



INTERNATIONAL INSTITUTE OF
HEALTH MANAGEMENT RESEARCH

MAY-JUNE 2022

Synapse

E-NEWSLETTER

IN THIS ISSUE

News from the campus

Academic corner

Student research corner

Headlines

- Health
- Hospital
- Health IT

OBSERVATION OF WORLD NO TOBACCO DAY

Date: 31st May 2022

Community sensitization through nukkad natak and health discussions was held by students of IIHMR, Delhi at resettlement colonies in Bhatti Mines, Chhatarpur, New Delhi on World No Tobacco Day, 2022. The audience was primarily made up of youngsters and adolescents, an age group that needs to be targeted aggressively. During the event, the Quit-Line Number 1800-11-2356 was also shown. It was a successful event, towards the end of which, all present at the venue took a pledge to make India tobacco-free.



CELEBRATION OF INTERNATIONAL DAY OF YOGA

Date: 21st June 2022

Since 2015, the International Day of Yoga (IDY) has been celebrated worldwide on June 21 every year. The theme for this year's yoga day was "Yoga for Humanity". The theme portrays how yoga served humanity in alleviating suffering during COVID-19. It celebrates the physical and spiritual prowess that yoga has brought to the world stage.

On this significant day, the Director, Faculty, Staff and Students of IIHMR, Delhi were guided through a Yoga practice session at the IIHMR Campus to nurture every bit of their body and mind.



Picture credits: Mr. Rajdeep Dey

STRESS : WORTH YOUR HEALTH?

Stress has always been a part of a man's life and it is just increasing day by day. With the COVID-19 pandemic, it has been increasing in the general population and have peaked in various professions, especially in hospitals and health care fields. Doctors, nurses, and various other staff working at a hospital have gone through severe work load which has caused various health issues among the working staff.

According to the American Psychological Association, 78% of adults say the pandemic is a significant source of stress in their life. About 2 in 3 adults (67%) say the pandemic has raised their stress levels.

There are various reasons that cause stress among the workers in all fields and not only healthcare. These can be a heavy workload, job dissatisfaction, long hours, poor management, unclear expectations, dangerous conditions, coworker conflicts, personal issues (like divorce, job loss, financial problems, death of a loved one, unexpected life events, etc.)

A consistent sense of feeling pressured and overwhelmed over a long period of time is referred to as chronic stress. There are various predisposing factors like genetics, hormonal issues, and certain medical conditions, which worsen the stress if you add environmental or lifestyle factors (which may increase or decrease stress). With all the stress, the body responds in a certain way. Stress might begin to show psychosomatic symptoms , like, headaches, fatigue, difficulty in sleeping, upset stomach, and irritability. Long term activation of stress hormones leads to weight gain, depression, heart disease, heart palpitations, memory and concentration problems, hyperglycemia, and sleep issues.

Doctors are exposed to high levels of stress in the course of their profession and are particularly susceptible to experiencing burnout. Burnout has far-reaching implications on doctors; patients and the healthcare system. If one part of the system is affected, it will have an impact on all the other working processes of the hospital. Stress in doctors is a product of the interaction between the demanding nature of their work and their often obsessive, conscientious and committed personalities. In the face of extremely demanding work, a subjective lack of control and insufficient rewards are powerful sources of stress in doctors.

Nurses play a major role in hospital and have the hectic day schedule. Sources of nurses stress can be over time work, under staffing, low job satisfaction, heavy workload, absenteeism, difficulty communicating with diverse patients, poor work-life balance, providing care to patients with critical health conditions, financial security etc. We can learn to be successful at over coming stress, once we find the tools that work best for each of us.

STRESS : WORTH YOUR HEALTH? (CONTD.)

Stress management is very important in order to let day to day activities work in a proper manner. Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and the motive of improving everyday functioning.

Although a stressor may begin as a situation we feel is out of our control, we have choices on how we respond to that given situation. Some healthy ways to overcome stress are:-

- Rest and relaxation, power naps can increase energy, stabilize emotions, and restore brain functionality.
- Breathe deep, oxygen flow through out the body can be increased with deep breaths. Breathe in slowly and completely through your nose, then slowly exhale through your mouth. Repeat this process 5–10 times to relieve stress.
- Experiment with yoga, stretching, in general, is great for your body and an excellent way to reduce stress.
- Try meditation, meditation can calm nerves and help you focus on the positives in life rather than the negatives.
- Massage, You may build up physical stress in your muscles from the mental stress of your life. Take a couple of minutes and massage your shoulders and neck. You may be surprised at how tense your muscles are. Better yet, schedule a massage with a licensed massage therapist.
- Adopt healthy eating and lifestyle habits, making unhealthy eating choices can be due to many reasons including: stress, boredom, lack of time, or convenience. When it comes to diet, exercise, and healthy eating plans, remember it is not a 'one size-fits-all' solution. It's important to find an eating plan that fits into your personal lifestyle, with healthy food choices that increase your wellness and energy.
- Immersing yourself in nature and the warm sun can improve levels of vitamin D, help with concentration, and prevent illnesses.
- Listening to music can help you recover from stress faster, and it can also help the endocrine and psychological stressresponse.
- Reading draws your focus away from your stress. By immersing yourself into a novel, you let your brain absorb the story, and you let the stress and everything around you dissipate. If you don't like reading novels, you can always read news articles or other pieces of similar length.
- There are also audio books, where you can listen to stories instead of reading them.
- Having a dog, cat, or any pet around comes with many benefits. The simple act of interacting with and petting an animal releases the feel-good chemicals of oxytocin and serotonin, which can help promote relaxation and decrease stress and anxiety levels.
- Take some time off, whether it's a day, weekend, or a full vacation, getting away from the stress of work can be a positive experience.

So, we can conclude as a health care professional, it's vitally important to distress for your health and the health of your patients.

As part of the PGDM curriculum, students of IIHMR Delhi undertook several short research projects in the campus. Here we share findings from one of the studies. We will continue to share findings from the various studies in our upcoming newsletters.

A study on internet addiction and its association with psychological health

With the growing technology, there is an immense increase in the usage of internet. There is a growing concern about the psychological health of the individuals getting affected with increased internet usage. Internet addiction is an umbrella term which refers to the irresistible need of sparing a great deal of time on the Internet, to the point where our personal life is disrupted.

Internet addiction is defined as a social problem with symptoms such as excessive occupation with internet, the feeling of urgency to use the internet even after repetitive efforts to stop using the internet, the loss of importance of time spent away from the internet, spending more time on the internet than planned, and extreme uneasiness when staying away from the internet. Studies have shown, internet addiction leads to anxiety, stress, and depression. Excessive use of internet also affects the academic achievements of students. Students addicted to internet are more involved in it than their studies, and hence have poor academic performance. To explore this phenomenon a study was conducted to assess the proportion of students exhibiting internet addiction and its association with psychological health in first year students of IIHMR Delhi.

A descriptive cross-sectional study was conducted. Information on internet addiction was collected using a 20 item self-report questionnaire based on Internet Addiction Test (IAT) Score designed by Dr Young and Kimberly. The score in IAT ranges from 0 to 100. The total score was interpreted as normal (0-30), mild (31-49), moderate (50-79) and severe category (80-100). A Self-Report Questionnaire (SRQ-20) which is a 20-item self-administered tool developed by the World Health Organization was used for screening of mental health conditions.

A total of 89 students (26 male and 63 female) above 21 years of age were included in the study. Sixty-six students (44.8%) reported that they spent 5-10 hours every day on internet while 28.7% reported that they spent 0-5 hours. On the IAT scale, 66 students were classified as having internet addiction, of whom 45 had high addiction. Proportion of males and females with internet addiction was similar (73.1% and 74.6% respectively). The results for SRQ-20 revealed that 78 students (87.6%) scored above the threshold and therefore were classified as having psychological distress. Though in our study internet addiction was found to be protective against psychological distress (OR=0.25), the association was not statistically significant (p=0.17).

Our study concluded that more than half the students spend a considerable amount of time on the internet every day and majority of the students reported psychological distress on the SRQ-20 scale. The study was limited to students of IIHMR-Delhi, hence conducting this at a larger level and in a more comprehensive manner with a bigger sample size could help in the better assessment of the trends and association between the internet addiction and stress.

IS INDIA STARING AT DENGUE OUTBREAK? AHEAD OF MONSOON, TELANGANA ISSUES ALERT

According to media reports, Director of Public Health (DPHO) Dr G Srinivasa Rao, has said that a total of 158 dengue cases have been reported in the GHMC limits.

[\(Click to read full article\)](#)

Source - The Financial Express

Date - 11th June 2022

COVID-19: CHINA WARNS OF 'EXPLOSIVE' OUTBREAK AS SHANGHAI BEGINS MASS TESTING

China's capital Beijing is facing an "explosive" COVID-19 outbreak connected to a bar, a government spokesman warned on Saturday, as the commercial hub of Shanghai began mass testing to contain a jump in cases tied to a popular beauty salon

[\(Click to read full article\)](#)

Source: The Financial Express.

Dated: 11th June 2022

SCAN FOR BETTER HEALTH IN DELHI: YOUR WAIT FOR CLOUD-BASED CARD MAY END THIS YEAR

Delhi government's ambitious Health Information Management System (HIMS) and QR based health cards are likely to be launched in 3-4 months

[\(Click to read full article\)](#)

Source - The Economic Times

Date - 13th June 2022

SIEMENS' INDIA ENGINEERS USE AI & SOFTWARE TO REIMAGINE HEALTHCARE

Healthcare is being reimagined with the help of three competencies – patient twinning, precision therapy, embracing digital, data and AI.

[\(Click to read full article\)](#)

Source- The Economic Times

Dated: 13th June 2022

NHA ORGANISES ORIENTATION WORKSHOP ON AYUSHMAN BHARAT DIGITAL MISSION

The National Health Authority (NHA) started a three-day orientation workshop for Joint Directors/Directors from different states & union territories across the country. The workshop is being held in partnership with the Koita Centre for Digital Health (KCDH), IIT Bombay from yesterday till 10th June 2022.

[\(Click to read full article\)](#)

Source- *The Express Healthcare*

Date – 9th June 2022

SMALL TRIAL SEES POTENTIAL FOR NEW RECTAL CANCER DRUG; TOO EARLY TO CALL IT CANCER CURE

All patients in a rectal cancer drug trial were in remission after six months. Experts say it's 'revolutionary' but bigger, more diverse studies are needed.

[\(Click to read full article\)](#)

Source-*The Hindustan times.*

Dated: 13th June 2022

NO MONKEY BUSINESS: ALL YOU NEED ABOUT MONKEYPOX

Monkeypox is a disease caused by the monkeypox virus. It is a viral zoonotic disease which can spread from animals to humans.

[\(Click to read full article\)](#)

Source - *The Financial Express.*

Date - 12th June 2022

WEST BENGAL ASKS HOSPITALS TO READY ISOLATION BEDS FOR MONKEYPOX CASES

"Although monkeypox has not been reported in India, with new cases being detected from various countries, chances of this disease occurring in India cannot be ruled out," the advisory said.

[\(Click to read full article\)](#)

Source- The Economic Times.

Date – 27th May 2022

MAHARASHTRA: OVER 15,000 NURSES OF STATE-RUN HOSPITALS GO ON STRIKE OVER OUTSOURCING OF RECRUITMENT

Talking to PTI, the general secretary of Maharashtra State Nurses Association (MSNA) Sumitra Tote said the nurses will go on an indefinite strike from May 28 if their demand is not met and will also strike work on Friday.

[\(Click to read full article\)](#)

Source-The Economic Times

Dated: 26th May 2022

HYPERTENSION MOST COMMON COMORBIDITY: DELHI HOSPITAL STUDY ON COVID PATIENTS

Doctors at a Delhi government-run hospital have conducted a study to examine the epidemiological characteristics of the pandemic by describing clinical profiles of COVID-19 patients and found that hypertension was the most common comorbidity.

[\(Click to read full article\)](#)

Source - NDTV India

Date - 25th May 2022

ESANJEEVANI INTEGRATED WITH NHA'S AYUSHMAN BHARAT DIGITAL MISSION

The National Health Authority (NHA) on Friday said the government's 'eSanjeevani' telemedicine service has been integrated with the Ayushman Bharat Digital Mission (ABDM). This integration allows the existing eSanjeevani users to easily create their Ayushman Bharat Health Account (ABHA) and use it to link and manage their existing health records, the NHA said.

[\(Click to read full article\)](#)

Source : www.financialexpress.com

Date - 3rd June 2022

ANTIDOTE HEALTH DEBUTS TELEMEDICINE-BASED MENTAL HEALTH CLINIC

Telehealth company Antidote Health is extending its virtual care offerings to include a service focused on mental health issues.

[\(Click to read full article\)](#)

Source : www.healthcareitnews.com

Dated: 19th May 2022

AI DEEP LEARNING MODELS CAN PREDICT RACE FROM IMAGING RESULTS

Artificial intelligence deep learning models can be trained to predict self-reported race from imaging results, raising concerns about worsening health disparities, according to a study published in The Lancet Digital Health.

[\(Click to read full article\)](#)

Source : www.mobihealthnews.com

Date : 18th May 2022

AI-ENABLED APP EVALUATES MRI DATA TO HELP ANALYZE DEMENTIA

Neurological IT company Combinostics announces the Dementia Differential Analysis report on the differential diagnosis of dementias. The app-based report visualizes comparisons of patient MRI biomarkers with other data from patients.

[\(Click to read full article\)](#)

Source- www.healthcareitnews.com

Dated: 18th May 2022

TELEHEALTH CAN BE A SAFE TECHNIQUE IN HIGH-RISK PREGNANCIES, STUDY SHOWS

A recent meta-analysis found that telemedicine interventions had a positive impact on many maternal and neonatal health measures. The study published in the Journal of Telemedicine and Telecare found that telehealth can be safe and effective when it comes to managing high-risk pregnancies.

[\(Click to read full article\)](#)

Source- www.healthcareitnews.com

Dated: 16th May 2022

Synapse Team

Ms. Chhandasri Mishra

Dr. Divya Gupta

Dr. Jaganjeet Kaur Randhawa

Mr. Kinshuk Jain

Dr. Mrinal Sharma

Dr. Priyanka Joshi

Dr. Riya Agrawal

Dr. Ruchi Jangra

Ms. Shivangi Dash

Dr. Yashika Chugh