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.

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First in India: AIIMS doctors make a bid to split twins joined at head

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Karnataka govt to bring in universal health cover

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WHO appoints Milkha Singh as Goodwill Ambassador for physical activity in South-East Asia Region

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Healthcare gets 'smart' booster: community health centre, 3PHCs for Bhopal

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Poor records of PPPs in healthcare raises concerns

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Urban healthcare flawless claims government

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WORLD AT GLANCE

World Humanitarian Day: WHO urges more health aid to address Ukraine's humanitarian crisis

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Tobacco-free generations: stopping second-hand smoke and smoking initiation among children

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Africa must unite against health challenges: President

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RECENT RESEARCHES

Researchers Create 'Alexa-Like' Assistant to Help Alzheimer's Patients

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Probiotics May Help Children with Peanut Allergies

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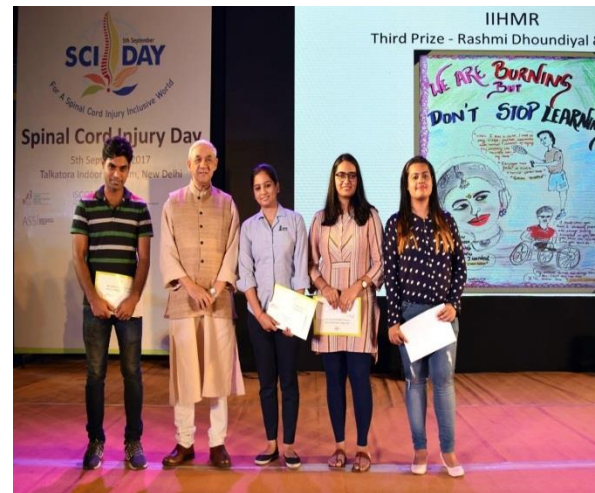## REFLECTIONS

World Spinal Cord Injuries Day on 5th Sep

On occasion of World Spinal Cord Injury day on September 5th this year, Indian Spinal Injuries Centre, Vasant Kunj organised a Poster competition at IIHMR Delhi on August 29th 2017 at 4pm.

The winners of the event were:
1st Prize- Ms. Deepanshi Kacharia, I year
2nd Prize- Dr. Sakshi Sharma, I year
3rd Prize- Ms. Rashmi Dhoundiyal & Mr. Vineet, II year

HEALTH IT UPDATES

FDA Grants First Clearance for Patients to Perform Hemodialysis on Themselves at Home

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Healthcare ropes in digital technologies

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Fitbit Introduces Ionic Smartwatch With Built-in GPS

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Health-tech startup Doxper raises $750K from GrowX, Vidal Healthcare, others

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Flexible Skin Worn Electricity Generator Powered by Sweat

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New augmented reality system to guide plastic surgery

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KNOW YOUR SECTOR

Eminent Personality in Healthcare – Dr. Pradeep Bhardwaj

Dr. Pradeep Bhardwaj, CEO of Six Sigma Healthcare, recipient of many prestigious national & international awards, listed India's top-10 doctors in hospital Administration.

He has created several landmarks in healthcare sector & has written more than 10 reference books on hospital management.

He is also Board of advisory, Jury in many healthcare organizations.

He is currently making waves in healthcare industry at Six Sigma Accreditation Board, Six Sigma Star Healthcare Limited, Delhi (India's 1st and world's 4th largest healthcare management company). Recently Dr. Bhardwaj organized first of its kind high altitude medical services at Holy AmarnathJi Yatra - 2014 at Sheshnag (JK) & previously he organized "Medical Rescue Operations" at Kaidarnath, Gaurikund, Badrinath and saved 511 people.

Healthcare Organization- IMS Health

IMS Health is an American Multinational company serving the combined industries of health information technologies and clinical research. It is a Fortune 500 company and the world's largest provider of biopharmaceutical development and commercial outsourcing services. IMS Health, the largest pharma market researcher and regarded as one of the most authentic sources for drug retail data in the world. IMS Health India recently conducted a study which shows orthopaedic devices contribute to less than a third of the total cost a patient has to bear in its implant procedure and hospitals make the highest margins in this business. The finding comes amid speculation that the government may control prices of knee implants after slashing prices of coronary stents by as much as 85% earlier this year.

REVIEW PAGE

31 Crore Children To Be Covered Under National Deworming Programme

An estimated 31 crore children (1-19 years) will be covered under the second round of Union Health Ministry's National Deworming Programme on Thursday followed by mop-up activities on August 17, aimed at reducing worm infestation that hampers the growth of kids.

The children will be administered the deworming tablet 'Albendazole' to fight infections due to Soil Transmitted Helminths (STH) or worms that causes morbidity by adversely affecting nutritional status; impairing cognitive processes and causing complications that may require surgical intervention.

"This is one of the largest public health programs reaching large number of children during a short period. The first NDD round of 2017 implemented in February covered 26 crore children with a coverage of 89 per cent.
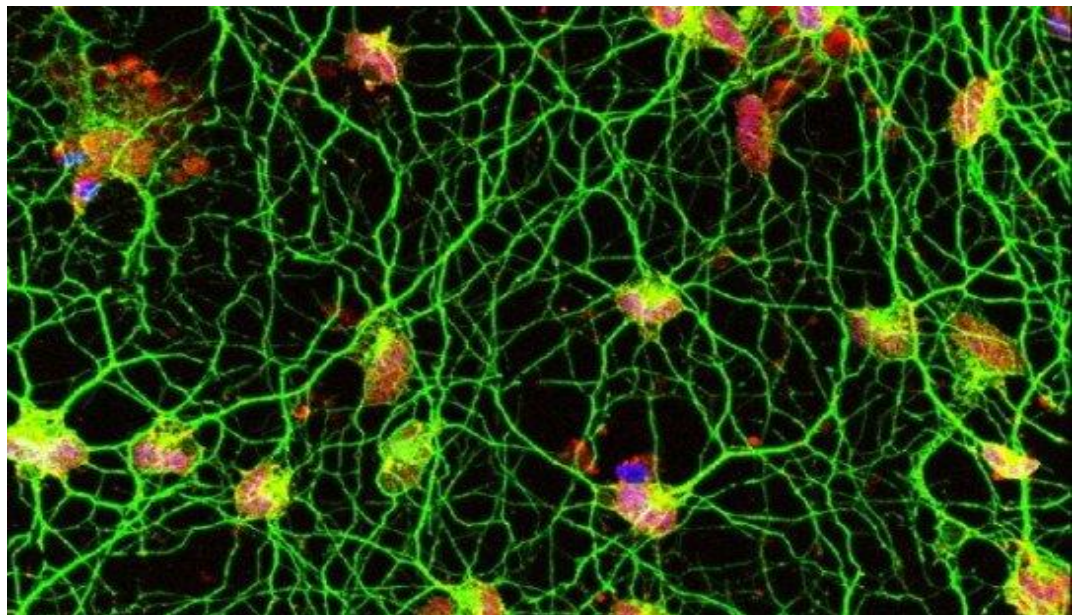
"A total of 7.8 crore children are targeted in private schools and 3.5 crore out of school children will be covered in this program through Anganwadi workers and ASHAs," said Dr Ajay Khera, deputy commissioner for the Child Health Programme at the Ministry.

The NDD program was launched in 2015 as WHO estimates that 220 million children below 14 years of age are at risk of STH infections in India. National Deworming Day is organised twice in a year covering all the children from 1-19 years of age except the States of Rajasthan and Madhya Pradesh where deworming is carried out once in a year.

As deworming may have a few side effects and some children, especially those with high worm infections, might experience nausea, vomiting, diarrhoea and fatigue, comprehensive adverse event protocols have been put in place, Khera added.

NEWS IN PIPELINE

Human skin cells transformed directly into motor neurons

Scientists working to develop new treatments for neurodegenerative diseases have been stymied by the inability to grow human motor neurons in the lab. Motor neurons drive muscle contractions, and their damage underlies devastating diseases such as amyotrophic lateral sclerosis and spinal muscular atrophy, both of which ultimately lead to paralysis and early death. **Read more**

Privacy: The Indian Healthcare Scenario

On 28th August 2017, the Supreme Court of India declared privacy to be a fundamental right. Although this judgement materialised as a result of the long standing debate over de-criminalisation of consensual sex amongst the LGBT people, this ruling has far other far-reaching implications, particularly in the context of healthcare.

The safeguarding of medical information can be broken down into three tenets-

1. Confidentiality, which is an obligation from the health provider to maintain privacy;
2. Privacy- under which a patient has the right to decide how much information about him/her can be shared and;
3. Secrecy- a mechanism that secures confidentiality and privacy. It may come in the form of guidelines and legislations which ensure that patient information is protected.

Historically, there have been cases in medicine and healthcare, where absolute privacy was not enforced in the interest of a "common, greater good". In 1998, T. Yepthomi sued Apollo Hospitals for revealing his HIV status to his potential bride. Yepthomi, who was tested positive during a routine blood donation, had questioned this violation of confidentiality by Apollo hospitals. At the time, the Supreme Court ruled in favour of the hospital citing that "there was an imminent danger of the bride being infected without her knowledge'. Therefore, it can be argued that if a person's HIV/AIDs status can be revealed under these 'privacy laws', why not the status of Hepatitis B or C, which are even more infective? By extension then, one can ask, if it is legally permissible for doctors to share information with regards to diseases with a genetic predisposition such as diabetes, among others?

In developed countries enforceable legislations are present; for example, the Health Information Technology for Economic and Clinical Health (HITEC) Act in the US. In India however, the confidentiality clauses in patient-doctor relationships are regulated through the Code of Ethics regulations of the Medical and Dental Councils. These regulations have provisions for punishment by the respective statutory bodies but the sanctions are weak and ineffective.

The Health Ministry is legislating a new law, tentatively called the Healthcare Data Privacy and Security Act, in recognition of these gaps. It is expected that is law will provide a comprehensive legal framework to ensure privacy to patients, especially in the future of electronic health records. The medical community and policy makers are required in equal measure to contribute and be part of such initiatives.

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HEALTH TIP

THINK ABOUT DRINKS

LIMIT:
- Alcoholic beverages
- Carbonated beverages
- Juice drinks
- Sport drinks
- Sweet teas

CHOOSE MORE:
- Water
- 1% or fat-free milk
- Unsweetened beverages

Choosing more water and 1% or fat-free milk will reduce your risk of being overweight and developing type 2 diabetes.

choices
Wellness is a Lifestyle

LIMIT SODA
Calories: 190
Contains over 10 tsp. of added sugar
Not a good source of vitamins or minerals
LIMIT SERVINGS

LESS 100% JUICE
Calories: 110
Good source of vitamin C and potassium
ONLY 4 TO 6 OUNCES DAILY

MORE 1% OR FAT-FREE MILK
Calories: 90
Good source of calcium, vitamin D, and protein
3 CUPS DAILY

MORE WATER
Calories: 0
Help keeps you hydrated
AT LEAST 8-8 OUNCES DAILY

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