the Department of Forensic Medicine and Toxicology of Government Medical Institute of Medical Sciences Greater Noida. The program was conducted for first MBBS students of Chettinad Hospital and Research Institute to give them a better understanding of the importance of learning osteology during their first-year MBBS in Anatomy curriculum. The speaker is an expert in Forensic Osteology and gave her opinion and views in multiple cases to nab criminals by determining the gender of the victim, time since death, mode of death, age of victim on examining osteology remains thus providing justice to conviction in innumerable occasions. She gave a detailed explanation on how forensic osteological examination

helps in identifying the mode of death and also aids in concluding the way the dead body was handled after death to hide offences. The importance of osteological examination was also insisted. The session was highly interesting and interactive.

CME on Highways of the Brain and the Story of the Toll Gates

The Department of Anatomy, CHRI, conducted a CME on the topic 'Highways of the brain and the story of the toll gates' on 9.10.2021. The esteemed speaker was introduced by the organising secretary Dr. Rajila, Professor & Head, Department of Anatomy, CHRI. The speaker was Dr. R Lakshmi Narasimhan, Professor and Director, Department of Neurology, Madras medical college, Chennai. The speaker started each case with a case history with videos depicting the eye movements of each lesion. He discussed the classification as Intra axial or extra-axial and dorsal or ventral, making the diagnosis. A total of 232 participants attended the CME.

Pharmacotherapy of pulmonary Tuberculosis

The Department of Pharmacology, Chettinad Hospital and Research Institute organized an E-Guest lecture on 09.10.2021 on the topic 'Pharmacotherapy of pulmonary Tuberculosis'. The speaker was Dr Savolu Sharon Sonia, Professor, Department of Pharmacology, Kurnool Medical College, Kurnool, Andhra Pradesh. The Moderator was Dr VivekValliappan, Assistant Professor, Dept. of Pharmacology, CHRI. The speaker discussed the basics of Pulmonary Tuberculosis, drugs and their mechanism and their uses. She also spoke on the recent advancements in the treatment of tuberculosis for the benefit of students. A total of 78 participants attended this guest lecture. MBBS students, MD Pharmacology Postgraduates and faculty of the Department of Pharmacology attended the guest lecture.

Basic Medical Coding – An Overview

The Chettinad School of Physiotherapy, CARE organized a Guest lecture – Basic Medical Coding – An Overview on 10.10.2021. Dr. P. Senthil, Dean i/c, Chettinad

School of Physiotherapy, CARE addressed and welcomed the audience for the session. Ms Swathi. N, Research Scholar, CSPT, CARE, Kelambakkam, Chennai coordinated this session. The resource person for this guest lecture was Ms C. T. Kaladevi, Service Delivery Head, Miramed Ajuba Solutions Private LTD, Chennai. The speaker gave a basic introduction about medical coding discussed in detail all aspects of coding including classification of coding. The purpose of the medical coding in the health care delivery system was explained with the case scenario. A total of 40 participants attended the guest lecture.



International Webinar Series On HIV

The second webinar of the CARE – ART webinar series was hosted on 13.10.2021 by the ART centre, CHRI. The session was chaired by Dr. Mayilananthi K and the resource person was Dr. Velpandi Ayyavoo, PhD, Professor & Graduate Programs Director, Infectious Diseases and Microbiology, University of Pittsburgh. The speaker was on 'HIV – Virus, Variants and Virulence'. She shared her experience about "The Berlin Patient", Timothy Brown, who is the first HIV cured

patient following a bone marrow transplant from a CCR5 delta 32 variant donor. The speaker highlighted the future of HIV vaccines and their role in the prevention of HIV. The webinar was attended by more than 300 participants – consultants from various departments of CHRI, delegates from various medical colleges of the country and University of Pittsburgh and undergraduate as well as postgraduate medical students.



Guest Lecture – Acute Kidney Injury

Department of Biochemistry, CARE organized e guest lecture on 'Acute Kidney Injury' on 13.10.2021. The program started with a welcome address by Dr. Sumathy. S, Professor and Head of the department following which Dr. Anuradha. G, Professor, Department of biochemistry introduced the speaker. The speaker was Dr. Jayalakshmi.S, Senior consultant and Professor

of Nephrology, Tamilnadu government multi-super speciality hospital, Omandurar estate, Chennai. The speaker gave an elaborate lecture on evaluation, presentation and management of acute kidney injury. She also discussed recent biomarkers for diagnosing acute kidney injury. There were more than 25 participants including staff, faculty and post-graduates.

CME – Revisit Gene Expression and Techniques

The Department of Biochemistry conducted an e CME on 'Revisit Gene expression and techniques' on 9.10.2021. Dr. Sumathy.S Prof & HOD, Department of Biochemistry, CHRI, gave the welcome address. The eminent speakers for the event were Dr. Sagar Dholariya Jayantilal, Assistant Professor, Department of Biochemistry, AIIMS Rajkot and Dr. Veerabadragoud, Associate Professor and HOD in-charge, Department of Biochemistry, ANIIMS, Port Blair. Dr. Sagar discussed the regulation of gene expression. He covered the prokaryotic gene regulation where he explained about lac operon model of gene expression. He also gave an insight into the various methods of eukaryotic gene regulation at the transcription and genetic levels. Dr. Veerabadra discussed 'Blotting techniques and PCR'. He described in detail the various blotting techniques such as Northern blotting, Southern Blotting, Western Blotting and Dot blotting. He also discussed the procedure and significance of Polymerase chain reaction, emphasizing the role of PCR in the present pandemic and the use of RT-PCR in covid testing. The vote of thanks was given by the organizing secretary Dr. Santhini Gopalakrishnan.S, Associate Professor, Department Professor Biochemistry, CHRI.

Webinar – Exercise prescription: Rationale and Relevance

A webinar was organized by the School of Physiotherapy, CARE on 15.10.21 on Exercise prescription – rationale and relevance. The speaker was Mr. Sheik Abdul Khadir MPT (Neuro), Physiotherapist, Department of Physiotherapy, AIIPMR, Mumbai. The speaker discussed the topic with

the presentation of slides and videos. He discussed on types of exercises and its implication in the treatment of clinical conditions. Students from BPT 3rd and 5th semester, MPT 1st semester and faculty attended the webinar. Our students asked questions and clarified certain doubts regarding exercises that need to be prescribed. A total of 45 participants attended the webinar.



for scientists, researchers, and students across the country to explore, collaborate and discuss about current and future trends of smart nanotechnology. A total of 265 participants (190 online + 75 offline) attended the conference. The conference served as an opportunity for young minds to acquire knowledge about nanomaterials that are used in water treatment and bone tissue engineering.



Conference on Smart Nanomaterials 2021

The Faculty of Allied Health Sciences, CARE organized a One-day National Virtual Conference on 'Smart Nanomaterials 2021' on 16.10.2021. The event started with the welcome address by Dr S. Weslen Vedakumar, the Convenor of the conference delivered. Dr Balasubramanian, Vice-Chancellor, CARE delivered the inaugural address and elaborated about the use of nanomaterials in the field of medicine. The speakers were Dr. P. Senthil Kumar, Head - Centre of Excellence in Water Research, Professor - Department of Chemical Engineering, Sri Sivasubramaniya Nadar College of Engineering and Dr. Vignesh Muthuvijayan, Associate Professor, Department of Biotechnology, Bhupat and Jyoti Mehta School of Biosciences, Indian Institute of Technology Madras. The topics discussed the use of Nanoscale zero-valent iron impregnated with cashew nutshell in waste water treatment, wastewater as a matrix for stimulating the attachment and proliferation of osteogenesis and angiogenesis. The conference served as a unique platform

Demonstration of Stretching and Active Exercises

The Chettinad School of Physiotherapy, CARE organized a demonstration on stretching and active exercises at Rural Health Training Center, Poonjeri on 16.10.2021. Dr. P. Senthil coordinated the event and Ms



Gayathri. K. C, Assistant Professor, Chettinad School of Physiotherapy and Mr Sukumar. Consultant Physiotherapist, CHRI, were the resource persons. Demonstration of assessment of the basic musculo-skeletal problems by using simple special-test procedures was given to the participants. In addition, few stretching and active exercises were also demonstrated to the students. The importance of community rehabilitation was also given by the Postgraduate of Community Medicine department. More than 20 BPT II year students attended the demonstration program.



Workshop – Introduction to and Development of a Protocol for the Systematic Review

The Chettinad School of Physiotherapy and Chettinad College of Nursing, CARE organized a workshop on Introduction to and development of a protocol for the systematic review on 16.10.21. The speaker was Dr. Kavitha Subramanian, Associate Professor, SRM College of Nursing, SRM Institute of Science and Technology, Chennai. The speaker discussed the importance of systematic review and explained how to develop the protocol. The speaker also taught how to use the search engine Mesh words and guidelines for protocol preparation. The faculty, research scholars, UG and PG students from the School of Physiotherapy, Chettinad Nursing College and Chettinad Hospital and Research Institute participated. A total of 50 participants attended the workshop.

Global Hand Washing Day

The Department of Microbiology, CHRI organized a guest lecture and workshop to commemorate Global handwashing day on Hand hygiene on 18.10.21. A poster competition was also conducted to demonstrate the importance of Hand Hygiene. The guest speaker was Dr Rachna Dave PhD, CEO of Microgo. She highlighted the importance of hand hygiene and the steps of hand washing. She also interacted with the students who are the participants of the lecture. She demonstrated equipment for hygiene compliance. Plates inoculated with the hands of staff before and after hand washing were demonstrated. The poster competition was participated by more than 20 students and the competition was judged by Dr Rachna Dave and Dr Nirupa, Professor of Microbiology.



World Polio Day 2021

World Polio Day was commemorated by the Department of Pediatrics on 22.10.21. A guest lecture was organised and the speaker was Dr. Surendhiran, WHO Surveillance Medical Officer, Chennai. The speaker discussed the current polio situation in the world and how there has been an expansion in the surveillance sites, mitigation measures as well as TN surveillance system 2021. He also discussed in detail the AFP/ Measles weekly reporting and other Vaccine-Preventable Disease Surveillance. There was an interactive session, where questions raised by the students were clarified by the speaker. A total of 148 participants attended the guest lecture.

Poster competition on World Polio Day

The Department of Paediatrics, CHRI in association with the Indian Medical Association- Medical Student Network- CHRI unit organized an E-Poster competition on the occasion of World Polio Day celebrated on 24.10. 2021. The theme of this competition was 'Polio Eradication and Polio Vaccine- The End Game'. Students from all medical colleges in the South zone were invited. Students were allowed to take part individually or in pairs. A total of 126 entries were made out of which 14 entries were from students of other institutions and 112 entries were from Chettinad Hospital & Research Institute. The posters were judged by Dr Sujatha Sridharan, Dr. Kathir Subramanian, DrJaishree Vasudevan and Dr. Rajkumar. The prizes were given to Alinawaz Khan – Siddhavanhalli

Nijalingappa Medical College, Karnataka (1st), M.Nithyasri – Sri Ramachandra Institute of Higher Education & Research (2nd) and Sneha Ananya & Sameeha – Chettinad Hospital & Research Institute (3rd) and Anwar Basha & Bhavna V – Chettinad Hospital & Research Institute (4th). The cash prizes of Rs 2500, 1500 and 1000 were given to the winners of the top three positions respectively.



Guest lecture – Immunomodulators

The Department of Pharmacology, Chettinad Hospital and Research Institute organized an E-Guest lecture on Immunomodulators on 27.10.2021. The Moderator of the guest lecture was Dr. S.Saradha, Associate Professor, Dept. of Pharmacology, CHRI and The Speaker was Dr. T.Pugazhenthian, Assistant Professor, Department of Pharmacology, AIIMS, Raipur. The speaker discussed the basics of immunomodulation, the various drugs used as immunosuppressives and immunostimulants, their mechanisms of action, indications and adverse effects with interesting case scenarios. The session was interactive and the students discussed with the speaker at the end of the session. Two hundred and thirty (230)

participants including MBBS students, MD pharmacy postgraduates and faculty of the Department of Pharmacology attended this guest lecture.



Hospital & Research Institute
Chettinad Academy
of Research and Education
(Deemed to be University)

GUEST LECTURE ON
Immunomodulators

27.10.2021 & 2:30 pm to 4:00 pm

Speaker
DR.T.PUGAZHENTHAN
MBBS, M.D, DNB, MNAMS (Pharmacology),
PGDiploma (Diabetology), MBA (Hosp.Mgmtment),
Assistant Professor – AIIMS, Raipur.

Moderator
DR.S.SARADHA
Associate Professor,
Dept of Pharmacology, CHRI

Zoom ID : 995 1154 4432
Pass code : 028619

Organized by
Department of Pharmacology, CHRI

BLS (Basic Life Support) Workshop

Department of Anaesthesiology organized a workshop for Allied Health Science students on Basic Life support (BLS) on 27.10.2021 at the skills lab, CARE. The resource persons were Dr. Merlin Shalini Ruth, Professor, Dr. Swaminathan – Assistant Professor, and Dr. Gopinath, Dr. Anusha Ben, Dr. Lakshmi Krishna.S, post-graduates, Department of Anaesthesiology. Following the lecture and demonstration, a post-class test was conducted to assess the understanding and



knowledge gained by the participants. All the participants were trained in emergency airway management and all practised CPR on the mannequin. The total number of participants was 50.



Clean India Campaign – 2021

The Department of Youth Affairs, Ministry of Youth Affairs and Sports, Government of India envisages the country Clean with the theme 'Clean India' for October 2021. The NSS, Chettinad Academy of Research and Education commemorated by conducting a Door to Door waste collection campaign at Thaiyur Village, Chengalppet District on 28.10.21. A total of 20 NSS volunteers and students, faculty CARE participated in this event. Mrs Yaga Jeyanthi, NSS, Programme Officer, CARE along with Dr. Koyeli Girigoswami, Associate Professor, FAHS, CHRI and NSS and UBA coordinator organised the event. Plastic and non-degradable wastes from houses were collected in a cloth bag and discarded in a panchayat dustbin.

Guest Lecture – Antifungal Drugs

A Guest lecture was organized by the Department of Pharmacology, Chettinad Hospital and Research Institute on 28.10.2021 on 'Antifungal drugs'. The speaker was Dr. Rajani Patil, Associate Professor, Department of Pharmacology, Gadag Institute of Medical Sciences, Gadag, Karnataka and the Moderator was Dr. Anu M, Assistant Professor, Dept. of Pharmacology, CHRI. The speaker discussed

mucormycosis, drug treatment, mechanism of actions of various groups of drugs used against fungi, their adverse effects and preferred first-line agents of other fungal infections. The treatment guideline for mucormycosis was discussed. 188 participants attended this guest lecture.



Online Guest Lecture on **ANTIFUNGAL DRUGS**

Date : **28th October, 2021** | Time : **02:30 pm - 04:00 pm**



Guest speaker

Dr. Rajani Patil,
Associate Professor,
Department of Pharmacology,
Gadag Institute of Medical Sciences, Gadag.



Moderator

Dr. Anu M,
Assistant Professor,
Department of Pharmacology,
CHRI.

Organized by
Department of Pharmacology



Zoom ID : **910 5325 4832**
Password : **050912**

NIV Workshop - 2021

The Department of Respiratory Medicine, Chettinad Hospital and Research Institute conducted a Hands-on Workshop on "Non-Invasive Ventilation" on 28.10.2021. The resource persons were the faculty of the Department of Respiratory Medicine. The topics dealt with were indications, contraindications, physiology, interfaces, settings, different modes, troubleshooting, monitoring in patients and different types of mask, circuits, humidification and usage in critical care settings. The lecture was followed by a workshop with hands-on training on non-invasive ventilation

such as Bi-PAP, CPAP, AVAPS and its interfaces. All the Faculty, Postgraduates and AHS from our Institute and postgraduates from Balaji Medical College and Sathya Sai Medical Colleges participated in this workshop.



World Stroke Day 2021 – Awareness camp on Stroke Prevention

A Chettinad School of Physiotherapy, CARE and PMR department, CHRI jointly organized an awareness camp on behalf of World Stroke Day 2021 on 29.10.2021. Dr C. Ramesh, Head of the PMR Department/ Sports Medicine, CHRI, inaugurated the camp. Ms Gayathri. K. C, Assistant Professor, Chettinad School of Physiotherapy, CARE, Kelambakkam, Chennai and Mr Haribabu. L Senior Physiotherapist, PMR department, CHRI, CARE, Chennai were the organisers of the camp. Patients attending the outpatient department were assessed via the questionnaire form. Health advice on exercise for the prevention of co-morbidities and stroke-related problems. A total of 20 patients attended the camp and benefitted.



Guest Lecture – Acute complications in Diabetes Mellitus

The Department of Biochemistry, CARE organized a guest lecture on 'Acute complications in Diabetes Mellitus' dated 30.10.2021. The program started with a welcome address by Prof & HOD Dr. Sumathy.S following which Prof Dr. Anuradha.G introduced the speaker Dr. Niket Verma, Assistant Professor of General Medicine, All India Institute of Medical Sciences (AIIMS), Bathinda, Punjab, India. The Speaker discussed various acute complications commonly encountered in type 2 Diabetes Mellitus. He also discussed Diabetic ketoacidosis, Hyperosmolar hyperglycemic syndrome, Lactic acidosis and Hypoglycemia. A total of 200 participants attended the lecture.



Guest Lecture on Interpretation of Liver Function Test

An online Guest lecture was organised by the Department of Pathology, Chettinad Hospital and Research Institute on 30.10.2021 on 'Interpretation of Liver Function Test'. The speaker of the session was Dr. Saranya Singaravel, Consultant Pathologist at Seth VC Gandhi and MA Vora Municipal General Hospital, Mumbai. The speaker discussed the basic mechanism of bilirubin metabolism and highlighted the importance of each parameter in the LFT. She also discussed different case scenarios with the students. The e-lecture ended with an interactive session with the students. A total of 220 participants attended the session including the students, postgraduates and the faculty.

SARS COV2 Variants and their Importance Globally

The weekly CME, of CHRI, was conducted by the Medical Education Unit of Chettinad Hospital & Research Institute on 29.10.21 on the topic 'SARS COV2 Variants and its Importance Globally'. The speaker was Dr. Kruthika P- Assistant Professor, Department of Microbiology, Chettinad Hospital & Research Institute (CHRI). The speaker discussed the SARS COV2 variants of viruses that were currently prevalent, the characteristics, the specific properties of the SARS COV2 variants of the coronavirus, prevalence of infection and the incidence of mortality. The speaker further discussed the system employed by the WHO in the nomenclature of the SARS COVID 2 variants of viruses such as B.1.1.1.7, B.1.351, P.1 & B.1.617. Teaching Faculty and Postgraduates of CHRI attended the CME.



National Unity Day Celebration – 2021

To commemorate the Iron Man of India, Sardar Vallabhbhai Patel, the NSS units of Chettinad Academy of Research and Education celebrated the National Unity Day on 30.10.2021. The Programme had a debate competition and poster making competition on the theme of Unity. The students and NSS volunteers from all the constituent colleges of Chettinad Academy of Research and Education participated in the event. The prize winners were awarded certificates and mementoes. More than 100 students actively participated in the programme.



Vigilance Awareness Week Celebration – 2021

Vigilance Awareness Week was celebrated from 26.10.2021-01.11.2021 on the theme Anti- Corruption. A Guest Lecture was organised on the topic 'India towards Self Reliance; Issues and Challenges' and the Guest Speaker was Dr. Latha Subramanian, Vice-Chairperson, CoJER. In addition, panel discussion, pledge taking ceremony and poetry competition and Literary display was held. The Chettinad School of law along with the students and NSS volunteers of different constituent colleges of Chettinad Academy of Research and Education participated. A total of 100 volunteers attended participated in the celebrations.



CENTRE ACTIVITIES

RHTC

Breast Cancer Awareness Month – October 2021



UHTC

World Breast Cancer Awareness Month – October 2021



World Osteoporosis Day – Awareness



World Osteoporosis Day Awareness



Global Handwashing Day



Global Handwashing Day



CHETTINAD OUTREACH

GENERAL CAMP

Community Medicine

Outreach activities are being conducted by the outreach team of the Department of Community Medicine of Chettinad Hospital & Research Institute. A total of 4 camps were organized exclusively by the outreach team and 177 patients are benefitted out of which 36 patients were referred to CHRI for further treatment. The sites where the camps were organised are Manamai, Kokilamedu, Devaneri and Pudupakkam. The outreach was carried out by the outreach team of the Department of Community Medicine, under Dr. Buvnesh Kumar.

Microbiology

The Department of Microbiology, Chettinad Hospital and Research Institute, in collaboration with Simple Trust, organized an outreach program for the underprivileged school-going children of Aadhanur Village in Padappai. On 16.10.21. The team consisted of Dr. Priyadarshini, Dr. Alice Peace, Dr. John Maria Louis and Dr. Sathyakamala. The team educated the primary school children on the importance of personal hygiene, hand hygiene and the correct procedure of hand washing was demonstrated to them. The children were also made to practice the procedure. Information on the Covid 19 pandemic and the preventive measures were also taught to the students. Personal hygiene kits comprising of Masks, hand sanitisers, toothpaste, toothbrushes and soaps sponsored Lab Care Enterprises were also distributed to the students. A total of 15 children attended the outreach program.



CHETTINAD SQUARE

Bronchoscopy guided Percutaneous dilatational tracheostomy - a difficult and unique surgical intervention done at the bedside, GICU, CHRI

A 58-year-old male patient with an alleged history of OPC poisoning was admitted to Chettinad Hospital & Research Institute on 13.10.21. The patient required prolonged ventilator support and had twice failed the weaning trial. Given the difficulty in weaning, Percutaneous dilatational tracheostomy was done at the bedside in ICU and the position of the guidewire (A) and tracheostomy tube (B) was confirmed by bronchoscopy. The procedure was uneventful and the patient recovered well following the procedure. Early Tracheostomy was considered in this patient due to prolonged mechanical ventilation support and are expected to have a meaningful recovery. Tracheostomy decreased the need for sedation and facilitated weaning from a ventilator. The patient was discharged after complete recovery. This approach was associated with fewer bleeding complications than open tracheostomy. The patient received the care under Dr. R. Swaminathan Veerasamy, Prof. Anand, Prof. Merlin Shalini Ruth, Dr. Afreen, Department of Anesthesiology & Critical Care.

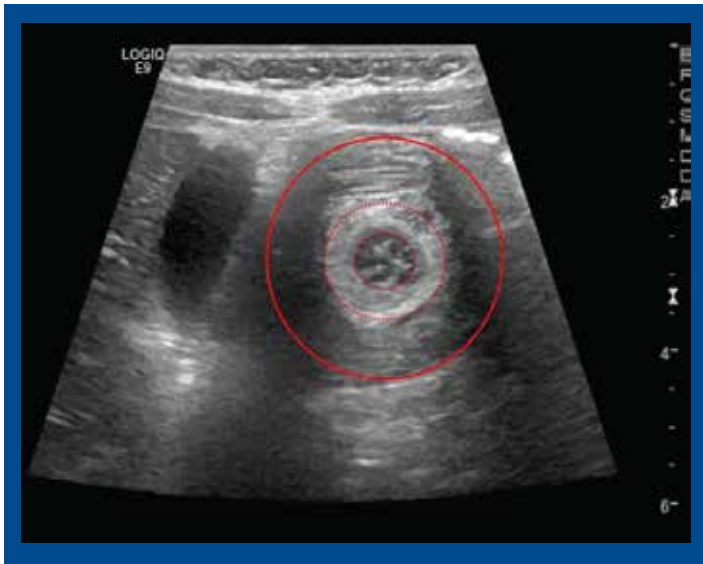


CLINICAL VIGNETTES

Question 26

A 48-year-old female presents to you after being found to have high blood pressure in the well woman clinic. She has been generally well except for previous laparoscopic cholecystectomy for gallstones. She takes no medication and is a non-smoker. Examination reveals an obese female with a body mass index of 32.2 kg/m². The mean of three separate blood pressure measurements is 155/98 mmHg. Cardiovascular and fundal examinations are otherwise normal. Her ECG reveals no specific abnormalities. What is the most appropriate treatment for this patient's blood pressure?

Question 27 – Impression of the image?



Identify The Personality (13)



Answers to questions from the previous issue

Question 25

Thyrotoxicosis

Question 26

Achalasia Cardia

Identify The Personality (12)

Sir Donald George Bradman,
an Australian International Cricketer

KUDOS!!!

Participants who sent the correct answers :

1. Dr. Priya

2. Dr. Divya



Answers can be sent to:

carekonnnect@care.edu.in

ckmeditors@gmail.com

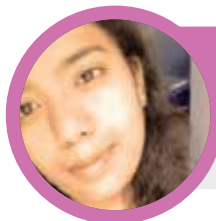
STUDENTS ACHIEVEMENTS

IPR OLYMPIAD 2.0 PARTICIPANTS (2019-20 batch)



Abishek V

Marks obtained **35**
(out of 45)



Devadharshini S

Marks obtained **26**
(out of 45)



Divya G

Marks obtained **24**
(out of 45)



Kanimozhi V

Marks obtained **28**
(out of 45)



Keerthika R

Marks obtained **27**
(out of 45)



Loghapriya R B

Marks obtained **26**
(out of 45)



Meenakshi R

Marks obtained **27**
(out of 45)



Mohana Kannan N

Marks obtained **36**
(out of 45)



Mohanapriya N

Marks obtained **26**
(out of 45)



Nivedha M

Marks obtained **20**
(out of 45)



Preetha M

Marks obtained **28**
(out of 45)



Rajalakshmi T

Marks obtained **29**
(out of 45)



Rhamsha S Khan

Marks obtained **22**
(out of 45)



Sruthi S

Marks obtained **30**
(out of 45)

FACULTY ACHIEVEMENTS

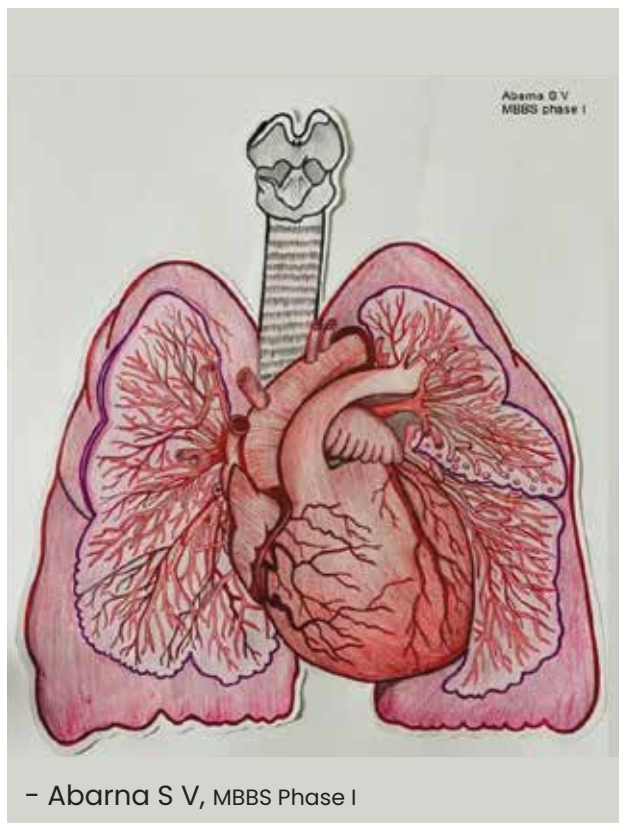


Dr. P. Senthil, Dean Dr, Chettinad School of Physiotherapy, CARE was honoured Elixir Award 2021 – Service award by the Elixir Learning academy under the category of Outstanding Service and Dedication Award in the field of Physiotherapy.



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