AMRITA INSTITUTE OF MEDICAL SCIENCES

AMRITA SCHOOL OF MEDICINE

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Leadership is all about rising up to the concerns of the times, remarked John Kenneth Galbraith, Harvard economist and distinguished former US Ambassador to India. As the nation battles a renewed wave of Covid infections, the faculty, staff and students at Amrita Institute of Medical Sciences found themselves scaling up their activities in terms of offering optimal clinical care, indigenous development of Air Purifying Respiratory suite- in tune with India’s “Atmanirbhar Bharat” mission, full-throttled vaccination drive and stellar Covid- related publications, notably by undergraduate students.

It’s a moment of pride that this institution is part of the University that hosts faculty who are among the top two percent of global scientists. Their recognition and rewarding by the Chancellor during the unique “Amrita Innovation and Research Awards-2021” ceremony remains a standing testimony to the commitment towards research. This issue continues the focus on accomplished luminaries among the staff and highlights events commemorating TB day, International Women’s day and Safe Internet campaign.
Dr. Mohan K Abraham  Professor and Head of the Department of Paediatric Surgery, AIMS, Kochi is an acclaimed Foetal Surgeon. He is the inventor of Urethral Valvotome, a simple and safe technique for trocar positioning in vesicoscopic ureteric reimplantation and safer technique for suturing in Foker’s repair of oesophageal atresia. He holds the rare honor of being the first in Asia to perform Foetal Valvotomy.

Dr. K. Pavithran  Professor and Head of the Department of Medical Oncology at Amrita Institute of Medical Sciences, Kochi trained in Haematology from the Royal Hallamshire Hospital, Sheffield, United Kingdom and went on to specialize in bone-marrow transplantation from Fred Hutchinson Cancer Centre, Seattle, USA. His expertise and salubrious patient care makes him a much sought after oncologist.

Dr. Lakshmi Kumar  Professor and Head of the Department of Anesthesiology, has over 23 years of experience as a teacher and clinician and has many research publications to her credit. She is a passionate Anesthetist for Solid Organ Transplantation, Robotic, Gastrointestinal and Pediatric Surgeries.

Dr. Radhamany K  Professor and Head of Department of Obstetrics and Gynecology of AIMS, Kochi, an academician with keen interest in high risk obstetrics, minimally invasive and pelvic floor surgeries. She is a coordinator, Assessor of DNB & FNB apart from examiner for various universities in Kerala. The captain of District Analysis of Near Miss cases and mortality. She was awarded "Best Teacher" award in Obstetrics in Gynecology for her commitment to medical education in the year 2019. She is the author of "Handbook of Obstetrics and Gynecology for VIVA".

Dr. Appu Thomas  Professor and Head of the Department of Urology and Renal Transplantation at Amrita Institute of Medical Sciences. He brings with him vast experience and knowledge and administrative skills gained in various Medical Colleges in Kerala and he served as Vice – Principal at Kottayam Medical College. He has more than 30 publications to his credit in various International and National Journals.

Dr. D. K. Vijaykumar  Clinical Professor and Head of the Department of Surgical Oncology, Breast Diseases Division. He was one of founders of the Surgical Oncology Division from its inception in 2003 and now devotes his energy in developing a Breast and Gynaecological Oncology Service.
Dr. Bhanutheja N, DM Resident, Department of Pulmonary Medicine was awarded 2nd prize for paper presentation on: "Organising Pneumonia after Docetaxel based Chemotherapy" at the National Conference NAPCON 2021.

Dr. Belgundi Preethi, DM Resident, Department of Pulmonary Medicine received 3rd prize for Paper Presentation titled: "Clinical and Investigational profile of Sarcoidosis and Utility of CT scan in Prognostication" at National Conference NAPCON 2021.

Dr. Meghana Subhash, DM Resident, Department of Pulmonary Medicine received 1st Prize in E Poster on "Pulmonary Inflammatory Myofibroblastic Tumor - A rare tumor presenting with diagnostic Dilemma" at National Conference NAPCON 2021.

Dr. Satish Chandar Reddy, DM Resident, Department of Pulmonary Medicine was placed 3rd for E Poster on "Nocardiosis in Solid Organ Transplant Recipients - A diagnostic conundrum" at National Conference NAPCON 2021.

Dr. Karthikchithartha, Final Year MD Resident, Department of Orthopedics got BEST ARTHROPLASTY PAPER AWARD at the Annual meeting of Society of Knee Surgeons of India (SKICON) 2021.
Dr. Jacob Thomas, Professor & Head, Dept. of Dermatology was presented the Prof. L K Bhutani Award for Excellence in Teaching and Research at the National Conference- Association of Dermatologists (IADVL) - Dermacon 2021.

Dr. Aswathy S, Professor of Community Medicine received the Award for Excellence in Community Medicine 2021 from Venus International Foundation, Chennai for her exceptional service and dedication in the field of Community Medicine.

Dr. Hisham Ahmed, Department of Cardiology published Paper titled: "Phenotypic Expression and Clinical Outcomes in a South Asian Cohort of PRKAG2 Cardiomyopathy" in Nature Scientific Reports. It all started 7 years ago with two patients, and his persistent effort led to 22 persons with this rare and clinically important cardiomyopathy.

Dr. Ginilkumar, Professor, Department of Urology has been elected as Honorary "Faculty of Eminence- Indian School of Urology" (FISU) for guiding and managing "Uro Education and Uro MET" and facilitating the "Training of Trainer" Conducted by Indian School of Urology, Urological Society of India during 54th USICON 2021.
Connecting what happened to a baby born to a mother who had COVID, Amrita School of Medicine Professors recently published a scientific study on a life-threatening condition involving a newborn as a consequence of the mother’s COVID infection. This unique case report was recently published in the leading medical journal, "The Lancet", and has elicited attention from medical experts across the world.

The article titled "Prediction of Spontaneous Preterm Birth using Anterior Cervical Angle - A Prospective Study" by Dr. Shyamala R, Dr. Chithra R, Dr Radhamany K from the department of Obstetrics and Gynecology, Amrita School of Medicine, Kochi has been accepted for publication in the journal "Indian Journal Of Applied Research". The Journal is indexed with all the leading directories like Index Medicus, Indian Citation Index Google Scholar, CrossRef etc.
Enhanced Recovery Pathway as a Tool in Reducing Post-operative Hospital Stay After Caesarean Section, Compared to Conventional Care in COVID Era: A Pilot Study

Jenith Kanti Manjula1 · Chittaka Remadevi1 · Pragayalee Logarathnam1 · Sandha R1 · Gopukrishnam1 · Anu Vasudevan1

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Abstract
Objectives: To study the implementation of ERAS (Enhanced recovery after surgery) pathway and its effect on duration of hospital stay and also comparison of post-operative care in comparison with conventional care.

Materials and Method: Prospective study conducted in Amrita institute of medical sciences, Kochi, Kerala. Women planned for elective and scheduled caesarean section were included in the study from September 2020 to October 2020 and compared with women who underwent caesarean section in the same period receiving regular post-operative care. The two groups were separate and urgent caesarean section and patients with medical or surgical comorbidities were excluded. Surgical proven from OR to EML expressed as mean ± SD. During proximity and overall LOS were measured and were compared for two groups. Intact perineum and intact hymen were given if normal apart from these analgesia, Foley catheter was removed after 12 hours. Conventional care group observed at 24 hours post-operative care and for 48 hours in PICU were included in the study on the first day followed by 1100 m on the second day. The duration of hospital stay was based on clinical criteria and care provider decision.

Results: In ERAS arm, the post-operative hospital stay was significantly reduced in comparison with conventional care group (9.58 ± 3.71 vs 11 ± 4.8) p < 0.05. Early feeding, early ambulation, early catheter removal, multimodal and preemptive analgesia all contributed to early recovery of the patient. Conclusion: In ERAS pathway, length of post-operative stay was significantly reduced as compared to conventional care.

Keywords: Enhanced recovery after surgery (ERAS) · Caesarean section · Early ambulation · Analgesia · Length of hospital stay

Prevalence of Stress among Bank Employees in Trivandrum during Covid-19 Pandemic: A Cross-Sectional Study

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Type of Publication: Original Research Paper

CONFLICT OF INTEREST: Nil

Changes in lifestyle during COVID-19 pandemic lockdown among undergraduate students in India: A cross-sectional study

Physiology
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13Third-year MBBS Student, Amrita School of Medicine, Kochi

Background: There was a recent outbreak of a novel coronavirus disease 2019 (COVID-19) which was first diagnosed in China in December 2019, spread worldwide and was declared a global pandemic by the World Health Organization. The impact of the pandemic on the mental well-being of the students is a major concern.

Objectives: The primary objective of this study was to determine the risk factors associated with changes in lifestyle and habits among undergraduate medical students during the pandemic lockdown in India.

Methods: A cross-sectional study was conducted among January 2021 and April 2021 in the Department of Physiology, Amrita School of Medicine, Kochi.

Results: A total of 1374 participants completed the questionnaire. Participants aged 18 to 25 years (910; 66.4%) were the main respondents. The mean age was 19.86 ± 1.57 years. The prevalence of depression was 10.4%. Participants who smoke (22%) were more likely to have depression (odds ratio 2.8; 95% CI 1.63 to 4.7), while the habit of drinking alcohol was less likely to have depression (odds ratio 0.53; 95% CI 0.31 to 0.91). Smoking and drinking alcohol were significantly associated with lower academic performance (p < 0.05).

Discussion: The study findings indicate that the COVID-19 pandemic lockdown has had a significant effect on the mental well-being of the students. It is important to ensure that the general public has easy access to accurate information and appropriate healthcare.

Keywords: Lockdown · Changes in lifestyle · COVID-19 pandemic · Students · Depression · Academic performance

At the time of submission, all authors had no potential conflicts of interest to declare.
Powered Air Purifying Respiratory (PAPR) is a protection equipment technology used to supply purified air to medical professionals working in infection-prone areas such as COVID wards, to prevent infections and diseases from the aerosolized virus particles. It was at this time that AMMACHI Labs and the senior faculties Dr Mahesh K and Dr Sundeep V of Amrita School of Medicine decided to work on designing and developing a complete PAPR kit from scratch – a small but sure step towards Atmanirbhar Bharat or its healthcare needs.

PAPRs are generally safer, more comfortable to use, and reusable as compared to normal PPEs with N95 masks. Due to its exorbitant cost, it is not widely used in developing countries like India. The goal of the project was to develop a low-cost solution that meets all the National Institute of Occupational Safety and Health (NIOSH) standards.

On January 13, 2021, AMMACHI Labs at Amrita Vishwa Vidyapeetham and Amrita Hospitals launched the product jointly. 20 kits of this product shall be tested by medical professionals at Amrita Institute of Medical Sciences (AIMS). Once all the feedback and design improvements have been incorporated, the PAPR will be manufactured by Omnex Inc.
The Medical Director of AIMS Kochi, Dr. Prem Nair said that AIMS will provide all the means for the vaccination of health workers as per instructions of the Government. Dr. M G Sivadasan, who is leading the vaccination drive for the Ernakulam Administration, said that this PPP initiative is a model that other districts can replicate.

On the home ground, we had a Vaccine Drive to vaccinate our 8000+ warriors. The Public vaccination was done at two venues, the AIMS Hospital as well as at Brahmasthanam temple. In keeping with our compassionate care policy, Brahmasthanam was free vaccine centre.

Famous film personality Lt. Col. Dr. Padmasree Bharath Mohanlal received his first dose of COVID Vaccine at Amrita Hospital, Kochi. He urged the public to follow the government's advice, to register and get vaccinated. He said that the drive will surely help individuals, families, and the society at large in the fight against the pandemic.
OUTREACH & SOCIAL IMPACT

PSYBER CLINIC
Towards new beginnings...

WEBINAR
9TH FEBRUARY 2021 | 11.30AM - 12.30 PM

International Women's Day
#ChooseToChallenge

Date: 8th March 2021
Time: 3 pm to 4 pm

Join us for the screening of two short films

Joya
Directed by Shaolin Shaon

Juice
Directed by Neeraj Ghaywan

Panel Discussion with Shaolin Shaon & Dr. Vani Kasari, HOD, School of Legal Studies

Online Gastroenterology Awareness Talks (February 25-26)

Organized by
Department of Gastroenterology & Hepatology
Kochi

Fatty Liver & its complications in daily life
Feb 26, TCS Infopark

Dr. SHINE SADASIVAN

Liver & Hepatitis in Health - Precautions for general public on how to maintain a healthy liver
Feb 29, Providence College of Engineering & Business

Dr. PRIYASA NAIR

Prevention of Liver Diseases
Feb 28, Mathrubhumi

Dr. HARSHVARDHAN RAO

SAFER INTERNET DAY
Together for a better cyber world

World TB Day – 2021
Continuing Medical Education (CME)

Organised by State TB Cell, Kerala & State Task Force

THE CLOCK IS TICKING

World Kidney Day: Celebrating World Kidney Day and 750 Kidney Transplant Surgeries

LIVING WELL WITH KIDNEY DISEASE

10TH MARCH 2021 | 3PM - 4PM
Meeting ID: 926 0564 4492
Password: 1327

CONTACT: 0484 6681327

AMRITA HOSPITALS
Department of Nephrology & Renal Transplant

PUNARJANI
RENAL TRANSPLANT MEET - 2021

Amrita Institute of Medical Sciences
Kollam, Kerala

Amrita Institute of Medical Sciences
Kollam, Kerala

Amrita Institute of Medical Sciences
Kollam, Kerala

Amrita Institute of Medical Sciences
Kollam, Kerala
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World’s Top* 2% SCIENTISTS

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Prof. Shantti Nair
Prof. Maneshha V. Ramesh

Prof. Madhav Dutta
Prof. R. Jayakumar

WORLD CANCER DAY 4TH FEBRUARY 2021

ZOOM meeting: Time: 4.00PM – 7.00PM
https://us02web.zoom.us/j/88230144372?pwd=TBUEdHJZNN5vOGRVbmhleUcgUTZjRjdr09
Meeting ID: 882 3014 4372 Passcode: 135173

4.00PM - 4.30PM Opening Ceremony

4.00PM Prayer

4.05PM Welcome Speech – Dr. D. K. Vijaykumar

4.10 PM Presidential Address – Dr.Prem Nair, Medical Director, AIIMS

4.20 PM World Cancer day message – Dr.K.Pavithran

4.30–5.30 PM Seminar
1. Who to screen & how to screen: Evidence based screening recommendations- Dr Haridas
3. Physical activity in cancer prevention: How much is enough? Dr Hari Sankaran
4. Affordable cancer care in developing countries: How to bridge the gap? Dr. Moni Kuriakose
5. Robotic surgery: Advantages Dr Anupama

5.30PM Inaugural address-Mr Salim Kumar Film Artist/Director

6.00PM-7.00PM
Cancer awareness Quiz – Dr Nikhil Haridas
Experience sharing Cultural Programs Vote of Thanks – Canserve

Amrita Alumni Association Kochi Campus Hosts

TREATMENT AND DIAGNOSIS OF AUTISTIC SPECTRUM DISORDERS

BY

Alumni DR.ABI RAMI MEENAKSHI
Expert Speaker

ON 20TH FEBRUARY 2021
OUTREACH & SOCIAL IMPACT

Hepatitis B & Fatty Liver Screening Camp at Bless Retirement Living in Aluva
09 March 2021

Fatty Liver disease screening Camp for Pediatric Patients
06 March 2021

26th Republic Day celebration in Amrita Institute of medical sciences, Kochi

Online gastroenterology awareness talk
Diabetes and Liver Diseases

Dr. Priya Nair, MD, DM (Gastro) Assistant Professor

WORLD YOUNG RHEUMATIC DISEASES DAY
18TH MARCH 2021