SYNAPSE

(Monthly health e-newsletter)

International Institute of Health Management Research, Delhi

IMPROVING HEALTHCARE 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.

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HOSPITAL AND HEALTH INSIGHT

It's about time to bring abortion out of dingy alley, stigma

Unsafe abortion is responsible for 8% of all maternal deaths, which makes it the third biggest cause of women dying of childbirth-related causes in India, shows data extrapolated from SRS 2002-03. We need to strengthen availability of data on abortion to make the services even more robust and responsive to women.

Keeping in mind the limitations of the abortion law, the Union health ministry has proposed amendments to increase the number of skilled providers and relax the cut-off for legal abortions. The apex court's ruling is in line with the amendments, which has set no upper limit for abortions if the baby has "substantial foetal abnormalities," which will be defined in the rules drafted after the bill is approved by Parliament. **Read more**

India spends less than BRICS, SAARC nations on health

India spends just 1.3 per cent of its GDP in healthcare. This figure is much lower compared to BRICS Countries- Brazil spends around 8.3 percent, Russian Federation 7.7 percent and South Africa around 8.8 percent. **Read more**

Supreme Court allows 24-week pregnant woman to abort

Coming to rescue to a 24-week pregnant woman facing danger to her life due to abnormality in foetus, the Supreme Court on Monday granted her permission to terminate her pregnancy.

A bench of Justices S A Bobde and L NageswaraRao allowed a plea of a Mumbai-based 22-year-old woman to terminate her pregnancy after taking into account her medical report which of a team of seven doctors of King Edward Memorial(KEM) hospital in Mumbai. The report says that the there was very little chance of survival of the foetus and the lady's life would be engendered if it was not aborted. **Read more**

India reduces baby deaths but still hasn't met 2012 targets

Of 36 Indian states and Union territories (UTs), the lowest IMRs were reported from Goa and Manipur with nine infant deaths per 1,000 live births To get an idea of India's global standing, compare its 2015 IMR average of 37 with IMRs of 35 for 154 low- and middle-income nations; five for 26 north American nations and three for 39 nations in the Euro area. **Read more**

India's poor health care record a striking failure: Amartya Sen

Underlining India's poor healthcare record, economist and Nobel Laureate Amartya Sen said the country's continuing backwardness in providing good healthcare to its people is a striking failure.

"People greet each other with 'salute', which literally means good health. By saluting each other, we wish each other good health, not more wealth, not more happiness. Just in that perspective India, cannot get a salutation right now. India's performance stands not at the top of the world league, but at the bottom. **Read more**

Govt.'s target to root out TB by 2025 unachievable, say doctors

At a time when India is battling a crisis of antibiotic resistance and a few drugs in the pipeline, the government's plan to eradicate tuberculosis by 2025 seems an unachievable target, say doctors. The mention of TB in Wednesday's Budget has come as a welcome move, but experts say the government will have to look at various initiatives rather than simply focusing on antibiotics. **Read more**

WORLD AT GLANCE

WHO Global Report "Tobacco control can save billions of dollars and millions of lives"

Policies to control tobacco use, including tobacco tax and price increases, can generate significant government revenues for health and development work, according to a new landmark global report from WHO and the National Cancer Institute of the United States of America. Such measures can also greatly reduce tobacco use and protect people's health from the world's leading killers, such as cancers and heart disease. Currently, around 6 million people die annually as a result of tobacco use, with most living in developing countries. **Read more**

UAE doctors help deaf Indian girl hear

An Indian girl born with hearing difficulty is now able to hear after doctors here conducted a cochlear implant procedure on her successfully, the media reported. **Read More**

Not so bad: Nicotine restores brain function in schizophrenic patients

It is real good news for smokers who often look for obscure health benefits of nicotine to validate their addiction. Turns out nicotine may help restore the brain activity of people suffering from schizophrenia, a psychiatric disorder that affects 51 million people worldwide.

The findings of a new study showed that when mice with schizophrenic characteristics were given nicotine daily, their sluggish brain activity increased within two days and within a week it was normalized. **Read more**

Excess phosphorous causes chronic kidney diseases

According to medical sciences dietary modification or consuming low phosphorus diet is also necessary especially in case of kidney patients.

"Dietary change alone may be sufficient to restore blood phosphate levels provided the kidneys function efficiently. Foods that should be strictly avoided, or at least consumed in moderation includes manufactured drinks and foods such as soft drinks, chocolates, tinned milk, processed meat, among others," said Neerja Jain, with the Nephrology department of Ram ManoharLohia (RML) hospital. **Read More**

Toxins in litchi fruit kill children in Bihar's Muzaffarpur

Scientists from the U.S. and India have found that consumption of litchi fruit and skipping evening meal can result in very low blood glucose level and acute encephalopathy, seizures and coma, and causes death in many cases. **Read more**

Indian pepper may be a cancer fighter

The Indian long pepper contains a chemical that could stop your body from producing an enzyme that is commonly found in tumours in large numbers, according to the study in Journal of Biological Chemistry.

UT Southwestern Medical Enter scientists have uncovered the chemical process behind anti-cancer properties of a spicy Indian pepper plant called the long pepper, whose suspected medicinal properties date back thousands of years. The secret lies in a chemical called Piperlongumine (PL), which has shown activity against many cancers including prostate, breast, lung, colon, lymphoma, leukaemia, primary brain tumours and gastric cancer. **Read More**

Indian Health and Wellness Summit and Awards

The Indian health and wellness summit 3rd edition held on December 15, 2016 brings together decision maker, innovators and influences from government, industry, the non profit makers, to discuss the opportunities and challenges to health.

The summit works as a catalyst, as kit conceives of and deliberates upon the possible answers to the challenges to accessible and affordable health for billion-plus population of our country.

The award recognize and celebrate excellence by honouring the efforts of those organisations and individuals, whose work over the past year, has taken us that much closer to the vision of health India.

Alumni-Student Interaction at IIHMR, Delhi

Alumni interaction was organised in IIHMR, Delhi on 25th January,2017 from 10:00 am to 1:00 pm. The objective of the session was to make the current batch of PGDHHM (2016-18) able to understand the importance and strength of the three streams to be selected in the second year of the course. The three streams are Health Management, Hospital Management and Healthcare IT Management.

Mr. Kanishk Gautam, Deputy Manager at Aakash Healthcare, Alumnus-4th batch, gave the introduction of hospital stream and the scope of growth as a hospital manager. Mr. Archit Sinha from NACO, Delhi, Alumnus-4th batch, discussed with current batch the growth and the expectation of work profile in public health in India as a manager. Dr. Gaurav Pal Tomar, Business Analyst, Dell, Alumnus-4th batch, sorted out the queries of students regarding the profiles, working environment and growth opportunities available after Health IT. Mr. Naveen Vashisht, Assistant Manager- Operations and Marketing, Ross Clinics, Alumnus – 3rd batch, threw some light on the growing Number of opportunities in entrepreneurship in Healthcare sector.

Kerala government's e-health programme JEEWAN REKHA set to make a mark on state

Kerala Government has launched e-health program "Jeevan Rekha" to create electronic health records of a population in Thiruvananthapuram. It is a first-of-its-kind initiative in India that aims to provide a centralised database of healthcare information and efficient health service delivery to the people. The e-health system will help in creating a good hospital management system and patient-friendly atmosphere in hospitals.Once data of a patient is centralised, it will help the person get continuous treatment at all hospitals in the state. The availability of digital data would give a big impetus to disease surveillance and help provide timely alerts on outbreaks and communicable diseases.Once the data of a patient is centralised, it would help him or her to get continuous treatment at all hospitals in the state.

The heavy rush at the outpatient department, laboratory, pharmacy and x-ray and scan centres could be avoided once the project is implemented, said the Minister. The project would be linked with the Aadhaar number, which would help streamline the various health schemes.The pilot project would be launched in Thiruvananthapuram. After this, seven districts - Kollam, Malappuram, Kasargod, Alappuzha, Idukki, Kannur and Ernakulam - would be covered in the first phase. The remaining districts would be covered in the second phase.

Another aim of the project is building an Integrated Healthcare Cloud which will hold the complete healthcare data of all the citizens in the state.
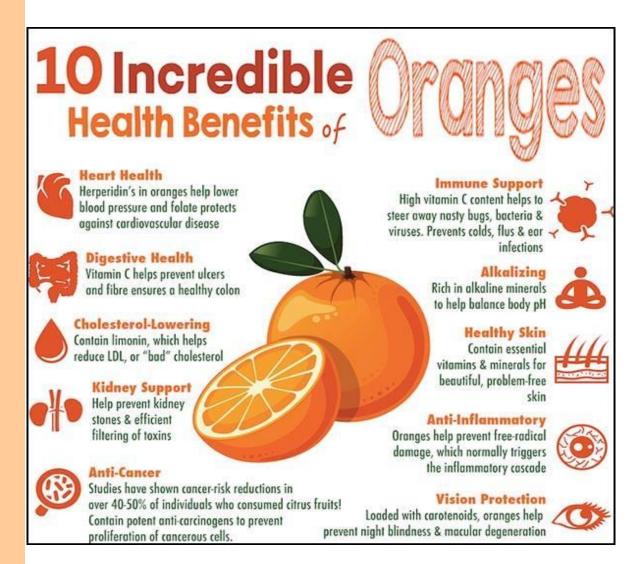
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NEWS IN PIPELINE

New insights into how the mind influences the body

Neuroscientists have identified the neural networks that connect the cerebral cortex to the adrenal medulla, which is responsible for the body's rapid response in stressful situations. These findings provide evidence for the neural basis of a mind-body connection. Specifically, the findings shed new light on how stress, depression and other mental states can alter organ function, and show that there is a real anatomical basis for psychosomatic illness. **Read More**

HEALTH TIP

10 Incredible Health Benefits of Oranges

Heart Health
Herperidin's in oranges help lower blood pressure and folate protects against cardiovascular disease

Digestive Health
Vitamin C helps prevent ulcers and fibre ensures a healthy colon

Cholesterol-Lowering
Contain limonin, which helps reduce LDL, or "bad" cholesterol

Kidney Support
Help prevent kidney stones & efficient filtering of toxins

Anti-Cancer
Studies have shown cancer-risk reductions in over 40-50% of individuals who consumed citrus fruits! Contain potent anti-carcinogens to prevent proliferation of cancerous cells.

Immune Support
High vitamin C content helps to steer away nasty bugs, bacteria & viruses. Prevents colds, flus & ear infections

Alkalizing
Rich in alkaline minerals to help balance body pH

Healthy Skin
Contain essential vitamins & minerals for beautiful, problem-free skin

Anti-Inflammatory
Oranges help prevent free-radical damage, which normally triggers the inflammatory cascade

Vision Protection
Loaded with carotenoids, oranges help prevent night blindness & macular degeneration