

SYNAPSE

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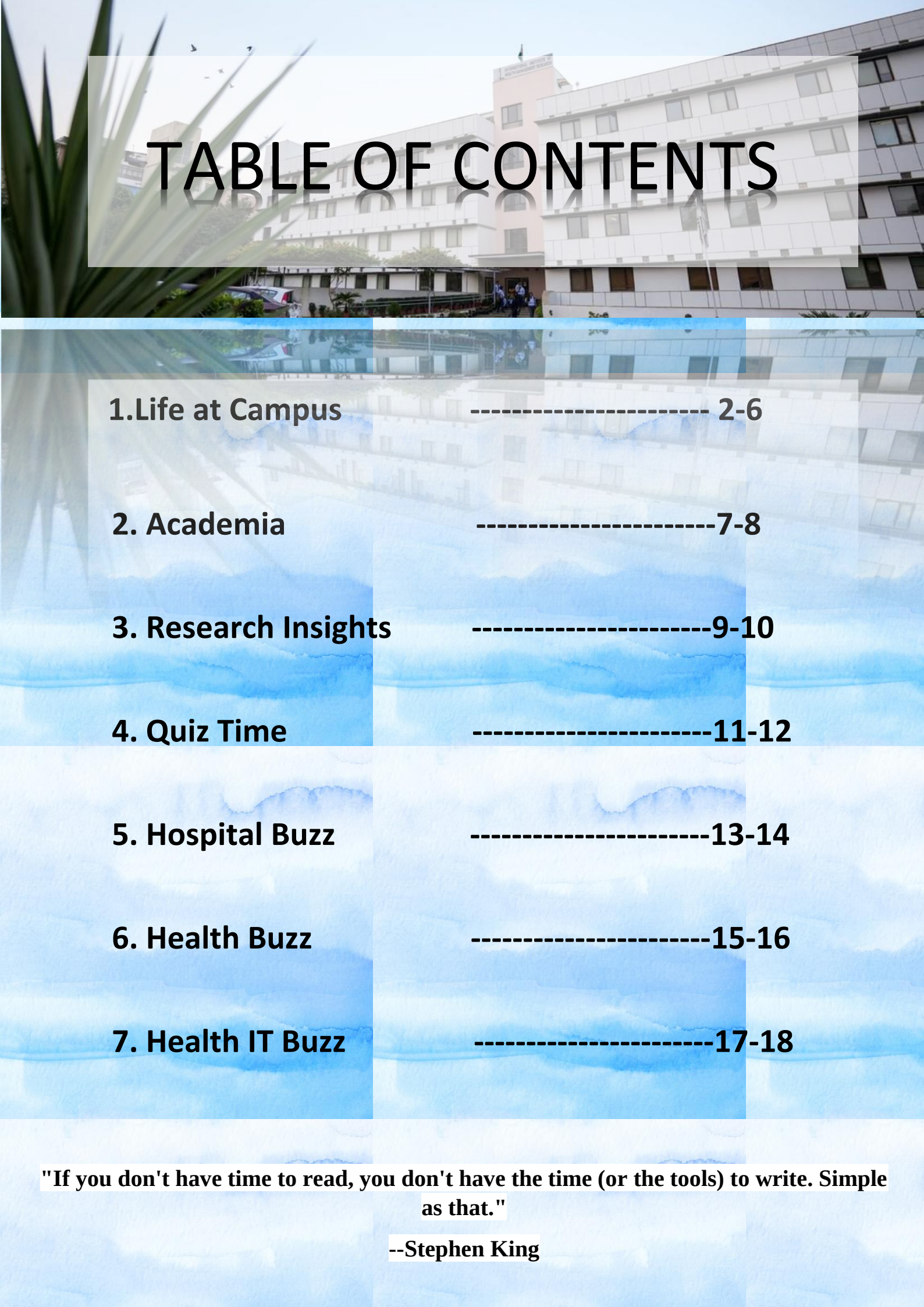


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"If you don't have time to read, you don't have the time (or the tools) to write. Simple as that."

--Stephen King

LIFE AT CAMPUS

Educational Excursion to Rural Health Training Centre (RHTC), Najafgarh

Embarking on an enriching educational journey, the first-year students at IIHMR Delhi delved into the intricacies of public healthcare during their visit to the Rural Health Training Centre (RHTC), Najafgarh, on 1st November 2023. The visit was an important component of the curriculum, provided students with invaluable insights

into the functioning of RHTC. During the visit, students understood the diverse functions and operations of RHTC, gaining a holistic understanding of the healthcare dynamics in rural settings.



IIHMR Delhi Hosts Training of Trainers Program on Youth Engagement in Disaster Risk Management

On 2nd November 2023, IIHMR Delhi hosted the participants from National Institute of Disaster Management (NIDM) attending the "Training of Trainers Programme on Engaging Youth & Adolescents in Disaster Risk Management & Climate Change Adaptation." The session saw the active participation of

over 70 trainees from various Government of India (GoI) line departments, including officers from the (NIDM). The focus of the event centered on the community outreach program initiated by IIHMR Delhi students, specifically the "Youth Lead DRR Program" operating in eight Indian states. Dr. Nidhi

Yadav, Associate Professor, warmly welcomed the visitors at IIHMR Delhi, while Dr. Sutapa B Neogi, the Director of IIHMR

Delhi, provided insights into the institute's legacy and its pivotal role in contributing to health systems and disaster resilience.



Guest Lecture on “Transgender Health”



The Institute hosted an enlightening lecture by Ms. Amrita Sarkar, an esteemed Advisor specializing in Transgender Wellbeing and Advocacy, on 8th November, 2023. The guest

lecture on “Transgender Health” provided a unique opportunity for the students to delve into the complexities and challenges faced by the transgender community. Ms. Sarkar's expertise illuminated the room as she shared valuable insights, shedding light on the importance of advocacy and holistic wellbeing for transgender individuals. The interactive session not only broadened perspectives but also ignited a spirit of empathy and understanding among the attendees.

Guest Lecture on “Technology in Health Service Delivery”

A thought-provoking session awaited the students as they were treated to a guest lecture on the "Applications and Relevance of Technology in Health Service Delivery in the

Current Scenario." The enlightening discourse, led by Dr. Shiv Shankar on 8th November 2023, delved into the

transformative role of technology in the contemporary healthcare landscape.

The session not only provided valuable insights into the practical applications of technology but also highlighted its relevance in enhancing health service delivery. The engagement with Dr. Shankar served as an enriching experience, fostering a deeper understanding of the dynamic intersection between healthcare and technology, leaving

the students inspired and well-informed.



Triumph and Recognition - Medal and Certificate Distribution Caps Off IIHMR Delhi's Sports Week

On 23rd November 2023, IIHMR Delhi was abuzz with excitement as the culmination of the Sports Week unfolded, marking a day of recognition and celebration for the participants. The campus witnessed the vibrant atmosphere of achievement and camaraderie during the Medal and Certificate Distribution ceremony. Students who

exhibited outstanding sportsmanship, dedication, and prowess in various sporting events throughout the week were honoured for their exceptional contributions. The ceremony not only acknowledged the winners but also underscored the spirit of healthy competition and teamwork that defined the Sports Week.



Transgender conference (IPATHCON)

IIHMR Delhi in collaboration with Association for Transgender Health in India (ATHI), World Professional Association for Transgender Health (WPATH), All India Institute of Medical Sciences (AIIMS), United Nations Development Program (UNDP), and the National Network of Transgender Persons (NNTN), held IPATHCON 2023 setting the stage for imparting training and capacity building of 'Care providers' for the delivery

of holistic Transgender Healthcare. It also featured the motivational Laxmi Narayan Tripathi. The conference provided an opportunity to delve into the realms of gender diversity and inclusivity, shedding light on both the achievements and challenges faced. The rich dialogue during the event, driven by the expertise of the GEI faculty, played a significant role in shaping a more inclusive social landscape.



Successful Health Camp Drive Organized by IIHMR Delhi in Collaboration with Rotary South Delhi

IIHMR Delhi, in collaboration with Rotary South Delhi, organized a Health Camp drive on 29th November 2023. The event witnessed the active participation of major hospitals such as RGCI, Venkateshwar, Schroff Eye Clinic, and Centre for Sight. The campus was abuzz with health initiatives as the community benefited from the expertise and

services provided by these renowned medical institutions. This collaborative endeavour aimed at promoting well-being and healthcare accessibility has made a positive impact on the local community. IIHMR Delhi continues to play a pivotal role in fostering health and community welfare through such impactful initiatives.

Venkateshwar Hospital, Dwarka
in association with
Rotary Club of Delhi West, Rotary Club of Delhi Govinda & E Club Progressive Thinkers
is organising

Free Health Check-up Camp
Services Offered: BP • Blood Sugar (Random) • ECG • BMD & Doctor Consultation

Date: 29th November 2023 (Wednesday) | Time: 10:30 AM to 2:30 PM
Venue: IIHMR, Sector 18A, Dwarka

For more Information, call: Virender Nath - 9990874246

Appointment: 011-46-555-555 | Emergency: 011-46-555-600
Sector 18A, Dwarka
www.venkateshwarhospital.com

Rotary District 3011

VENKATESHWAR HOSPITAL
...Diversity in Healthcare
The Leading Multi-Specialty Hospital

Rotary District 3011

Rajiv Gandhi Cancer Institute and Research Centre
in association with
Rotary club of Delhi West, Rotary club of Delhi Govinda & E Club of Progressive Thinkers
is organizing a

FREE CANCER AWARENESS TALK & SCREENING CAMP
(Early detection can save your Life)

Includes Pap Smear, Clinical Breast Examination & Oral Checkup

Day and Date : Wednesday, 29th November 2023
Timing : 10:30 am to 02:30 pm
Address : IIHMR, Sector-18A, Dwarka, New Delhi-110075

For more details please contact:
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December at IIHMR Delhi - A Month of Challenges and Festive Cheer

The month of December brought a wave of intensity as students at IIHMR Delhi immersed themselves in the rigors of examinations, spanning from 8th-22nd December 2023. Determination and focus filled the air as everyone navigated through the academic challenges. Following the demanding exam period, a well-deserved winter break ensued, allowing students to disengage and enjoy the festive season. The joy of Christmas and the anticipation of a new

year were warmly celebrated as students dispersed to their homes, creating a cheerful and festive atmosphere. The break not only offered a respite from academic commitments but also provided a valuable opportunity for students to reconnect with family and friends during the holiday season. As the year drew to a close, IIHMR Delhi community looked back on a month of both academic dedication and festive merriment.

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves. —Lao Tzu



ACADEMIA

AI in healthcare: A game-changer!

Artificial Intelligence (AI) is rapidly transforming the healthcare industry in India, bringing unprecedented tools for diagnosis, treatment, and patient care.

We are in the age of “big data,” where organizations are adopting tools for data orchestration and data mining and analysing volumes of structured and unstructured data. An improved capacity to collect huge sums of information through EHRs and the Internet of Things (IoT) has led to a demand for big data analytics and AI integration in healthcare services. More organizations can develop and use intelligence applications because it is possible to outsource data storage, leverage advanced theoretical understanding of data, and take advantage of computers that can execute complex tasks at high speeds and low costs. There is also greater demand for enterprise-level tools, as well as a desire for single platforms that combine real-time events and streaming data with other stored data. In a recent Healthcare IT News/HIMSS Analytics survey, healthcare organizations indicated their belief that AI will have the most substantial initial impact in the areas of population health, clinical decision support, patient diagnosis and precision medicine.

AI expenditure in India is expected to reach \$11.78 billion by 2025 and add \$1 trillion to India's economy by 2035, as per a World Economic Forum report. The AI in Healthcare Market is projected to grow from \$14.6 Billion in 2023 to \$102.7 Billion by 2028.

A report on the National Strategy for Artificial Intelligence by the NITI Aayog showed that shortage of qualified healthcare professionals and non-uniform accessibility to healthcare across the country prevails. India has only 64 doctors available per 1,00,000 people compared to the global average of 150 and AI can efficiently deal with this shortage of doctors. AI-powered telemedicine platforms can bridge the gap between healthcare professionals and patients, especially in remote areas. AI-driven virtual assistants can offer healthcare information, answer queries, and provide guidance, reducing the burden on healthcare professionals and making healthcare more accessible to the public. AI can analyse individual patient data to tailor treatment plans, ensuring more personalized and effective healthcare interventions.

“AI adaptation in healthcare is still in its early stages; but it is leading us toward a promising future,” says Niraj Garg, Head of Digital and Automation, Siemens Healthineers.

The future of healthcare with AI looks incredibly promising! AI can revolutionize various aspects of the healthcare industry, from diagnosis and treatment to personalized medicine and administrative tasks.

In diagnostics, AI algorithms can analyse medical images, detect patterns, and identify abnormalities with high accuracy. This can lead to quicker and more precise diagnoses, ultimately improving patient outcomes.

In treatment, AI can assist in developing personalized treatment plans based on individual patient data, making healthcare more tailored and effective. Machine learning models can also help predict patient responses to different interventions, optimizing the treatment process.

Operational Efficiency: Streamlined workflows, improved patient management, and automated tasks enhance overall healthcare efficiency.

Virtual Assistants: Chatbots and virtual helpers handle routine inquiries, allowing healthcare professionals to focus on critical tasks.

Research Acceleration: AI expedites drug discovery by analysing vast datasets, identifying potential candidates, and speeding up the development process.

Predictive Analytics: AI predicts potential health issues and patient responses, enabling proactive and preventive care strategies.

Remote Monitoring: With AI-powered devices, healthcare providers can remotely monitor patients, ensuring timely interventions and reducing hospital visits.

Cost Reduction: AI streamlines administrative tasks, cuts down operational costs, and optimizes resource utilization, making healthcare more economically sustainable.

Genomic Medicine: AI analyses vast genomic data, aiding in personalized medicine and contributing to more effective and targeted treatment.

While there are challenges and ethical considerations to address, the integration of AI in healthcare has the potential to greatly benefit both patients and healthcare providers. It's an exciting time for the industry!

The future of healthcare is here, and it's intelligent, precise, and efficient. Embrace the revolution!



RESEARCH INSIGHTS

IMPACT OF MENTAL HEALTH ON WELNESS OF ADULT WORKERS

Abstract

According to the World Health Organization (WHO), wellness is “the optimal state of health, that is, the realization of the fullest potential of an individual physically, psychologically, socially, spiritually, and economically, and the fulfilment of one’s role expectations in the family, community, place of worship, workplace and other settings.” Wellness in adult workers is found to be closely linked with better quality of life of individuals as well as the well-being of family, community, workplace, and country. The purpose of this study was to identify mental health factors influencing wellness in adult workers and provide the basis for the development of wellness program for workers.

The study was conducted in Korea around the time of pandemic. A descriptive survey was carried out using an online questionnaire, which was distributed to the adult workers aged 20 years or older who did a specified type of work in a specified way during the last 7 days in the workplace. Different standardized instruments pertaining to stress, depression, anxiety, and well-being were used to investigate their impact on adult wellness.

The findings indicated significant differences in wellness for demographic characteristics, such as, age, education, marital status, income, etc. The workers had moderate level of wellness, which could be linked with the low quality of life and reduced job performance at work at a personal level and to economic loss due to decreased productivity at a macro level. The regression analysis showed that perceived health status, stress, depression, anxiety, well-being, self-efficacy, and education all affected the wellness index. Of those, stress and depression were significantly negatively correlated with wellness, whereas anxiety, well-being, self-efficacy, and perceived health status were significantly positively correlated with it. The study results showed that wellness is affected by stress, depression, anxiety, well-being, self-efficacy, and perceived health status. The findings suggest that mental health influences wellness in adult workers and mental health should be improved to increase wellness.

They further indicate that there is a need to develop intervention programs that reduce stress, depression, and anxiety, and that methods of enhancing self-efficacy should be incorporated into these programs. This study had one major limitation. Because the study sample of adult workers was a convenience sample, the findings may not be generalizable to all adult workers.

For the complete research-<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8716594/>

Leadership is the capacity to translate vision into reality. —Warren Bennis



QUIZ TIME

1) Which international organization focuses on the eradication of infectious diseases and provides vaccines worldwide?

- A) World Health Organization (WHO)
- B) Doctors Without Borders (Médecins Sans Frontières)
- C) Gavi, the Vaccine Alliance
- D) UNICEF

2)What does the acronym EHR stand for in the context of healthcare?

- A) Electronic Health Record
- B) Emergency Health Response
- C) Efficient Hospital Registry
- D) Essential Health Report

3)In telemedicine, what does "HIPAA-compliant" refer to?

- A) Ensuring doctors have proper certifications.
- B) Protecting patient data and privacy.
- C) The speed of internet connections.
- D) The quality of video calls.

4)What does the "One Health" concept in global health emphasize?

- A) Focusing solely on human health.
- B) Integrating human, animal, and environmental health.
- C) Prioritizing urban health over rural health.
- D) Ignoring the impact of climate change on health.

5) How does the Swachh Bharat Mission contribute to public health in India?

- A) By promoting traditional Indian hygiene practices.
- B) By focusing solely on urban cleanliness.
- C) By addressing sanitation and cleanliness to prevent diseases.
- D) By encouraging the use of herbal remedies.

6) What is the primary objective of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) in India?

- A) Universalizing healthcare coverage for Indian citizens.
- B) Promoting traditional Ayurvedic medicine.
- C) Expanding medical research facilities.
- D) Providing free vaccinations to all children.

7) In healthcare management, what does the term "Continuous Quality Improvement" (CQI) refer to?

- A) Implementing cost-cutting measures.
- B) Enhancing patient satisfaction.
- C) Making occasional changes to policies.
- D) Ongoing efforts to improve processes and outcomes.

8) How many health-related Sustainable Development Goals are outlined by the United Nations?

- A) 2
- B) 3
- C) 5
- D) 7

The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant. —Max DePree



HOSPITAL BUZZ

1. Hospitals see 7-8% surge in patient footfall, new investments in 2023

The hospital sector saw a growth rate of 7-8 per cent this year in the number of patients seeking care, according to industry insiders. This has spurred investment in adding beds by major hospital chains in the country. “The growth trend should continue in 2024 as well,” said Dilip Jose, managing director (MD) and chief executive officer (CEO), Manipal Health Enterprise. [Click here for full text](#)

2. 6 crore hospital admissions costing Rs 77,298cr. authorized under AB PM-JAY till Nov 30: Govt to LS

Approximately six crore hospital admissions entailing an expenditure of Rs 77,298 crore have been authorized under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana till November 30, Union Health Minister Mansukh Mandaviya told Lok Sabha on Friday. [Click here for full text](#)

3. Revolutionizing Indian healthcare sector through New Medical Devices Policy 2023

The Indian Government notified the New Medical Devices Policy 2023 (NMDP2023) in April 2023. This forward-looking policy outlines an extensive range of measures to foster the growth and advancement of India’s healthcare industry, explicitly emphasizing the medical devices sector [Click here for full text](#)

4. MedExpert to make India foray with global capability center in Chennai

US-based healthcare technology provider MedExpert, which provides billing services focused on emergency medical services, is setting up its first Global Capability Centre (GCC) in India in Chennai. [Click here for full text](#)

5. Innovative angioplasty done in Kolkata hospital.

A 63-year-old patient underwent a successful innovative angioplasty in a hospital in Kolkata. Called Zero Contrast Rot ablation, Angioplasty (ZCRA), doctors claimed that this is the first time such a procedure has been performed in a patient in eastern India.

[Click here for full text](#)

6. Dr Mohana Rao Patibandla and Dr Rao's Hospital honoured at Atal Achievement Awards 2023

In a momentous ceremony at Vigyan Bhawan on December 19, 2023, the esteemed Atal Achievement Award 2023, organized by Topnotch foundation, recognized excellence in healthcare, specifically honouring Dr Mohana Rao Patibandla as the best spine surgeon and neurosurgeon in India and Dr Rao's Hospital/Patibandla Narayana Swamy Neurosciences LLP as the best neurosurgery and neurosurgery hospital.

[Click here for full text](#)

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others. —Jack Welch



HEALTH BUZZ

1.Enhancing Sustainability in Healthcare: Strategies for Carbon Footprint Reduction

Sustainable development has emerged as a global priority, presenting the healthcare sector with a unique opportunity to enhance its environmental responsibility. From energy-intensive hospitals to pharmaceutical manufacturing, medical operations significantly impact the environment. Critical areas of concern include energy consumption, waste production, and emission from transportation.

[Read full article](#)

Source: The Economics Times

2.COVID JN.1 variant: Understanding why it is a concern for pneumonia risk

The emergence of the JN.1 variant, with its unique genetic makeup, has raised concerns among public health experts due to its association with severe pneumonia. Researchers are investigating the specific genetic markers and mutations of JN.1 that contribute to its enhanced ability to induce pneumonia. Preliminary findings suggest that alterations in the virus's spike protein and other key components may facilitate a more efficient

invasion of lung cells, leading to a heightened inflammatory response. Vigilance, vaccination, and collaboration are crucial in addressing the challenges posed by the JN.1 variant.

[Read full article](#)

Source: Times of India

3. Takeda Emphasizes the Need for Cross-sectoral Alliances to Address the Burden of vector- borne infectious diseases

New Delhi [India],Takeda biopharmaceutical India Pvt. Ltd.(formerly Baxalta bioscience India private limited)-a global values-based, R&D driven biopharmaceutical leader-presented an industry perspective on the substantial need for vaccine equity and novel strategies for vector-borne disease financing at the Asian Venture Philanthropy Network(AVPN) South Asia Summit December 2023.

[Read full article](#)

Source: The Economics Times

4.The silent killer in the air: Shocking health risks of second-hand smoking

Passive smoking, or second-hand smoke, poses a multitude of health risks beyond inconvenience. Nonsmokers exposed to tobacco smoke face respiratory illnesses, exacerbation of preexisting conditions like asthma, cardiovascular diseases, and increased cancer risk. Pregnant women and children are particularly vulnerable, with complications ranging from low birth weight to behavioural problems. Long-term effects include impaired lung function and compromised immune systems. To protect vulnerable populations, robust policies and regulations on public smoking are essential for fostering well-being and a healthier environment.

[Read full article](#)

Source: Times of India

5. Vijaya Diagnostic to acquire PH Diagnostic for Rs 134.65 crore

PH is Pune's largest integrated diagnostic centre, with 23 years of operations. It has three 'hub centres' equipped with advanced radiology like MRI/CT, and another three 'spoke centres' equipped to carry out basic radiology services like ECG, X-rays and ultrasound and few collection and franchise centres, the filing said.

[Read full article](#)

Source: The Economic Times

6.How cosmetics and makeup can affect your eyes?

Eye cosmetics, including liquids, suspensions, fine powder and glitters can damage eyes and increase the risk of infection. Improper use of kajal and eyeliners can block eyelid glands, leading to styes and eyelid inflammation.

[Read full article](#)

Source: Times of India

A leader is one who knows the way, goes the way, and shows the way. —John Maxwell



HEALTH IT BUZZ

1. Google Launches Generative Artificial Intelligence Models for Healthcare

Google's newly introduced MedLM is a suite of foundation models designed for healthcare, with two generative AI tools built on the large language model Med-PaLM 2.

Source: Health IT Analytics [Read full Article](#)

2. Deep Learning Model Flags Non-Smokers at Increased Risk for Lung Cancer

A new model has shown that among non-smokers, there is a 2.1 times greater risk of developing lung cancer for those in high-risk groups compared to their peers.

Source: Health IT Analytics [Read full Article](#)

3. Deep Learning Model Predicts Mortality Following Medical Procedures

Patients classified as high risk for postoperative mortality by a new deep learning tool were nearly nine times more likely to die than their low-risk counterparts.

Source: Health IT Analytics [Read full Article](#)

4. Successful RPM needs leading edge tech, thoughtful implementations

Done right, more widespread adoption of remote patient monitoring will offer breakthrough innovations where healthcare delivery can be improved, clinician workloads can be right-sized and better patient outcomes can be achieved, an expert says.

Source: Healthcare IT News [Read Full article](#)

5. How to overcome the nursing shortage challenge with a people-first, data-driven approach

Together, talent and technology can help to solve Southeast Asia's nursing shortage by relieving the pressure on healthcare workers, improving the nurse and patient experience and getting people the care they deserve.

Source: Healthcare IT News [Read Full article](#)

6. Where AI innovation has taken one EHR vendor in 2023

"AI can fundamentally change the physician experience with an EHR by making it an intelligent partner for the clinician," says Paul Brient, chief product officer of athenahealth.

Source: Healthcare IT News [Read Full article](#)

8. Arguing the Pros and Cons of Artificial Intelligence in Healthcare

Artificial intelligence in healthcare is a hot topic, sparking ongoing debate about the ethical, clinical, and human impacts the tech can have on patient care.

Source: Health IT Analytics [Read Full article](#)

7. HIMSS Cast: CDC's new outbreak and disease modeling network, and its promise for public health

The new public-private collaboration Insight Net is using advanced bio surveillance to respond to outbreaks and prevent future pandemics. Dylan George, director of the CDC's Center for Forecasting and Outbreak Analytics, explains more.

Source: Healthcare IT News [Read Full article](#)

9. AI scaling and sustainability – tips for success from providers, payers and vendors

Leaders from Providence, Humana and VMware offered varied perspectives on their artificial intelligence journeys at the HIMSS AI in Healthcare Forum on Friday.

Source: Healthcare IT News [Read Full article](#)

The nation will find it very hard to look up to the leaders who are keeping their ears to the ground. —Sir Winston Churchill



SYNAPSE TEAM MEMBERS

1. Ms. Anamika Singh
2. Ms. Anushi Bhardwaj
3. Dr. Arpita Lohani
4. Dr. Anshuma Mahalle
5. Ms. Krati Gupta
6. Ms. Eshika Bindal
7. Dr. Bhumika Hooda
8. Dt. Priya Bansal
9. Dr. Ssamridhi Kaur
10. Mr. Rohit Upadhyay
11. Ms. Sweksha Gupta

Answers to the Quiz

1. Gavi, the Vaccine
2. Alliance Electronic
3. Health Record Protecting patient data and privacy
4. Integrating human, animal, and environmental health
5. By addressing sanitation and cleanliness to prevent diseases
6. Universalizing healthcare coverage for Indian citizens
7. Ongoing efforts to improve processes and outcomes
8. 3