SYNAPSE

(Monthly health e-newsletter)

International Institute of Health Management Research, Delhi

IMPROVING HEALTHCARE THROUGH RESEARCH

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.

HOSPITAL AND HEALTH INSIGHT

Samsung partners with Uttar Pradesh government to set up 20 healthcare centres

Samsung India, a subsidiary of the South Korea-based electronics major, on Wednesday said it has partnered with the Uttar Pradesh government to set-up 20 new smart healthcare centres across the state to provide healthcare equipments, reports news agency PTI. **Read full text**

Delhi air pollution: City's 'dust' screen hiding bigger killers

Dust may be the most visible marker of Delhi's air pollution, but its sheer abundance may actually be masking the bigger killers – emissions from vehicles, thermal power plants and industries **Read full text**

A perfect sanitation solution

The Twin Pit-Pour Flush system is undoubtedly the best form of sanitation that is safe and sustainable but there are certain challenges that needs to be addressed before we achieve the goal of an Open Defecation Free India by 2019. **Read full text**

Mizoram received Rs 102.02 crore from Centre for first medical college

Mizoram has received Rs 102.02 crore from the Centre for setting up its first and only medical college, state Health Minister Lal Thanzara told the assembly on Thursday **Read full text**

Docs ask Centre for reforms in medical education, healthcare

Union minister of health and family welfare, J P Nadda, conducted a meeting with about 100 medical practitioners from Ahmedabad and other cities of Gujarat at a city club on Sunday afternoon. Nadda discussed various government initiatives and its implementation so far and asked for the fraternity's support in strengthening India's healthcare sector. **Read full text**

Eating disorders may cause long term health issues

Eating disorder among young adults, both men and women, may have long term side-effects on their psychological and physical health, a new finding has revealed. The eating behaviour of a person gets upset if the person arbitrarily cuts down the meal while counting on calories and sugary foods. Such people follow an excessively strict diet and constantly weigh themselves constantly, irrespective of how they feel, in order to achieve a weight loss at all costs. **Read full text**

WORLD AT GLANCE

Global Ministerial Conference: WHO seeks universal health coverage in India

According to the National Strategic Plan for Tuberculosis Elimination 2017-25 that India adopted earlier this year, "TB kills an estimated 480,000 Indians every year. The World Health Organisation is keen that India should have universal health coverage (UHC), newly elected director-general Dr. Tedros Adhanom Ghebreyesus has said **Read full text**

China plans to build gigantic DNA database platform

China plans to build a USD 1 billion super-sized DNA sequencing platform in the Jiangsu Province aimed at storing genetic information of millions of its ethnic Chinese population, official media reported today.

The DNA project is part of the National Health & Medicine Big Data (Nanjing) Center, a six-billion yuan (about USD one billion) project, Lan Qing, Deputy Director of the provincial Health and Family Planning Commission said **Read full text**

A corporate model of governance

India's corporate sector, which is the engine of growth, is in need of serious reforms. Embedding the concept of shared value is the way forward

The present Government's strategy to completely transform the corporate sector into a robust industry in a way that it becomes an alternative vehicle for generating more employment and **Read full text**

RECENT RESEARCHES

Nickel-based catalyst able to recycle carbon dioxide, methane; control climate change

A cost-effective catalyst has been developed to recycle two of the main causes behind climate change – carbon dioxide (CO_2) and methane (CH_4). In a study, published in the journal Applied Catalysis B: Environmental, scientists have described how they created an advanced nickel-based catalyst strengthened with tin and ceria. **Read full text**

Clinical research in India not in sync with healthcare needs: Study

The largest number of clinical trial (16.4%) conducted in India were in cancer, an ailment which ranked way down on the disease burden list.While infectious diseases which topped the country's disease burden, accounted for only 5% of the total trials and ranked 7th on the list, an analysis published in scientific journal, Perspectives in Clinical Research says. **Read full text**

By 2030 non-communicable diseases will be 75% of total disease burden: Health experts

Non-communicable diseases are on the rise because of behavioural and lifestyle changes and by 2030 they will 75% of the total disease burden. This needs to be kept in mind while devising strategies for the future, said Dr. S.D. Gupta, chairman, IIHMR University, Jaipur.

Dr Gupta underscored the fact that if people are not healthy, development cannot happen. There is a need to shift focus from "traditional healthcare to well-managed healthcare", he said. **Read full text**

IIHMR Jaipur organized PRADANYA on the theme of 'Imagining Sustainable Futures'

IIHMR Jaipur, held a stimulating and high profile conference 'Imagining Sustainable Futures' on November 16-17th , 2017. IIHMR University, Jaipur has created a niche for itself in high quality research, education and training in health, hospital and pharmaceutical management.

This was Pradanya's 22nd edition which brought together some notable figures from the healthcare sector to ideate, debate and deliberate on the various challenges confronting the healthcare industryincluding public health and hospital management, development sector and pharmaceutical segments in both public and private sector. The conference was a huge success with more than 600 students of hospital and health management, executives and management professionals from private and government healthcare and social/development sector, in addition to doctors' nurses, academicians, healthcare researchers, participating in it.

Three days Management Development Program (MDP) on Violence against Medical Professionals and Legal Issues in Healthcare Institutions

Management Development Program(MDP) on Violence against Medical Professionals and Legal Issues in Healthcare Institutions was organized on November 27- 29, 2017. Sixteen Medical professionals from Government Institutions attended the MDP.

The main objective of the course is to understand the factors related to increasing violence against the medical professionals. The participants interacted on Legal, social, cultural and related issues in this regard.

Airtel Delhi Half Marathon on 19th November

Students enthusiastically participated in Airtel Delhi Half Marathon organized on November 19, 2017.

NESS GE Healthcare partners with a Start-up to Fight Breast Cancer

GE Healthcare has partnered with a medical technology start-up UE LifeSciences to commercialise the young firm's handheld medical device for early detection of breast cancer among women. It would do this in over 25 countries including India. The company which is backed by Biocon founder Kiran Mazumdar Shaw and Manipal group scion Ranjan Pai has developed a non-invasive and radiation-free mobile health device called 'iBreastExam' (iBE) to identify breast abnormalities in healthy women. **Read full text**

Hands of god

Hand transplant is not common knowledge, very complicated and entails prolonged surgery. *Shalini Saksena* talks to doctors and four hand recipients to tell you how it gave them a new lease of life. Many of us know that one can donate eyes, kidneys and liver to save lives of others. Over the years, several thousand people in India have benefitted from organ donation. But did you know that the country also has the capability of successfully transplanting hands? **Read full text**

Traffic police ties up with shuttl to spread women safety awareness on buses

In a bid to instill a sense of security among women in the national Capital, the Delhi Traffic Police has tied up with Shuttl, an app-based office bus service provider, to put up safety awareness messages on its buses. Special Commissioner of Police (Traffic) Depender Pathak on Thursday flagged off 25 buses at Rajghat, which were part of the first phase of 100 buses. **Read full text**

Right eco-system for start-ups being planned

Delhi Deputy Chief Minister Manish Sisodia and PWD Minister Satynder Jain on Wednesday visited T-Hub at Hyderabad as part of Aam Aadmi Party (AAP) Government's efforts to establish a similar facility for start-ups. The team led by Sisodia was impressed with T-Hub, billed as the country's largest technology incubator. An initiative of Telangana Government, T-Hub has completed two years. **Read full text**

Eminent personality in healthcare: Bavaguthu Raghuram Shetty

Bavaguthu Raghuram Shetty (known as Dr. B. R. Shetty) is the Founder and Non-Executive Chairman Abu Dhabi based NMC Healthcare and Chairman of UAE Exchange. He is Founder, CEO and MD of Neopharma and Chairman of BRS Ventures. UAE Exchange, Dr. Shetty when he initially started in 1975 was interested in hospitals and hospitality, but since then has diversified into sectors including pharmaceuticals, global financial services, retail, advertising and information technology.

In 2005, Shetty was awarded the highest civilian distinction in the Emirate, the Abu Dhabi Award given by H. H. Sheikh Mohammed bin Zayed Al Nahyan, the Crown Prince of Abu Dhabi, the first year the distinction was awarded.Also in 2005, U.S. India Friendship Society presented Shetty the Distinguished Entrepreneur Award. Shetty was honoured by the Pravasi Bharatiya Samman in 2007.

HEALTHCARE ORGANIZATION- CREDIHEALTH

Gurgaon-based Credihealth is an online healthcare marketplace that provides end to end services including information on various medical ailments, doctors, hospitals, treatments and their implications and post treatment care. The startup's core business lies in providing its customers with detailed information about hospitals and healthcare providers.

Started from Delhi in January 2014, it is now active in Delhi NCR, Mumbai Region, Kolkata, Hyderabad and Chennai. It is a venture of Ravi Virmani, Gaurav Gaggar, Saurabh Uboweja, and Hausela Capital Partners.

The startup helps people to search for doctors and hospitals across major cities in India, book appointments with the doctor of their choice, also helping in getting quotes from hospitals for any treatment or surgery.

Currently, it receives more than 10,000 requests for tertiary care every month. The company plans to launch in 15 major cities across the nation this year and eventually aims to cover the entire Indian geography. Over 30,000 people are registered on its website.

REVIEW PAGE

Karnataka unveils scheme to feed 12 lakh pregnant women

The State government launched Mathru Poorna, a scheme meant to meet the nutritional needs of pregnant and lactating women in rural areas. Under the programme, pregnant and lactating poor women in rural areas will get one nutritious meal daily for 25 days in a month. A provision of Rs 302 crore has been made by the state government during the 2017–18 financial year for the implementation of the scheme in all the 30 districts of Karnataka. State Women and Child Development Minister Umashree told *IANS* in Bengaluru. Chief Minister Siddaramaiah launched the programme here and said a full

meal, consisting of rice, dal with vegetables/sambar, one boiled egg and 200ml of milk, will be given to pregnant women. Those who don't eat eggs would be given two varieties of sprouts.

This meal will meet 40-45% of the daily calorie, protein and calcium requirement per day of the pregnant and lactating mothers. Along with the meal, Iron Folic Acid (IFA) tablets will be administered and gestational weight monitoring will be ensured for pregnant women. Despite the Supplementary Nutrition Programme (of the Ministry of Women and Child Development), the improvement in the maternal and child health indicators of Karnataka has been slow compared to the rest of the South Indian states, the statement said, giving the reason to launch the 'Mathru Purna' scheme. The scheme aims to bridge the gap between the recommended dietary allowance and the average daily intake of pregnant women and lactating mothers in the state while trying to reduce the

prevalence of anaemia among the pregnant women. Anganwadi workers would also benefit from the scheme, according to the statement. But the implementation of the scheme had many challenges, said S Varalakshmi, President of the Karnataka State Anganwadi Workers' Association. A lot of women hesitated to take meals that were cooked by a Scheduled Caste or Scheduled Tribe Anganwadi worker, she said.

Based on the previous experience in pilot blocks, the scheme has been scaled up in all the districts of the State, benefiting around 12 lakh pregnant women and lactating mother, and anganwadi assistants and helpers. The scheme will be implemented through anganwadis in the State. Each meal is estimated to cost around ₹20. The food will be provided for 15 months, from the start of pregnancy up to six months after delivery.

NEWS IN PIPELINE

Brain's appetite regulator disrupted in obese teens

Researchers using advanced MRI to study obese adolescents found disrupted connectivity in the complex regions of the brain involved in regulating appetite, according to a new study presented today at the annual meeting of the Radiological Society of North America (RSNA).

According to the Centers for Disease Control and Prevention (CDC), obesity has more than quadrupled in adolescents over the past 30 years. It is estimated that

more than one-third of children and adolescents in the U.S. are overweight or obese. Obesity in adolescence is associated with a number of health risks, including cardiovascular disease and diabetes.

The study at the University of Sao Paulo in Brazil included 59 obese adolescents between the ages of 11 and 18 and 61 healthy control adolescents matched for gender, age, socio-economical classification and education level. The adolescents were classified by the World Health Organization criterion for obesity. They had no other known chronic diseases or conditions. The study participants underwent diffusion tensor imaging (DTI) of the brain to evaluate white matter integrity. **Read full text**

Health IT: India

The current and future landscape of the Indian health industry and by extension the health of the Indian people continues to be defined by various challenges one of which is access to good health care. However, the presence of a robust IT industry in the country has given rise to various health IT companies in India that have tried to bridge this gap. Some of these companies are fairly well know like **Practo**, that basically tries to fix appointments with doctors without the patient actually needing to visit any clinics. It also rates doctors so that patients have better knowledge of the doctor that they are going to visit. Another note worthy site is called as **Madmornig**, this site primarily tries to get home delivery of medicines and also lab tests. It also offers great discounts on medicines due to efficient supply chain management.

Lybrate is another company in the same IT space has a different direction. It allows you to ask questions from experts. Most of these sites also provide some kind of service wherein which the patient can upload his/her medical records securely. Another health IT space that should be talked about more **is wearable devices** (fitness trackers) these devices are a perfect way for people to track their daily activities and habits and this gives them the ability to monitor their general health. The less talked about facet of this technology is the huge potential for big data collection and interpretation. This data can be used to make broad yet accurate assumption about the general health of a population. As of now, most of these devices are limited to exercise, sleep and heart rate tracking, but as miniaturization of more and more health devices happens we can see immense increase in the abilities of these devices. This can lead to proactive health care and prevention of lifestyle deceases even before they occur.

SYNAPSE TEAM

Mrs. Divya Aggarwal
Col. Satyaroop
Ms. Seavy Maggo
Dr. Surbhi Bhatia
Ms. Daimee Sethi
Dr. Swati Srivastva
Ms. Mahak Rana
Ms. Neha Yadav
Ms.Deepanshi Kacharia
Ms. Apoorva Mehta
Dr. Vijeta

Compiled by

The Synapse Team
PGDHM, IIHMR
Plot No. 3, Sector 18A,
Phase- II, Dwarka,
Delhi-110075

Email:
synapseiihmrdelhi@gmail.com

Web:
http://delhi.iihmr.org/

There are a lot of conventional IT firms in hospital space and clinics with billing solution some of these companies have aslo developed more complicated software that helps these hospitals to keep a track on patient records and ongoing treatment and upcomming tests some of the companies in this space are Wipro Infosys ,Tata Culsantancy Services, Accenture and Tally. These companies don't currently have any identifiable or dedicated healt IT arms but they do offer their services on a case by case basis.

The government is also partnering with Hewlett Packard to develop its own Health IT tools so as to provide good and affordable healthcare to all. In a country, with a population of more that a billion, these services are vital to ensure the good health and general well being of the people. It is only through technology that we can ensure that everyone gets healthcare advice whenever they need it.

HEALTH TIP

5 Tips FOR HEALTHY WINTER SKIN avoidling dryness and staying moisturized

1. Here comes the sun
MOISTURIZE WITH SPF
Even though we can't feel the warmth of the sun during the winter, its UVB rays are stillvery strong and damaging

2. keep it cool
AVOID HOT WATER
We may crave hot showers as a respite from the winter weather, but too much hot water can dry out your skin

3. stay hydrated
DRINK MORE WATER
The cold weather may make you feel less thirsty, but your skin needs hydration just as much as in the summer

4. Think about ingredients
USE OIL-BASED MOISTURIZERS
Oil-based moisturizers with vitamins C and E will kep you skin moist for a longer period of time than water-based moisturizers

5. Be an naturel
GO NATURAL
Try using coconut oil, honey and aloe to softer up your skin. these 100 percent natural products will leave you skin feling soft.