



SYNAPSE

(Monthly health e-newsletter)

International Institute of Health Management Research,
Delhi

IMPROVING HEALTHCARE THROUGH RESEARCH



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IIHMR, Delhi works with a mission of improving standards of health through better management of healthcare and related programmes, prepare students for managerial positions with a focus on national and international healthcare management.

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HOSPITAL AND HEALTH INSIGHT

Making indian healthcare more affordable

Good health is directly related to the right to life. And when the state fails to provide healthcare to its people, it is a double-whammy for the poor and the common man. Money must be spent judiciously and responsibility must be taken to provide affordable healthcare to the people. [Read more](#)

'70% of Indian cancer is preventable'

Cancer can be prevented by healthy lifestyle. It is to make people aware of these that All India Institute of Medical Sciences started a cancer prevention clinic last week. At the clinic, families of patients are counselled about the risk of familial cancers and screening tests available to diagnose them at an early stage to reduce mortality rates. [Read more](#)

Soil-transmitted helminth infections

Soil-transmitted helminth infections are among the most common infections worldwide and affect the poorest and most deprived communities. They are transmitted by eggs present in human faeces which in turn contaminate soil in areas where sanitation is poor. [Read more](#)

Health services must stop leaving older people behind

On the International Day of the Older Person, WHO calls for a new approach to providing health services for older people. WHO highlights the role of primary care and the contribution community health workers can make to keeping older people healthier for longer. [Read more](#)

EVENTS AT IIHMR' Delhi
MDP's @ IIHMR

Quality Assurance and
Accreditation of Health
Care Organisation

8th – 10th Nov'17

Information Technology
Project Management for
Healthcare

23rd -25th Nov'17

Urban Health, Healthy
Urban Planning and
Urban Sustainability

13th-15th Nov'17

Technology in healthcare can only succeed with doctors' support

"The government plays a key role in making Electronic Medical Records (EMR) mandatory, because without their intervention it hasn't worked on its own anywhere in the world," says Rizwan Koita , Chief Executive Officer, CitiusTech, in an interview with ETHealthworld. [Read more](#)

Rapid spread of "super malaria" global threat: scientists

The rapid spread of "super malaria" in the South East Asia is an alarming global threat and there is an urgent need to eliminate it before the drug-resistant strain of malaria becomes untreatable again, scientists have warned. [Read more](#)

Government forbids cos from withdrawing stents until December to prevent shortage

The move may affect multinational cos that have been trying to withdraw their high-end stents from India after the drug pricing watchdog capped their maximum prices. The government has prevented companies that make or import coronary stents from requesting permission to discontinue their products until December to prevent a shortage of the life-saving devices. [Read more](#)

WORLD AT GLANCE

Humanity blurs boundaries of confidentiality in healthcare

The issue of privacy in healthcare has several questions and very few answers. The answer to these may be found in legislations that provides guidelines on how to handle patient information. Medical information protection is guided by three principles — confidentiality, which is an obligation from the health provider to maintain privacy; privacy under which a patient has the right to decide how much information about him/her can be shared and; secrecy, which is the mechanism that secures confidentiality and privacy. It may come in the form of guidelines and legislations which ensure that patient information is protected. [Read more](#)

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QUICK FACTS

1. [A lack of exercise is now causing as many deaths as smoking across the world, a study suggests.](#)
2. [1 Can of Soda a day increases your chances of getting type 2 diabetes by 22%.](#)
3. [Working past age 65 is linked to longer life, a study found.](#)
4. [Road traffic accidents kill more people around the world than malaria.](#)

Unlocking urbanisation potential of india

We have failed to utilize full potential of urbanization in India The size of urban population is significantly underestimated; all classified areas are not governed by city governments; there is lack of suitable planning and follow up economic potential of cities is highly. [Read more](#)

Towards clean india

Swachh Bharat push is laudable but it must reach its logical conclusion. The third anniversary of the Swachh Bharat campaign close as it is to the deadline of an open defecation-free (ODF) India by October 2019, should not be just about stock-taking. [Read more](#)

Sensitise society to empower women

It is not the state, the judiciary or the bureaucracy, but the society that has failed to provide security to women. Nevertheless, they have shown exemplary courage. [Read more](#)

RECENT RESEARCHES

Soumya Swaminathan selected as new Deputy DG at WHO

Dr. Soumya Swaminathan, Director General, Indian Council of Medical Research, has been selected as Deputy Director General for Programmes (DDP) at World Health Organization. [Read more](#)

I am very pleased for the fruit fly: Nobel winner Michael Rosbash

Three Americans won the Nobel Prize in Physiology or Medicine on Monday for their discoveries about the body's biological clock, opening up whole new fields of research and raising awareness about the importance of getting enough sleep. The winners have raised "awareness of the importance of a proper sleep hygiene" said Juleen Zierath of the Nobel Assembly at the Karolinska Institute, which chooses the laureates. Carlos Ibanez, another assembly member, said the research was important in understanding how humans adapt to shift work. [Read more](#)

**UPCOMING
CONFERENCES/ EVENTS**

**The 3rd Edition of
Advantage Healthcare
India 2017**

Date- 12- 14 Oct'17

Venue- Bengaluru
International Exhibition
Centre, Bengaluru

Website-

<http://www.ahcindia.in>
/

**Healthcare Marketing &
Medical Tourism
Workshop**

Date- 12-14th Oct'17

Venue- Bengaluru
International Exhibition
Centre, Bengaluru

Website-

<https://masterclass.economictimes.indiatimes.com/courses/healthcare-marketing-and-medical-tourism/13>

**HEALTHSCAPE Summit
Series 2017**

Date- 30th Nov-1st Dec'17

Venue- The Lalit Ashok,
Bangalore

Website-

<https://www.healthscapeseries.com/india/2017/>

IIT Roorkee repurposes a drug for chikungunya

A drug to treat chikungunya virus infection is in the offing, and in vitro studies carried out by a team of researchers from the Indian Institute of Technology (IIT) Roorkee show promise. Currently, there is no cure for the disease and treatment is focused more on relieving the symptoms. [Read more](#)

Assam to set up technology incubation centre at Guwahati Biotech Park

The initiative will facilitate faster penetration of biotech industry and accelerate research & development activities in biotechnology and related fields with effective utilisation of the rich natural resources of this region, the government said. [Read more](#)

REFLECTIONS

BLOOD DONATION CAMP

A Blood Donation Camp was held on 18th September 2017 in memory of late Shri P.D Agarwal and many students and faculty members participated and donated blood in full spirit and helped save many lives.



SESSION ON 'ESSENTIAL MANAGEMENT COMPETENCIES FOR BETTER PATIENT CARE'

Management Development Program on “Essential Management Competencies for better patient care” for practicing executives, doctors, nursing officers and other allied professionals for Apollo Hospital was organized from September 11-15th, 2017 at IIHMR Delhi. The objective of the program was to address the niche need for professionally trained 'business managers of tomorrow'.



The program design aimed at building high-end operational competencies and nurturing business acumen among the employees of Apollo Hospital.

TRAINING PROGRAMME ON PUBLIC HEALTH MANAGEMENT

Customized Training Programme on Public Health Management for Nurses from Central Tibetan Administration was organized from September 1- 8th, 2017 at IIHMR Delhi. The course was inaugurated by Dr. Sanjiv Kumar, Director, IIHMR Delhi.



Dr. Sanjiv Kumar emphasized on the quality, transparency and value system in IIHMR Delhi.

The training aimed at imparting knowledge on healthcare delivery system and making optimum use of resources through the development of managerial skills.

INTERVIEW WITH DR. SANJIV KUMAR ON 5TH OCTOBER



Dr. Sanjiv Kumar, Director at IIHMR Delhi talks about the current health status of India, the rise of the NCDs (Non Communicable Diseases) and how they affect us and also explains how poverty, lack of education and population growth affect our health.

[Click here to watch video](#)

HEALTH IT UPDATES

Locking electronic health record systems may reduce possibility of healthcare transformation: Sudhir Kulkarni

“Interoperability of systems and data, lack of standards, and dominance of systems and records by few big companies are the three key challenges in digital transformation in the healthcare sector,” said Sudhir Kulkarni, President of Digital at Persistent Systems. [Read more](#)

Indian pharma lags on digital adoption: EY

Indian pharmaceutical companies lag their global peers in digital adoption, and less than 10 per cent of them have a comprehensive strategy in place, a study by EY has revealed. The EY study found multiple challenges to digital adoption and many of them were not technological but organisational, cultural and regulatory in nature. [Read more](#)

VisualDx + Derm Expert, a Deep Learning App to Help Diagnose Skin Conditions

The new app relies on pretty impressive deep learning and vision algorithms to guide the physician closer to a diagnosis or a referral. Using the VisualDx + Derm Expert app, a clinician can simply take a photo of the area of the skin exhibiting something unusual. [Read more](#)

Tata firm ready with tech to reverse antibiotic resistance

Four years after it partnered with Tel Aviv University Ltd to fund cutting edge technology in health care, Tata Industries Ltd is ready with a technology that can potentially reverse antibiotics resistance. [Read more](#)

Technology in healthcare can only succeed with doctors' support

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KNOW YOUR SECTOR

Eminent personality in healthcare: Dr. Naresh Trehan



Dr Naresh Trehan is an Indian cardiovascular and cardiothoracic surgeon.

At present, he serves as the chairman and managing director and chief cardiac surgeon of Medanta™-The Medicity.

He has served as personal surgeon to the President of India since 1991, has received numerous awards, including the Padma Shri, Padma Bhushan and Lal Bahadur Shastri National Award.

Trehan was the founder, executive director and chief cardiovascular surgeon of Escorts Heart Institute and Research Center (EHIRC), which opened on Okhla

Road, Delhi in 1988. Presently, Trehan is the Founder Chairman of Medanta - The Medicity one of the largest multi-specialty hospital at Gurgaon, Haryana established in 2009. Trehan has been president of the International Society for Minimally Invasive Cardiac Surgery.

As chairman of Global Health Private Ltd., Trehan is overseeing the building of an integrated health care facility in Gurugram, India, currently referred to as MediCity. MediCity will spread across 43 acres (170,000 m²) of land. Collaborating with Siemens and other financial partners, MediCity aims to combine modern medicine with traditional medicine and holistic therapies.

HEALTHCARE ORGANIZATION- OPTUM GLOBAL SOLUTIONS



OPTUM™

The Optum global solutions team provides health care technology and business process solutions that enable health care organizations to modernize their technology infrastructure, reduce costs, and improve quality and scalability.

Optum is a leading information and technology-enabled health services business dedicated to helping make the health system work better for everyone.

The parent company of Optum is UnitedHealth Group, a diversified health and well-being company serving more than 85 million individuals worldwide. With 2014 revenues of \$130.5 billion, UnitedHealth Group is ranked by Fortune magazine as No. 14 in its 2015 ranking of the 500 largest U.S. corporations.

Bihar initiates second phase of health program



Bihar health Minister Mangal Pandey launched the second phase of technical support programme by Bill and Melinda Gates Foundation (BMGF) and CARE India recently.

Augmenting the sustained efforts to achieve key health and nutrition outcomes, the state government had signed a memorandum of cooperation with BMGF in 2010. Accordingly, a technical support unit (TSU) was established in the state in 2014.

In the first phase of the TSU, it worked closely with the health department and integrated child development services (ICDS) on maternal and child health, family planning and nutrition intervention.

The minister stated that despite some positive changes in healthcare scenario in the state, there were many areas that would further be looked into in the second phase of TSU programme. He also stressed on the use of technology to bring efficiency in the health delivery system and connect healthcare workers such as ASHA workers to these technologies.

The human resource of healthcare providers in the state needs to be developed. A system is required to train hospital management. Hospital managers have to be guided to maintain standard as required and good public relations with the people who visit the hospital. Supply chain system of medicines and medical equipment also needs to be monitored.

Resistance training prevents age-related tendon damage

A study published online in *The FASEB Journal* suggests that resistance training may prevent age-related tendon problems, such as ruptures and tendinopathies. In the report, scientists used different groups of sedentary and resistance-trained rats to reveal that the tendons of trained rats showed fewer signs of age-related damage than their sedentary counterparts. If this proves true in humans, it would provide further evidence that resistance training can have beneficial effects throughout one's lifespan.

"The relationship between aging and tendon disorders is not well documented," said Rita de Cassia Marqueti Durigan, Ph.D., a researcher involved in the work from the Rehabilitation Science Program, University of Brasilia, in Brasilia, Brazil. "To restrain and revert the deleterious aging process, resistance training can be used as an important tool to prevent degeneration and even restore tendon functions."

Durigan and colleagues used four groups of rats: 1) young sedentary, three months old; 2) young trained, three months old; 3) old sedentary, 21 months old; and 4) old trained, 21 months old.

The sedentary rats did not perform the resistance training. The trained rats climbed a vertical ladder three times for 12 weeks, bearing progressive loads comprising 65, 85, 95, and 100 percent of their maximum carrying capacity. After the 12-week training period, the animals were euthanized for removal of the calcaneal tendon tissue. [Read more](#)

OWN OPINION

Who will save our doctors?

Recent years have seen an increased rise in violence against doctors and paramedical staff. During their course of duty Doctors, nurses and paramedic staff have been routinely facing attacks from the humans they are trying to help, risking their own lives and wellbeing at the workplace. A study by the Indian Medical Association (IMA) has revealed that three out of four doctors in India have faced some form of violence at work-from physical assault to threatening behaviour to mere verbal abuse.

This study pointed out that most attacks took place during peak visiting hours or during and after emergency medical interventions, or after the patient has

undergone surgery, and also, that the doctors and paramedical staff face rage transporting serious patients to or from the hospital. An article titled 'Violence against doctors in India' published in The Lancet in 2014 mentioned that "delays in attending patients, request of advance payments, withholding a deceased body until settlement of final billing, lack of coordination at the time of admission into hospital, and unethical practices conducted by some doctors, are among the reasons provoking relatives to lose their temper and attack doctors."

[1] Doctors often let minor incidents pass and don't report them as they understand that the relatives of the patients are under a lot of stress. Only major incidents or when a mob mentality takes over is when cases are officially reported. Most hospitals, especially government hospitals, are hugely understaffed and have to attend to a huge number of patients, go through prolonged and strenuous periods of duties and sometimes under poor working environments.

Probable solutions are straightforward, wide ranging and impactful. The existing poor law and order in the society needs to be strengthened. At present, with lax administration and soft governmental controls, goons and powerful figures tend

to dominate over the law-abiding citizens. Both the police force and the Hospital security are seldom adequately trained for crowd management and to handle mobs and sensitive situations.

Simple devices such as CCTV cameras are either absent or non-functional and if present, can provide strong AV evidence to convict the wrongdoers. A mismatch between the expectations and the reality of the healthcare services advertised to actually offered, often triggers discontent and its consequences in several patients. In this context, hospitals need to develop better, more sensible marketing strategies. Tall and false claims may attract clients and revenue, however may also trigger litigation or violence down the road.

Adequate control of visitors in the visiting areas of the hospitals especially in/near the ER,ICU an OTs is imperative. Lastly, doctors themselves need to be trained with soft skills, communication skills and crowd management.

Most doctors often delegate a tricky situation to a junior resident/ evade leading a situation when required and end up communicating with a whole group of attendants/visitors in corridors or waiting areas. Such communication may trigger an adverse response and can be avoided with adequate soft skills training.

SITTING DOWN IS SLOWLY KILLING US

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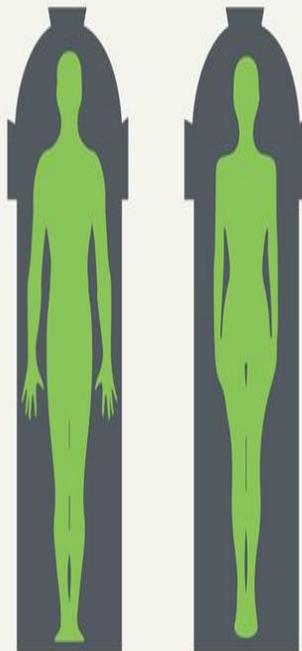
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HIGHER RISK OF DEATH CAUSE IN PART BY A SEDENTARY LIFESTYLE.

A study by published in the American Journal of Epidemiology by the American Cancer Society after following 123,216 subjects from a 2010 study.

SITTING RELATED HEALTH ISSUES CAUSES MORE PREMATURE DEATHS



DON'T BE A STATISTIC. STAND UP MORE. LIVE LONGER.



FEMALES THAT SAT FOR OVER 6 HOURS A DAY WITH A SEDENTARY LIFESTYLE.



MALES WHO SAT OVER 6 HOURS A DAY IN COMPARISON TO ACTIVE CO-WORKERS.



THE AMOUNT OF EXERCISE HAD NO EFFECT ON THE HARM THAT SITTING WAS CAUSING. THE ONLY WAY TO REVERSE SITTING PROBLEMS IS TO STAND AND MOVE MORE.

NOTE:

The newsletter is open for inclusion of any information or advertisement; however selection of information will be governed by the SYNAPSE Team, IIHMR, New Delhi

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