



INTERNATIONAL INSTITUTE OF HEALTH MANAGEMENT RESEARCH DELHI

# SYNAPSE



**MAY - JUNE**  
**2023**

# TABLE OF CONTENTS

---

1. Life at campus	-----	1-3
2. Academia	-----	4-6
3. Research Insights	-----	7
4. Puzzle Time	-----	8
5. Hospital Buzz	-----	9
6. Health Buzz	-----	10
7. Health IT Buzz	-----	11



# LIFE AT CAMPUS

## COLLABORATION WITH “VITAL STRATEGIES” FOR STRENGTHENING DATA-INFORMED POLICY DEVELOPMENT (16 MAY 2023)

Vital Strategies and International Institute of Health Management Research Delhi (IIHMR Delhi) have partnered for “Strengthening Data Informed Policy Development”. As a part of this collaboration IIHMR Delhi launched the ‘Data for Health (D4H) Gender Data Analysis for Policy Development: Asia Pacific program’ on 16th May 2023. This initiative is supported by D4H partners and experts, including the Gender Equity Unit at John Hopkins Bloomberg School of Public Health and will provide participants with mentorship and training. The program aims to support governments in strengthening evidence-based policymaking.



## WORLD NO TOBACCO DAY (31 MAY 2023)

The students of International Institute of Health Management Research Delhi organized a Nukkad natak on World No Tobacco Day 2023, on the theme ‘Grow food not tobacco’. The students enthusiastically took part in the activity and showed their creativity and dedication towards resolving the issue.

# LIFE AT CAMPUS

## WORLD ENVIRONMENT DAY (5 JUNE 2023)

International Institute of Health Management Research Delhi celebrated World Environment Day on 5th of June. It was an opportunity for all of us to come together and take action to protect our planet. On the occasion of World environment day, IIHMR Delhi organized tree plantation drive at the campus.



## INTERNATIONAL YOGA DAY CELEBRATIONS (21 JUNE 2023)

Yoga cultivates the habit of maintaining a balanced attitude in day-to-day life. International Institute of Health Management Research Delhi celebrated this international yoga day by observing the power of discipline of mind and body and embarking on this spiritual journey.



# LIFE AT CAMPUS

## WEBINAR ON AGEING WITH DIGNITY: FOSTERING WELL-BEING AND EMPOWERMENT IN OLDER ADULTS (20 JUNE 2023)

International Institute of Health Management Research Delhi organized a webinar comprising of experts who delved into the key facets of fostering dignity, wellbeing, and empowerment for seniors. The webinar enlightened participants with transformative insights and strategies. It was an inspiring session of knowledge, paving the path towards a brighter, more dignified future for all generations to come.

IIHMR Delhi has joined the esteemed UK Ageing Network: South Asia and has set up a centre for ageing studies. the details of the centre can be found at the following link:<https://www.iihmrdelhi.edu.in/centers/centre-for-ageing-studies>



## SUMMER INTERNSHIP (APRIL 2023 TO JUNE 2023)

The summer internship of the first-year students of IIHMR Delhi concluded in June 2023. The students got industry exposure and a better understanding of the working environment. Along with that, this internship aimed at uplifting their skills to make each student future ready.

The students of first year (Batch 2022-2024) went for summer internship in the following organizations:

- Aarogya Seva
- AHPI
- Apollo Hospitals
- Balaji Action Hospital
- BLK Max Hospitals
- Care Bihar
- CK Birla Hospital
- Doctor's Alliance
- GMCH Chandigarh
- HAI
- HIDOC
- Innovatiocureus
- Intellio Healthcare
- IQVIA
- KIMS Healthcare
- Manipal Hospitals
- Max Hospital Patparganj
- Narayana Health Dharamshila
- NHM Punjab
- NHM Uttarakhand
- NHSRC
- PNB Metlife
- Rainbow hospitals
- RGCI
- Sphere India
- Treatment Traveller



# ACADEMIA

## NATIONAL DIGITAL HEALTH MISSION

On August 15, 2020, India's 74th Independence Day, the Hon'ble Prime Minister of India Shri Narendra Modi unveiled the National Digital Health Mission (NDHM), which is also known as Ayushman Bharat Digital Mission, aims to build an ecosystem for better healthcare services across the nation which is also known as Ayushman Bharat Digital Mission. It was launched as a pilot in six union territories - Andaman & Nicobar, Chandigarh, Dadra & Nagar Haveli and Daman & Diu, Ladakh Lakshadweep and Puducherry. The pilot phase was successfully conducted between 15th August 2020 to 27th September 2021. On 27 September 2021, the national rollout of the ABDM was announced.

### AIM of NDHM

- Create and enhance the infrastructure for total service interchange and the management of essential digital healthcare data.
- Make health records of people that meet international standards with their rational permission. This will make it easier for patients, healthcare workers, and service providers to exchange records.
- Encourage the use of digital health cards by citizens, which will contain reliable information on medical professionals, healthcare organizations, clinics, pharmacies, and medications.
- Encourage national digital healthcare stakeholders to adopt open standards.



This robust digital infrastructure serves as a springboard for NDHM as it works to advance and improve healthcare in the nation through digital management. Ministry of Health and Family Welfare (MoHFW), Ministry of Electronics and Information Technology (MeitY), and National Health Authority (NHA) are the main organisations in charge of overseeing and carrying out the mission.

# ACADEMIA

---

## Key Objectives of NDHM

- **Health ID**: The mission seeks to assign a unique Health ID to every Indian citizen. This Health ID will be a digital repository of an individual's health records, including medical history, prescriptions, diagnostic reports, and treatment details.
- **Electronic Health Records (EHR)**: NDHM aims to facilitate the creation and maintenance of electronic health records for all citizens. These records will be securely stored and can be accessed by healthcare providers, with the consent of the individual, to ensure continuity of care and avoid duplication of tests and treatments.
- **Health Digi Locker**: NDHM includes the creation of a Health DigiLocker, which is a secure digital platform for individuals to store and access their health-related documents and records, such as lab reports, vaccination records, and doctor's prescriptions.
- **Telemedicine and e-Consultations**: The mission focuses on promoting telemedicine and e-consultation services to improve access to healthcare, especially in rural and remote areas. It aims to enable citizens to consult with doctors remotely, seek medical advice, and access healthcare services through digital platforms.
- **Health Information Exchange**: NDHM envisions the development of a robust health information exchange framework that allows the secure and standardized exchange of health information between different stakeholders in the healthcare ecosystem, including hospitals, clinics, pharmacies, and diagnostic centers.
- **Privacy and Security**: The mission emphasizes the protection of individual privacy and data security. It aims to implement stringent data protection measures and ensure that individuals have control over their health data, with the ability to give consent for its sharing.

## Current Problems in Our Healthcare System

### People's Problems

- People don't have access to their medical reports.
- People don't have information about the labs, doctors and hospitals.
- People don't have choice to consult doctor remotely.
- People don't have easy supply of medicines.

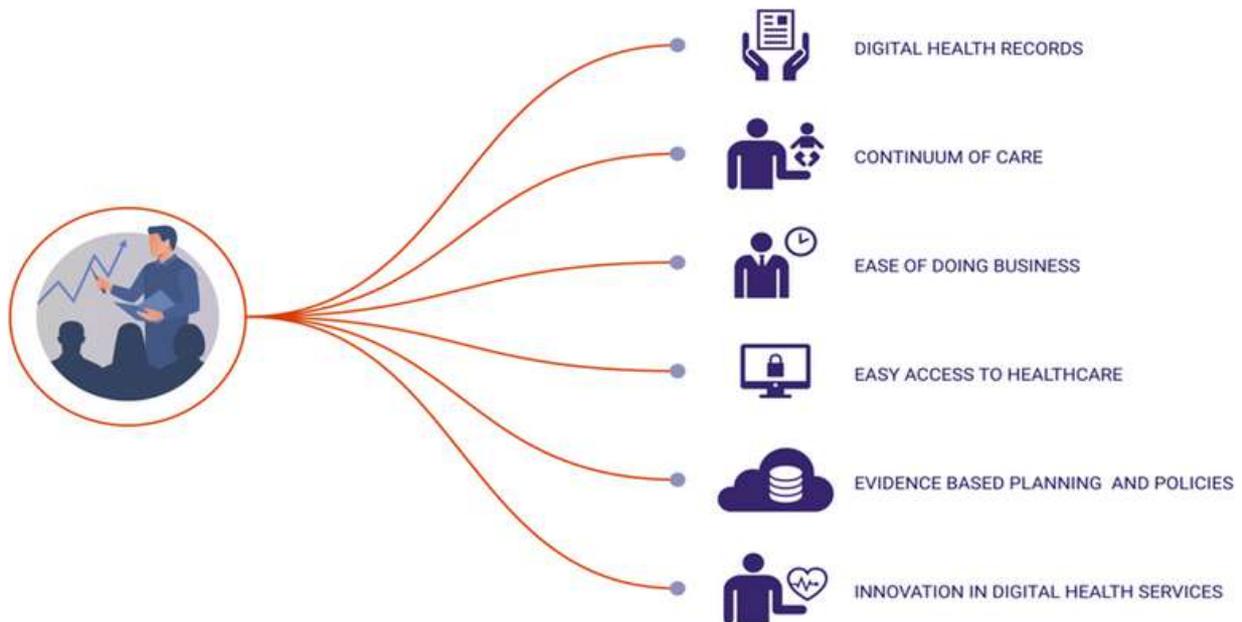
### Doctor's Problems

- Doctors don't have access to patient's medical records.
- Treatment follow up is often skipped.
- Doctors don't have access to remotely consult patients.
- Doctors and hospital don't have the ease of doing business.

# ACADEMIA

## BENEFITS OF NDHM

Arunima Rajan



News Reports

## CHALLENGES

With the digital health goal, the government has established an ambitious digital road-map for Indian healthcare.

Adopting and putting the NDHM into practise, however, will undoubtedly present some difficulties. Although the technology-based project has the potential to change the game, several obstacles are anticipated, particularly when it comes to rural India.

Particular issues in rural locations include the low internet penetration and accessibility of digital documents.

Data privacy and security are a significant concern as well. However, in compliance with the Personal Data Protection Bill of 2019, the Centre intends to create a National Policy on Security of Health Systems and Privacy of Personal Health Records to address this. Individual healthcare data might be vulnerable to hackers and commercial use. Although the NDHM is now a voluntary initiative, much like the Aadhaar was at first, it may eventually become a requirement to access government health services. Keeping personal health information secure in such a situation becomes crucial.

It's important to note that the implementation and impact of the NDHM may vary over time, and the actual changes seen would depend on the successful execution of the initiative, as well as the adoption and acceptance of the digital healthcare ecosystem by healthcare providers and citizens.

# Research Insights

## The Influence of Social Media On Depression, Anxiety, and Psychological Distress in Adolescents

While becoming inextricable to our daily lives, online social media are blamed for increasing mental health problems in younger people. The World Health Organization reported that 10–20% of children and adolescents worldwide experience mental health problems. It is estimated that 50% of all mental disorders are established by the age of 14 and 75% by the age of 18

This systematic review synthesized evidence on the influence of social media use on depression, anxiety and psychological distress in adolescents. It examines the assumed relationship between social media use and mental health problems in adolescents. Among the studies, selected under this review, depression was the most commonly measured outcome. The prominent risk factors for depression, anxiety and psychological distress emerging from this review comprised time spent on social media, activities such as repeated checking for messages, personal investment, and addictive or problematic use.

Although results of the studies were not entirely consistent, this review found a general correlation between social media use and mental health problems. However, most authors noted that the observed relationship is too complex for straightforward statements. Few studies were designed to explore this complexity although some assessed the effect of mediating and moderating factors. Insomnia and other sleep-related factors were most frequently reported as mediators of the relationship between social media use and depressed mood.

Other important findings of this review suggest that particular attitudes or behaviours (e.g. social comparison, active or passive use of social media, motives for social media use) may have a greater influence on the symptoms of depression, anxiety and psychological distress than the frequency of social media use or the number of online friends. Although there is evidence of a relationship between time spent on social media and depression as well as social media-related activities and depression, contrary findings have also emerged. This systematic review also sheds light on the influence of age and sex. Although some studies found that these variables had no effect on the relationship between social media use and mental health problems, other studies showed that girls and younger adolescents are more prone to depression and anxiety. Further investigation is needed to assess the effects of age and gender.



Source-

<https://doi.org/10.1080/02673843.2019.1590851>

# Puzzle Time

## Public Health Scramble

Unscramble the following words:

1. CIMILENEEEDT
2. NALECEPEVR
3. IDAPEMOCHGR OSTARINITN
4. AIHEGNTGLNI ARWD
5. YMUHASAN TAHRAB
6. HTLAHE IPTNOOORM
7. GLOD ADDNSATR
8. RIKS ESTSMSANES
9. ATMALERN NDA CLDIH LTAHHE
10. NCATTOC GICTNRA
11. UECLRVENLISA
12. TLAEIILAVP ACRE
13. EHABRTNOILAITI
14. MILCADE RHCRESAE
15. LIILACCN LIATRS

ANSWERS ARE AT THE LAST PAGE

# Hospital Buzz

## **Hospital falls prey to ransomware attack, hackers demand \$70,000**

Days after KD Hospital fell prey to a ransomware attack, an FIR was filed on Tuesday at the Bopal police station. The cyberattack blocked the hospital from accessing all its online systems, including CCTV footage, patient data, hospital files, and software, people privy to the matter said.

“The ransomware attack took place at around 2 am on May 13. All server data of the hospital on its online server was encrypted. A ransom demand was made via an email by the attackers of USD 70,000 in bitcoins to decrypt the files. The servers are still down,” said AP Chaudhary, police inspector, Bopal police station.

Source: Express News Service  
[click here to view the full article](#)

## **Can't deny govt staff's med claim over hospital non-empanelment: HC**

NEW DELHI: The Delhi high court (HC) ruled that medical claim of a government employee for reimbursement of treatment undertaken in emergency should not be denied merely because the hospital was not empanelled with the Central Government Health Scheme (CGHS).

Source: Times of India  
[click here to view the full text](#)

## **Maharashtra to get a mental health hospital after 100 years with hi-tech facilities**

For years, public-health policy makers and doctors have been raising the need for more regional mental health hospitals especially in Vidarbha and Marathwada regions that have the highest incidences of mental health issues.

Source: The Indian Express  
[click here to view the full text](#)

## **IndiaRF eyes a controlling stake in Punjab's Ivy Hospital**

Mumbai: India Resurgence Fund (IndiaRF), an India-focused distressed and special situations investment platform sponsored by the Piramal group and Bain Capital Credit, is in talks with Punjab-based hospital chain Ivy Hospital to pick up a controlling stake in the company at a valuation of over ₹1,000 crore, said two people aware of the development.

Source: The Economic Times  
[click here to view the full article](#)

## **AC approves transfer of land for 125-bedded District Hospital, Budgam**

In a significant decision to ensure availability of quality healthcare, the Administrative Council (AC) which met here today under Lieutenant Governor, Manoj Sinha approved transfer of land for construction of 125 bedded hospital at Reshipora, Budgam.

Source: The Greater Kashmir  
[click here to view the full text](#)

## **North India's first Skin Bank inaugurated at New Delhi's Safdarjung Hospital; Deceased donors can donate skin.**

North India's first Skin Bank has been inaugurated at New Delhi's Safdarjung Hospital. It is a bank where deceased donors can donate their skin which will be helpful in treating burns. The skin can be donated within six hours of death and utilized for burns and trauma patients after processing.

Source: NewsOnAir  
[click here to view the full text](#)

# Health Buzz

## **Researchers discover how junk food may harm deep sleep**

Several epidemiological studies have found that what we eat influences how we sleep. However, few research have looked into how nutrition impacts sleep directly.

[click here to view the full article](#)

## **PM to launch National Mission to eliminate sickle cell anemia by 2047**

The Mission has been designed to tackle the urgent health challenges associated with sickle cell disease, particularly among the tribal population.

[click here to view the full article](#)

## **Covid global health emergency is over, WHO says**

The World Health Organization (WHO) has declared that Covid-19 no longer represents a "global health emergency".

[click here to view the full article](#)

## **Yoga is a gift from India to the world. It can help transform global health.**

As an ancient practice with benefits in promoting mental and physical well-being, yoga has gained widespread recognition.

[click here to view the full article](#)

## **World-No Tobacco day: Health Ministry to start 60-day 'Tobacco Free Youth Campaign'**

India's Union Health Ministry will launch a 60-day pan India campaign on 'tobacco-free youth' on May 31, World No Tobacco Day, to prevent initiation of tobacco use among youngsters and assist users to quit.

[click here to view the full article](#)

## **Public Private Partnerships: A Blueprint for Sustainable Healthcare System in India**

One of the ways PPP projects can address healthcare accessibility and affordability in India is by providing financial assistance.

[click here to view the full article](#)

## **India's 1st depression surgery in Mumbai post Mental Health Act 2017**

A 38-year-old Australian woman who had been battling depression for the past 26 years became the first to undergo a psychiatric operation in Mumbai and perhaps the first in India since the new Mental Healthcare Act was passed in 2017.

[click here to view the full article](#)

## **Vitiligo patients show a higher risk of developing psychiatric disorders**

The face, hands, arms, and feet are among the skin's exposed regions that are most affected by vitiligo. Mucous membranes, hair, and even the interior of the mouth and eyes can all experience it. It can also happen on other body parts. Compared to the general population, there is evidence to suggest that people with vitiligo may have a slightly greater risk of developing several psychiatric illnesses.

[click here to view the full article](#)

# Health IT Buzz

## Health IT leaders can do better boosting access for underserved populations

A physician zeroes in on some strategies to offer better care to all – making the business case for provider organizations to tackle health equity.

source: healthcare it news

[click here to view the full article](#)

## Walmart seeks to make HIV care accessible at retail locations

The Big Box retailer announced that by the end of this year it will add 10 more HIV-focused specialty pharmacies, bringing the total to 80 in-store locations across 11 states.

source: healthcare it news

[click here to view the full article](#)

## Dementia Risk Prediction Models May Have Limited Clinical Utility

Four common prediction scores for estimating ten-year dementia risk demonstrated limited clinical value in helping better target prevention strategies.

source: health it analytics

[click here to view the full article](#)

## How to avoid AI bias in healthcare

Open algorithms, explainable AI and thoughtful approaches to understanding and addressing the health equity of sub-cohorts end the legacy argument that AI is a "black box," says Andrew Eye, cofounder and CEO of CLOSEDLOOP.AI.

source: healthcare it news

[click here to view the full article](#)

## Personalized Computational Approach Identifies Four Alzheimer's Subtypes

A new computational model that leverages genomic and tau PET imaging data may lead to more personalized treatment approaches for Alzheimer's disease.

source: Health IT Analytics

[click here to view the full article](#)

## ChatGPT Accurately Selects Breast Imaging Tests, Aids Decision-Making

Researchers have demonstrated ChatGPT's potential in aiding clinical decision-making for breast cancer screening and breast pain imaging tests

source: Health IT Analytics

[click here to view the full article](#)

# SYNAPSE TEAM

1. DR. SONIA RAPADIA
2. DR. KUMARI SRISTI
3. DR. SIMRAN DAS
4. DR. SHRUTIKA SHUKLA
5. MS. SHRAIYA SRIVASTAVA
6. MS. PRACHI
7. DR. SUNAYNA SINGH
8. DR. ISHITA SHARMA
9. DR. AAYUSHI SINGH
10. MS. SUDIKSHA GUPTA

"Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it"

-Andy Rooney