



# SYNAPSE

(Monthly health e-newsletter)

International Institute of Health Management Research,  
Delhi

**IMPROVING HEALTHCARE THROUGH RESEARCH**



Dated: 13<sup>th</sup> March, 2018; Issue: 90<sup>th</sup>

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.

## In this Issue:

- ▶ Hospital and Health insight
- ▶ World At Glance
- ▶ Recent Researches
- ▶ Reflections
- ▶ Health IT Updates
- ▶ Know Your Sector
- ▶ Review Page
- ▶ News in Pipeline
- ▶ Own Opinion
- ▶ Health Tip
- ▶ Events at IIHMR, Delhi
- ▶ Quick Bites
- ▶ Upcoming Conferences

## HOSPITAL AND HEALTH INSIGHT

### Kerala moves a step closer to universal healthcare system

Finance minister, T.M Thomas Isaac announced Comprehensive Health Programme of Kerala (CHPK) programme to take Kerala a step closer to achieve a universal healthcare system. The programme will include the poor and the middle class. An amount of Rs 20 crore has been additionally allocated towards initial expenses of the project. The CHPK proposal comes amid fears that the lion's share of families presently under Rashtriya Swasthya Bima Yojna (RSBY) in Kerala may be excluded from insurance coverage as the eligibility will now be determined based on the socio-economic census. **Read full text.**

### Cancer diagnosis, treatment has grown in leaps and bounds

Dust Having clocked several decades researching and treating cancer patients, Dr. G. K. Rath, who retired last year as the chief of Dr. B. R. Ambedkar Institute Rotary Cancer Hospital at AIIMS in New Delhi, will head the National Cancer Institute coming up in Jhajjar, Haryana. Often called the 'father of oncology' by his students, Prof. Rath explains why cancer, which is among the leading cause of death in Indians, is the best disease to get. **Read full text.**

### Walking may cut heart failure risk in women

The Brisk walking for at least 40 minutes several times every week may significantly reduce the risk of heart failure among older women, a study has found.

## UPCOMING EVENTS AT

IIHMR' Delhi

MDP's @ IIHMR

Health Information  
Management

**Date: 22-24<sup>th</sup> March  
2018**

The benefit appears to be consistent regardless of a woman's body weight or whether she engages in other forms of exercise besides walking, researchers said. **Read full text.**

## **Denying health insurance for genetic conditions violates rights, says Delhi High Court**

The High Court also pulled up the Insurance Regulatory and Development Authority of India (IRDA) and said that IRDA's primary duties was the "settlement of insurance claims" and "governing and regulating" exclusions in insurance contracts. **Read full text.**

## **Disability rights Crusader Javed Abidi dies**

One of the most prominent voices on disability in the country, wheelchair-bound Javed Abidi (53 years old) succumbed to chest infection. Abidi was the Director of the National Centre for Promotion of Employment for Disabled People, which he set up in 1996. The fire brand activist was also the global chair of Disabled Peoples' International, a world body with special consultative status to the United Nations, and convenor of the National Disability Network, India. **Read full text.**

## **WORLD AT GLANCE**

### **Making a Difference Together**

Every year in the month of March "International Women's Day" is celebrated with an aim to empower women. Simply fighting for the rights of women would not serve any purpose because constant combating and competing with men has resulted into a very negative masculine mindset rather than a powerful and effective feminine respect or partnership, which is not useful or beneficial either to men or to the society as a whole. So there has to be a proactive drive from within by which a woman's consciousness could go beyond that of just being a woman. **Read full text.**

### **Budget 2018: Over three-fold increase in National Nutrition Mission funds**

The National Nutrition Mission (NNM) under the Ministry of Women and Child Development (WCD) has received a major boost in the Union Budget with an

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## QUICK BITES

1. [Concussions Can Be Detected With New Blood Test Approved by F.D.A](#)
2. [The tightrope walk of India's drug-price regulator](#)

over- three-fold increase in its budget for the next financial year. The NNM strives to reduce the level of stunting, under- nutrition, anemia and

Low-birth weight babies and aims to benefit 10 crore people across the country. Despite demands from activists for increasing the allocation for the Pradhan Mantri Matru Vandana Yojana, the scheme has in fact seen a marginal drop with Rs 2,400 crore set aside for it. **Read full text.**

## **Cutting it out: monitoring C-section deliveries**

India's new guidelines, the World Health Organization (WHO) has called for the elimination of the so-called 'one-centimeter-per-hour' benchmark — a rule of thumb that obstetricians use to determine whether a delivery requires surgical intervention. This is to counter what the body calls a "surge" in interventions such as caesarean sections that could be "unnecessary". **Read full text.**

## **RECENT RESEARCHES**

### **Lancet study on savings on pollution: Health savings exceed cost of meeting climate targets, says study**

India is estimated to spend between \$0.1 trillion and \$6.5 trillion between 2020 and 2050 on actions to reduce greenhouse gas emissions. Savings from improved health could be anywhere between \$5 trillion to \$30 trillion in the same period, according to the study. **Read full text.**

### **Health Minister JP Nadda rolls out free viral load tests for HIV**

Health minister JP Nadda on Monday launched free Viral Load Tests, which measures the quantity of virus in the body. The move is likely to benefit 12 lakh people living with HIV/AIDS (PLHIV) in the country. **Read full text.**



## IIHMR Delhi organized National Urban Health Conference (NUHC)

### UPCOMING CONFERENCES/ EVENTS

#### The Times Of India: Medical Tourism & Wellness Confex

Date: 20, Mar 2018 - 22,  
Mar 2018

Venue: Hotel The Lalit,  
Mumbai

Website: <http://www.toi-mtwc.com/>

#### Wellness And Organic Expo-2018

Date: 25-27<sup>th</sup> May 2018

Venue: Dr Prabhakar Kore  
Convention Center  
Yeshwanthapur, Bengaluru

Website:  
<http://www.wellnessorganicexpo.com/>

The conference was organized on 24-25<sup>th</sup> Feb 2018 in the campus to give more visibility to IIHMR Delhi. The last conference by IIHMRD was organized on 16<sup>th</sup> July 2011.

The two days conference was **attended by 248 participants** from 9 States including Delhi from medical colleges, Government organizations, UN agencies and NGOs.

This also included our faculty, research officers and first year PG students.



**Sponsors:** The sponsors included funding from ELESEVIER, India Health Link and IPE Global, Venkasteshwar Hospital, Karnataka Cancer Hospital, Teamwork, Edelytics, Sreenivasa Hospital, A. C. Surgipharama Pvt. Ltd, Novopharm, M. H. Medicus Pvt. Ltd and Paras Healthcare and other suppliers.

### Academic Institution Participation:

Prof. O. P. Kalra, VC, Pt. B. D. Sharma University of Health Sciences

Dr. Pradeep Khanna, HOD, Dept. of Community Medicines, PGIMS, Rohtak

Dr. Sanjay K. Rai, Vice President, India Public Health Association & Prof Community Medicine, AIIMS, New Delhi

Prof. H Chopra, Prof & HOD, LLRM Medical college, Meerut

Dr. Ajay Sood, Former ED National Board of Examination & Prof -NIHFW.

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## Government Bodies:

Dr. Rajani Ved, ED, Dr. N Prakash, Sr Consultant, N Tomar, Quality, N Singh, Planning, NHSRC

Dr. J.K Das, Director, NIHFV, New Delhi

Dr. Muzaffar Ahmad, former Member- NDMA of India

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## UN Bodies:

Mr. Gautam Chakraborty, USAID

Dr. Sarbjit Singh Sahota, Emergency Specialist, UNICEF India

Dr. J. P. Narain, Former Director, Comm Diseases, WHO, SEARO

Dr. Markandey Rai, Senior Advisor, UN-Habitat; HQ Nairobi

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## Potential Donors:

Mr. L M Singh, PD & CEO, IPE Global

Ms. Kaniz Muneeza, Specialist PAHAL, IPE Global;

Mr. VR Raman, Head of Policy, WaterAid, India.

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## NGOs:

Dr. Vikas Kishor Desai, Founder Secretary, Urban Health Society of India

Dr. Satyender Goel, North Western Univ, Chicago and India Health Link

Dr S Mukherjee, MD, PMU DBT-BIRAC-BMGF-Wellcome Trust

Dr Denny John- Campbell Collaboration

Ms Ritu Nanda, Community Engagement Specialist, Constellation; ISST;

Dr Santanu Pramanik, Research Lead, ARIE Foundation;

Dr. Lalit Singh, Director Clinical Solutions and Ag MD, Elsevier

Mr. Narang Kishor, Narnix and Expert on Standards for Smart City Infrastructure

Dr. Siddharth Agarwal, Executive Director, Urban Health Resource Centre

**Sessions:** The important thematic areas discussed were related to Quality of care in Urban Health, Climate focus in Urban Health and Child Friendly Cities, Human Resource and Capacity building, Healthcare Financing, Innovation and Technology, Double burden of disease and Community Engagement and Behavior change communication.



**Award Sessions:** Oral paper and poster presentation in competition sessions were made by the students from medical and management post graduates. Three of the six awards went to our students.

Our students were actively involved in various committees. 13 posters and paper presentations were done by the students from IIHMR Delhi and 7 from IIHMR University, Jaipur.





## HEALTH IT UPDATES

### Google creates 'Symptom Search' feature in partnership with Apollo Hospitals

As more and more people seek google's advice first when it comes to health symptoms before visiting a doctor, Google India on Tuesday rolled out its feature called 'Symptom Search' in India that lets users find quality health information on their smartphones. **Read full text**

### Govt. ropes in Nilekani for developing IT infra for healthcare scheme

Tech billionaire, Nandan Nilekani will assist the government in developing IT infrastructure for the mega National Health Protection Scheme (NHPs), which seeks to cover 10-crore families, a senior Niti Aayog official has said.

The IT infrastructure for the healthcare scheme will be of a huge scale as was required for Aadhaar and will have to be scaled up gradually in view of the massive range of the programme. **Read full text.**

### **Eminent Personality in Healthcare: Dr. Preetha Reddy**

**Dr. Preetha Reddy, Managing Director, Apollo Hospitals Enterprise Limited**

Preetha Reddy steers the operations of the Apollo Hospitals group and works closely with the clinicians to help introduce contemporary protocols and continually raise the bar for clinical outcomes.

She also oversees the planning, designing and funding of new projects, with a view to directing the Group towards optimum utilization of resources and funds. Keenly focused on quality, she institutionalized strict adherence to pre-determined standards in every area of operations of the Group's hospitals.

With an aim to harness the growing mobile penetration in India, Preetha had initiated partnerships with telecom providers and Apollo Hospitals pioneered m-health solutions in India.

These path breaking mobile healthcare partnerships are set to transform the delivery of healthcare across India and will accelerate Apollo Hospitals' vision of touching a billion lives.



She works with industry bodies and the Government of India to advance policy decisions on important healthcare issues. In 2009, Prime Minister Dr. Manmohan Singh invited her to join the Indo-U.S. and Indo-Malaysia CEOs Forum, think-tanks created to strengthen bilateral cooperation and trade.

## HEALTHCARE ORGANIZATION- IPE Global



IPE Global Limited (IPE Global) is an international development consultancy group providing expert technical assistance in developing countries. The group partners with multilateral and bilateral agencies, governments, corporates and not-for-profit entities in anchoring development agenda for equitable development and sustainable growth. They align solutions with Sustainable Development Goals (SDGs) to better engage with our Clients and other stakeholders, to optimize impacts, transforming the world for the better.

Headquartered in India with four international offices in United Kingdom, Kenya, Ethiopia and Bangladesh, the group offers a range of integrated, innovative and high quality consulting services across several sectors and practices. With uncompromising focus on delivering positive impacts, they help international development sector clients address the challenges of complex issues.

Each of their group company operates independently - Triple Line Consulting Limited (a UK based subsidiary), IPE Global (Africa) Limited (an Africa based subsidiary), Imperia Health Private Limited (a hospital management company) and IPE Global Centre for Knowledge and Development (a section 8 company focusing on research and development consultancy).

### REVIEW PAGE

## **Mission Buniyaad to improve learning skills of school children**

After its ambitious 'Chunauti Scheme', the Delhi government announced to launch another education initiative - Mission Buniyaad- to improve the learning levels of students from class third to eighth, in both state-run as well as municipal corporations schools.

According to Deputy Chief Minister and Education Minister Manish Sisodia- The National Achievement Survey (NAS) has shown that the entire country, including Delhi, has a crisis of learning in our schools. The NAS demonstrates that close to half of all the children in our schools are not able to read their grade level textbooks.

In the secondary schools run by the Delhi government, various programs that government initiated have improved reading ability by about 20%. However, children in primary schools that are under the MCDs are not able to read, and thereafter when they study in secondary schools they find it difficult to cope up with the advanced levels adding that the Aam Aadmi Party (AAP) government has now extended its efforts to the BJP-led Municipal Corporation of Delhi (MCD) schools to help them in supporting the learning levels of its students.

Under this initiative, all the three civic bodies in the Capital, that run primary schools, will raise a cadre of teachers who will spearhead the initiative. One "mentor teacher", who will get specialised training, will be given the responsibility of mentoring other teachers in five schools to enhance the reading ability of students.

Mission Buniyaad will run from classes 3th to 5th in municipal schools and in classes 6th to 8th in Delhi government schools. In the days to come, children will undergo a reading level assessment based on which they will be enrolled in specialised Mission Buniyaad classes in their schools during summer breaks," Sisodia said.

The Education Minister further requested parents to cancel the vacation plans during summer holidays and send their children to schools for the remedial classes.

## NEWS IN PIPELINE

### **Simple urine test could measure how much our body has aged**

Researchers find that a substance indicating oxidative damage increases in urine as people get older. The study, published today in open-access journal in *Frontiers in Aging Neuroscience*, also describes a way to easily measure levels of this marker in human urine samples. The new marker potentially provides a method to measure how much our body has aged -- our biological rather than

chronological age. This could help predict our risk of developing age-related disease, and even the likely time-frame for our death. [Read full text](#)

## OWN OPINION

### **The National Health Protection Scheme- What is it and will it work?**

Under the Union Budget announced this year, the government plans to launch the National Health Protection Scheme (NHPS), that intends to cover 10 crore poor and vulnerable families, amounting to 50 crore beneficiaries ( i.e. five members per family) Each family will be provided a cover of Rs 5 lakh, annually, for health related treatments. It has been hailed as the “largest health programme in the world”. Under this scheme, which has also been dubbed as “ModiCare”, the government estimates that it would cost it around Rs 1100 to insure each family, but this will significantly improve the ease of living for the poor.

The government’s new programme is the fourth iteration of the Rashtriya Swasthya Bima Yojana (RSBY). In 2016-2017, RSBY was renamed the Rashtriya Swasthya Suraksha Yojana (RSSY) and in 2017-2018, this was renamed the NHPS. According to projections, the expected coverage to be achieved in the first year is 50 per cent, and the money required around Rs 5,000-6,000 crore. So far, Rs 2,000 crore have been sanctioned.

There are two ways in which the new announcement is significant for its scale and ambition; Firstly, the amount of Rs 5 lakh per family is a massive and unexpected hike from the existing fund of Rs 1 lakh per family. This amount is 17 times bigger than the RSBY scheme and will cover 40% of India’s population. Secondly, in its final iteration in 2016-2017, the RSBY also targeted 5.9 crore families, and managed to enrol 3.6 crore families. Thus the government’s announcement of reaching ten crore families is also vastly ambitious.

#### **Will it work?**

The RSBY itself has been plagued with problems of transparency and efficiency. Over the last few years of the UPA government, fund allocations towards the RSBY had been declining steadily, going from Rs 1,001 crore in 2012-2013 to Rs 550 crore in 2014-2015. The NDA government’s NHPS increased it somewhat – to Rs 724 crore in 2016-17. The allocations were brought back to Rs 1000 crore last year. However, in the last few years of the RSBY, both the amount of money released as well as utilised, fell considerably. The number of states participating also thinned out, with only eight states utilising any of the money disbursed to them under RSBY. Chhattisgarh utilised the maximum amount of funds under

RSBY, followed by Kerala and Odisha. Chhattisgarh utilised nearly one third of all of RSBY's funds in 2016-2017. The administrator of this scheme has also changed over time: RSBY used to be administered by the Ministry of Labour and Employment; this was shifted to the Ministry of Health and Family Welfare after renaming it RSSY. In the wake of these grand announcements, the two major challenges that still remain for the government are on ground implementation of these insurance based schemes and of course a streamlined, allocation of funds across states and their utilisation.

There are a lot of conventional IT firms in hospital space and clinics with billing solution some of these companies have also developed more complicated software that helps these hospitals to keep a track on patient records and ongoing treatment and upcoming tests some of the companies in this space are Wipro Infosys ,Tata Consultancy Services, Accenture and Tally. These companies don't currently have any identifiable or dedicated health 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 than 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.

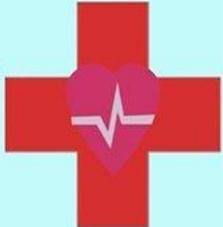


## BUDGET 2018-19 Health



### National Health Protection Scheme

- ❑ Will be the world's largest government funded health care programme
- ❑ Covering over 10 crore poor and vulnerable families
- ❑ Providing coverage upto 5 lakh rupees per family per year for secondary and tertiary care hospitalization



A FEW EASY WAYS TO BE

# HEALTHY AT WORK

**SYNAPSE TEAM**

Mrs. Divya Aggarwal

Ms. Mahak Rana

Ms. Neha Yadav

Mr. Simar Singh Wadhwa

Ms. Deepanshi Kacharia

Ms. Apoorva Mehta

Dr. Vijeta

1

**GET YOUR BUNS  
OUT OF THIS  
EVERY HOUR**



How? Set a reminder and take a walk around the office, visit the water cooler, or get up and stretch!

2



**DINING OUT?  
READ THE MENU  
ONLINE FIRST**

How? Check out the restaurant menu online before you leave work. General rule: 600 calories or less and order water!

3

**ONLY DRINK:  
WATER, TEA  
OR COFFEE**

the real stuff! not a triple creamer upside  
down caramel chocolate mochadoodle shake



How? Skip the creamer, roughly 78% of calories of creamer are from FAT! If you hate black coffee, try flavored beans.

4



**SNACK SMARTER:  
EAT CARROTS, WALNUTS,  
ALMONDS OR GRAPES  
...and keep them stocked!**

How? One of the biggest factors in pulling this off is access. If you make it easier to snack healthy, you'll stick with it.

5

**WORK IN SOME  
EXTRA STEPS  
WHERE YOU CAN**



**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

IF YOU DO NOT WISH TO RECEIVE FURTHER ISSUES, KINDLY MAIL US.

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