

Global News Line

Issue 3 . April 2012 . www.globalhospitalsindia.com

Human resources - Health care

The National Health Policy status has been reviewed by Government of India in its Annual report (Sept2011). It has clearly noted the paucity in trained medical and paramedical personnel including nurses to effectively bring the health services to the rural poor. One major constraint in achieving universal access to health services is the non-availability of skills and trained human resources. By international standards, India fares very poorly in this area, calling for strong remedial action. This requires primarily: (a) Opening many more medical colleges and nursing schools, taking care to see that most of these are opened in the areas where skilled human resource densities are low and professional educational institutions are few. This would also require major efforts at faculty development and the use of modern technology to provide quality education (b) How can we make our health services less doctor-dependent and more nurse-enabled? Can new models of medical, nursing and paramedical education be created to meet specific shortages? This is an important issue to which all those concerned with health and health education needs to pay attention. Last decade has witnessed the development of several tertiary health care centers in an effort to bring state of art infrastructure and technology to serve the sick. They are mostly manned by personnel who were trained at reputed centers both within and outside the country. This has added to the bigger deficiency in paramedical staff to assist the tertiary care professionals. The problem has now grown to geometrical proportions. Immediate remedial measures are needed to ensure both basic and specialty man power development.

Every one looks forward to the laudable, possibly utopian, idea of Government to fulfill this objective by "Putting in place a National Council for the Human Resources in Health, which would play a guiding role in defining national human resource requirements and policies and which should define the regulatory framework with respect to professional bodies and standards and the expansion of professional and technical education with quality". In a vast country like India, health being a state subject, varied cultures and ethos in this multi-lingual, multi-racial country, any National policy undoubtedly requires Non-Governmental agencies to play a greater role. In the recent review of health plans, Govt Of India has acknowledged by recording: "Appreciation of the role of private sector in health"

The Private sector, especially the tertiary care centres, owe their responsibility not only in providing the state-of-art care to our countrymen but also contribute in developing valuable human resource. Global Hospitals has created an exclusive centre, Global Medical Education & Research Foundation, to address this issue.

Dr. K. Ravindranath

CMD - Global Hospitals Group

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Dr. K. Ravindranath (CMD - Global Hospitals Group)

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Liver Regeneration



Liver disease is the fifth biggest killer in the UK. There are almost 500 people waiting for a liver transplant, compared to just over 300 five years ago. Scientists have shed light on how the liver repairs itself that could help develop drugs to treat liver disease.

Researchers at the Medical Research Council (MRC) Centre for Regenerative Medicine at the University of Edinburgh, have discovered how to enhance the production of key cells needed to repair damaged liver tissue. The study, published in the journal, *Nature Medicine*, could help heal livers affected by diseases such as cirrhosis or chronic hepatitis. Scientists were able to unpick the process of how different cells in the liver are formed. When the liver is damaged it produces too many bile duct cells but not enough cells called hepatocytes which, the liver needs to repair damaged tissue and for detoxification function. They found they could increase the number of hepatocytes by selectively encouraging these cells to be produced instead of bile duct cells.

Understanding how liver cells are formed could help to develop drugs to encourage the production of hepatocytes to repair liver tissue. This could eventually ease the pressure on waiting lists for liver transplants. Professor Stuart Forbes, Associate Director at the MRC Centre for Regenerative Medicine at the University of Edinburgh, who is a consultant hepatologist and was the academic leader of the study, said: "Liver disease is on the increase in the UK and is one of the top five killers. Increasing numbers of patients are in need of liver transplants, but the supply of donated organs is not keeping pace with the demand. If we can find ways to encourage the liver to heal itself then we could ease the pressure on waiting lists for liver transplants."

The production of hepatocytes was increased by altering the expression of certain genes in early stage liver cells.

Dr Luke Boulter, of the University of Edinburgh's MRC Centre for Regenerative Medicine and first author of the paper, said: "This research helps us know how to increase numbers of cells that are needed for healthy liver function and could pave the way for finding drugs that help liver repair. Understanding the process by which cells in the liver are formed is key in looking at ways to repair damaged liver tissue." Dr Rob Buckle, Head of Regenerative Medicine at the MRC, said: "Liver transplants have saved countless lives over the years, but demand will inevitably outstrip supply and in the long term we need to look beyond replacing damaged tissues to exploiting the regenerative potential of the human body. The MRC continues to invest heavily across the breadth of approaches that might deliver the promise of regenerative medicine, and this study opens up the possibility of applying our increasing knowledge of stem cell biology to stimulate the body's own dormant repair processes as a basis for future therapy."

ACP Issues Guidance on Colorectal Cancer Screening



A guidance statement on screening for colorectal cancer, issued by the American College of Physicians, appears in the *Annals of Internal Medicine*.

The ACP evaluated four existing U.S. guidelines; and on that basis makes these recommendations:

- ◆ Clinicians should assess patients' risk individually.
- ◆ Patients at average risk should be screened starting at age 50.
- ◆ Those at higher risk should undergo screening beginning either at 40 or at 10 years younger than the age at which the youngest relative was diagnosed with colorectal cancer.
- ◆ No single test is favored over another for average-risk patients, but optical colonoscopy is recommended for those at high risk.
- ◆ Patients older than age 75 or with a less than 10-year life expectancy should not be screened.

Global Hospitals Hyderabad becomes a centre for BIOTECH INDUSTRIAL TRAINING PROGRAMME (BITP) of Govt. of India:



Biotech Consortium India Limited (BCIL), on behalf of Department of Biotechnology (DBT), Ministry of Science and Technology, Government of India, has been implementing for more than 15 years, a scheme of practical industrial training for M.Sc./ M.Tech./ B.E./ B.Tech

Biotechnology students called BIOTECH INDUSTRIAL TRAINING PROGRAMME (BITP). The objective of this programme is to provide industry-specific training to Biotech students for skill development and enhancing their job opportunities in biotech industry. This programme provides an opportunity to Biotech Industry for training and selecting suitable manpower. The training period is for six months during which a trainee is paid stipend of Rs. 8000/- per month and the training company is paid a bench fee to cover the expenses for providing training. Selection of students is made at national level and the companies who could offer this training are also selected after scrutiny of the expertise, infrastructure and value of the proposed training in imparting special skills to improve the job opportunities in biotech industry. Our Molecular Diagnostics and Biomarkers Laboratory has been selected as centre for this prestigious offer and two BITP recipients are undergoing training in our laboratory from February 2012. This opportunity envisages allotment of such trainees every year in future and it will be Global Hospitals' contribution in generating highly skilled and qualified manpower in the emerging area of for molecular diagnostics in India. Let us welcome the trainees and also thank Govt. of India for bestowing this opportunity to Global Hospitals, Hyderabad.

Celebrating OLD AGE

What is Aging Process?



Physical features or the outward signs of aging ♦ Graying of hair and Balding ♦ Wrinkled skin ♦ Stooped shoulders ♦ Slower walk **Internal features** Altered function of heart, Lungs, Kidney, Stomach, Bladder and other organs **Sensory Changes** ♦ Changes in vision ♦ Changes in hearing ♦ Changes in Taste & ♦ Smell

Myths and Facts about older adults

To be old is to be sick ♦ Older people are more likely to age in good health than to become decrepit and dependent ♦ 89% adults aged 65 to 74, report no disability ♦ Even in advanced older age, an overwhelming majority have little disability

The horse is out of the barn ♦ It is NOT too late to reverse lifelong risky habits such as smoking, consuming ghee etc ♦ It is now known the risk of heart disease and stroke is reduced almost as soon as you quit smoking ♦ The horse can be coaxed back into the barn by physical activity, mental stimulation, changing habits and emotional support

The elderly don't pull their own weight ♦ The majority of older people are very productive ♦ While 30% of seniors work for pay, another 35% serve as volunteers in institutions, hospitals and charities or as care givers to families, friends and neighbors

You cant teach an old dog new tricks Older people can, and do, learn new things and learn them well, although the limits of learning, and the pace of learning, may be restricted.

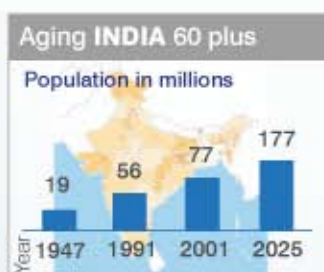
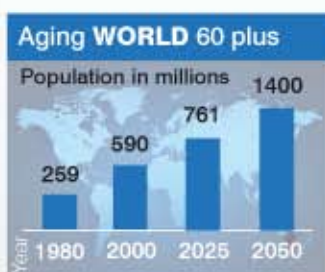
BENJAMIN FRANKLIN Invented bifocal glasses at the age of 78 to help correct his own poor vision

MICHELANGELO Completed his final frescoes, in the Vatican's Pauline Chapel, at the age of 75.

Signs of healthy aging

♦ Not obese ♦ Rarely smoke ♦ Have delayed age-related health problems such as stroke, heart attacks, cancer, diabetes ♦ A stress-reduction mindset ♦ A sense of hope

Figures



Celebrating International Women's Day' 2012



On the occasion of International Women's Week, Hyderabad 10K Run Foundation organized special run called Go! 5K Women's Run/Walk on Sunday, 11th of March, 2012 at People's Plaza.

The Motto of the run was "My Health – My Concern". It was a perfect platform, where women from across the twin cities participated in a 5 Kilometre & 2 Kilometre Walk/Run and pledged that they all would incorporate a 30 minutes of walk in their everyday life.

To encourage this special occasion, Global Hospitals, Lakdi-kapul has taken part in Go! 5K Women's Run/Walk

Global Hospitals also organised a customized Free BMD Clinic for women on 8th March' 2012.

Seminar on Good Nutrition for women of all ages

Global Hospitals L.B Nagar, Hyderabad organised a seminar at Real page India Ltd on Good Nutrition for Women of all ages on the occasion of World Women's Day 2012.

The Chief Dietician at Global Hospitals, L.B. Nagar elaborated the importance of Women's health and how to make smart, nutritious food choices and develop healthy food habits, to stay slim, fit and feel energetic all day long.



Workshop on Women & Mental health



Global Hospitals, L.B. Nagar, Hyderabad also conducted a Workshop on Women & Mental Health and Perspectives of gender sensitisation. During this workshop a "Question and Answer" round on psychological problems

was also held, with an active participation of around 70 women employees & customers of IDBI Bank, L.B.Nagar, Hyderabad.

World Kidney Day' 2012



On the occasion of World Kidney Day (8th March 2012), Global Hospitals, Lakdi-ka-pul organized Free Kidney Clinic for one week, wherein the general public from the twin cities availed this opportunity and also participated in awareness programs.

They we also conducted Health Talks / Awareness Programs on Preventive Kidney Diseases

Global Health City celebrates 3rd Anniversary



On a joyous occasion, the 3rd anniversary of Global Health City, was celebrated on a high note with the entire management right from the Chairman of Global Hospitals Group Dr. K. Ravindranath and

Dr. Uma Nambiar, CEO, Global Health City joining the celebrations. Renowned Burns & Plastic surgeon Padmashri Prof.K.Mathangi Ramakrishnan was the chief guest for the event. Internationally renowned Liver transplant surgeon Prof.Mohd.Rela awarded the citation for the services and contribution in the field of Plastic & Cosmetic surgery to the chief guest. Speaking on the occasion Dr.Ravindranath thanked the Consultants and Staff for their contribution towards making Health city one of the fastest and a niche player in Indian health care space by bringing lot of difference in quality of care and cutting edge technology. Various indoor and outdoor games were organized for all the employees of the Health city one week prior to the event and all the winners were presented medallions and certificates. The employees participated in the event with great exuberance. Cultural events presented by the doctors team and the staff were the show stealers.

8th Heart transplant:The Cardio Thoracic Surgeons at Global Hospitals, Hyderabad recently performed the 8th Heart transplant of the hospital. The transplant was performed on 69 year old male patient. He is the second, oldest patient in the world, to receive a heart transplant.

Another feather in the Cap



The Cardiac sciences team at Global Health City – Chennai celebrated their 2nd anniversary and has set another benchmark by successfully completing 1000 cardiac surgeries including the Single Lung Transplant that was performed on an Iraqi patient.

Speaking on the occasion the Chairman & Managing Director congratulated the team on their success.

World Head Injury Awareness day



On the occasion of World Head Injury Awareness Day (20th March 2012), Global Health City conducted a week long activity. A human billboard activity in 5 major road

junctions was conducted in the vicinity of the Health city for 4 days. Fliers were distributed on "How to prevent head injury" in ECR toll-gate and in the neighborhood. They also held health talks and promotional programmes in Radio City on Tips to prevent Head Injury. This was followed by a press conference on Life saving surgery performed on Mr. Reimund Dieter from Germany and a teenager, Samrat Bhandari, who met with an accident on the highway.

CME Programme

Topic: OSTEOARTHRITIS

By: Dr. P. Gopal Reddy, MS(Ortho),
Fellow - Joint Replacement Surgery (AIIMS),
Fellow Arthroplasty (Australia)

Venue: Auditorium, 5th Floor, Global Hospitals, Hyderabad

Date: 12th May 2012, Time: 12 noon -1:00 pm.

Followed by lunch

For free registration please contact
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