

ACTION
ON ZOOM

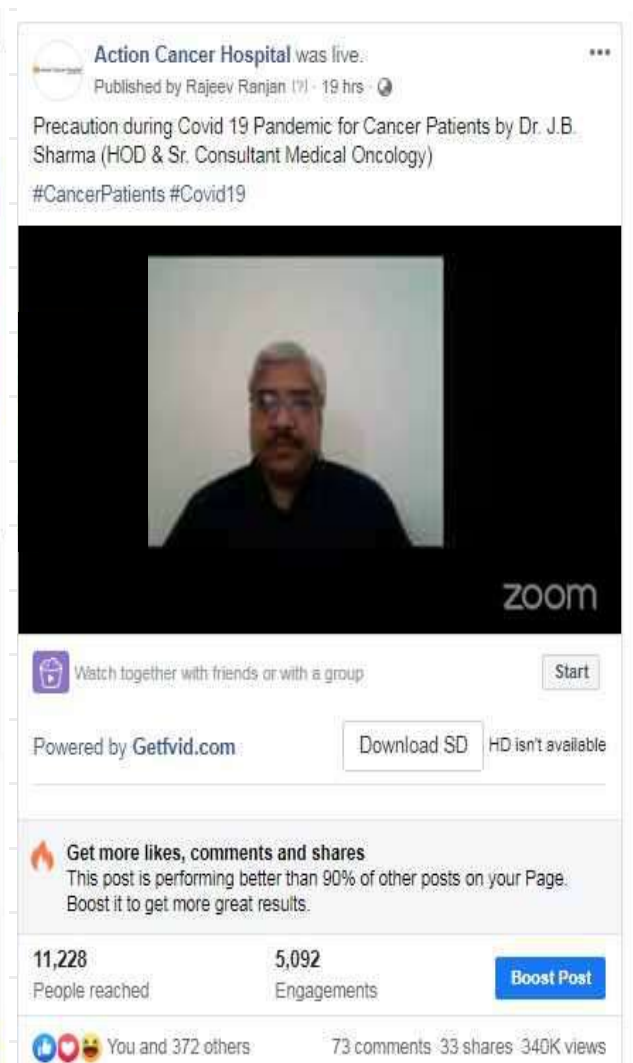
ACTION NEWSLETTER

Making home
Corona-free

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ACTION ON ZOOM



At this point, the world is deep in the throes of the Corona Virus pandemic. As a response to the corona virus, changing the way of spreading messages on health issues. This is a massive challenge unlike anything our generation has faced before, But together, we can outmanoeuvre this uncertainty and drive impactful change even in these trying times. As our socio-economic priorities get reshuffled, we as a hospital moved decisively to quickly address health issues and ailments. As a responsible healthcare provider we act quickly to address the immediate challenge, through latest communication technology. We are bringing together a clutch of leaders in their Medical Specialty, who will tell us that how to take care of our well being during lockdown and help us emerge stronger from this pandemic that has beset us. We, Action Group of Hospitals had launched a series of live interviews on hospital fb through Zoom where we had featured the medical specialists. In this series, we had started the first ever interview through the amalgamation of two technologies - Zoom and fb... whereby interview was taken on the zoom and broadcasted live on FB at 3 pm. This series was started with Dr Vijay Singhal-Sr. Consultant, dermatology, interview on 24th April on How to tackle with skin related problem during lockdown, then another interview with Dr Renu Gupta- Sr Consultant- Gynaecology - Self Pregnancy care during lockdown on 27th April, followed by another live interview of Dr JB Sharma- HOD and Sr Consultant- Medical Oncology on Precaution During Covid 19 Pandemic for Cancer Patients dated 30th April. All the interviews had received innumerable viewership.

BIRTHDAYS
in MAY

4-May Dr. Ajay Sharma

4-May Dr. Rajat Gupta

7-May Dr. Mohit Luthra

15-May Dr. Meenakshi Bansal

15-May Dr. Gyandeep Mangal

14-May Dr. Amita Garg

28-May Dr. Priyanka Kharbanda

30-May Dr. Rahul Bhargava

Family members of Sri Balaji Action Medical Institute & Action Cancer Hospital wishes each one of you a very Happy Birthday

www.actionhospital.com

www.actioncancerhospital.com

Word of Wisdom: One Day or Day one... You Decide. (By Rohit Sharma)



Pregnancy- Care During COVID-19 Pandemic



Dr. Renu Gupta
Unit Head & Sr. Consultant
OBS. & Gynae

As the deadly corona virus pandemic is spreading rapidly. I want to discuss the care of a pregnant woman during pandemic. The pregnant woman needs to know the self-care to protect herself as well as community from the epidemic. She needs to stay home, no visitors should be allowed at home, she needs to work from home, if working. However, if she is an essential service provider, she needs to maintain social distancing and maintain covid precautions at the working place also.

Self care in pregnancy includes for healthy nutritious diet with good hydration. She should be psychologically positive and keep herself busy in the creative work during this lockdown, instead of viewing all the time the mortality and morbidity of the covid infection. She should do exercise, meditation, mind relaxation techniques and involve in online antenatal classes or birth videos. Even the family members need to support the pregnant women.

She should remain in touch with gynecologist and must undergo at least 4 antenatal visits (3rd, 5th, 7th and 9th month) in the hospital. If she is in a



high risk pregnancy (as decided by the gynecologist) or having preexisting systemic diseases (hypertension, heart diseases, uncontrolled diabetes, epilepsy etc.), then she will require frequent hospital visits. I want to emphasize that there is no data which confirms the more severity of Covid infection in pregnant woman than non pregnant. So far it has not been found to be associated with any miscarriage, teratogenicity or vertical transmission in the fetus. Covid is not an indication of MTP or for operative delivery (LSCS). Woman can deliver normally under epidural analgesia also, although extra precautions are needed for the self and treating team.

Breast feeding is not contraindicated in the Covid delivered mother, as the virus is not, at present, found to be associated with secretion in the breast milk. But we should be cautious and take extra care to the newborn while having breast feeding, to avoid neonatal infections. She should take extra care of hand hygiene (proper sanitize the hand with soap and water or sanitizer), face hygiene (using face shield/face mask and strictly avoid to touch the face), a respiratory hygiene (during sneezing or cough—use tissue paper or folded elbow). In severely infected Covid patient, rooming in is not advisable, then extracted breast milk (manually or breast pump) can be provided to the newborn and baby needs to be kept isolated from the mother temporally, till the mother recovers. Covid-19 is a notifiable disease. If the woman during pregnancy develops any Covid symptoms (fever, cough, difficulty in breathing, low smelling power), she should remain in quarantine for 14 days. If she has any prior appointment scheduled during quarantine, that has to be deferred till she is declared free from the viral infection. Do remember, You are Much Stronger Than You Think...Stay Home, Stay Safe and Remain Positive.

Harvard Medical School
CGHS
AIIMS

*We stay at work for you.
Please stay at home for us.*

Sri Balaji Action Medical Institute
Multi Speciality Hospital

Action Cancer Hospital
World-class Care

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity



Media Coverages

Are you missing gossip...

fun, pulling legs of each other in office make office surroundings livelier and bring people together.

"It is quite that a sudden change of working place will somehow affect the mental status," said Pallavi Joshi, Clinical Psychologist at Sri Balaji Action Medical Institute in New Delhi.

According to a study by researchers from the University of California, Riverside, people gossip for 52 minutes a day on average.

The findings, published recently in the journal Social Psychological and Personality Science, showed that extroverts gossip far more frequently than introverts and younger people engage in more negative gossip than older adults.

Women gossip more than men, but only in neutral, information-sharing, gossip, said the research which looked at data from 467 people — 269 women, 198 men — aged between 18 and 58. Contradicting assertions found in popular "best habits of the rich" books, the research revealed that poorer, less educated people do not gossip more than wealthier, better-educated people.

Parikh, however, said that there are no personality types per se that would feel more burdened about working from home.

It is about individual preferences rather than personality types.

"What's important is that the conversations stay positive and promote togetherness, and not gossip that crosses a line," he said, adding that banter about day-to-day life helps us stay connected. "But it's important that it must be with mutual consent and not cross boundaries".

Those who are missing out on office gossip can take advantage of the digital tools to stay connected and have healthy conversations.

"Given the lockdown situation, it's a good idea to stay connected with friends and colleagues through individual and group chats and video calls to maintain a positive morale and have meaningful conversations. Social media can also play an important role in this, if we can use these mediums to stay connected, spread optimism and encourage social responsibility," Parikh elaborated. (IANS)

Appearance in Morning Standard by
Dr. Pallavi Joshi, Psychologist

Making home Corona-free

As the deadly Coronavirus pandemic spreading rapidly, people are doing everything to keep themselves safe but what about your own abode? To make your home Coronavirus-free, health experts have shared some tips such as cleaning all kitchen surfaces every time you finish cooking and keeping separate pairs of footwear for outdoors and indoors to fight the virus.

According to Praveen Gupta, Director and Head Neurology, Fortis Memorial Research Institute in New Delhi, all surfaces should be cleaned routinely with soap and other disinfectants available to make your house coronavirus proof.

"Apart from cleaning the surfaces, other objects like light switches, desk, keyboards, doorknobs, toilet, closets should also be cleaned. Please make sure that you do not touch any object while cleaning with bare hands; gloves are necessary and make sure to dispose of these gloves after the cleaning is done," Gupta said.

In case when you are buying vegetables and fruits from outside, please make sure that you clean the bag very carefully before entering the house. If possible, it is advisable to keep the bags outside your home or in a corner for at least 24 to 48 hours.

"Considering coronavirus spreads through droplets, please make sure to wash your vegetables and fruits in potassium permanganate solution or you can also wash it with hot water as well for at least 5-10 minutes," the doctor suggested.

Stay home as much as possible but there are times when we can't avoid visits to grocery store or pharmacy at some

point. "It is advisable to avoid unnecessary to and fro to any market area and stay in house. Disinfect everything you touch thoroughly and make sure that you wash your hands frequently. Also, supervise your pets in the backyard and keep them away from meeting or playing with other people," said Rajesh Chawla, senior consultant, Respiratory Medicine, Indraprastha Apollo Hospitals.

"Make use of hypochlorite to clean every corner of your house or make use of bleaching powder to clean your house," he added.

If someone is sick at your home, please make sure that a distance is maintained from that person and his or her clothes should be washed separately. "One needs to understand while performing all the above activities, wearing gloves is necessary and when you are giving your clothes for laundry, please use disposable gloves and it is preferred to wash your clothes at home only and avoid any outside contact," Chawla said.

Dr Sudhish Sehra, HOD, Internal Medicine, Sri Balaji Action Medical Institute in New Delhi said that in addition to frequently sanitizing your hands, keeping the house and your immediate surroundings clean is equally important.

"Start with basic dusting while covering your face with a mask/alternative clothing such as a handkerchief, and disinfect the furniture surfaces and the floor. Clean all kitchen surfaces every time you finish cooking. Keep separate pairs of footwear for outdoors and indoors," Sehra said.



Appearance in Pioneer by Dr. Sudhish Sehra, HOD, Internal Medicine

स्किन एलर्जी

इस मौसम में त्वचा संबंधी भी एलर्जी हो सकती है। ऐसे में क्या सावधानियां बरती जानी चाहिए इसके बारे में बता रहे हैं, श्री बालाजी एक्शन मेडिकल इंस्टिट्यूट, दिल्ली में सीनियर कंसल्टेंट-डर्मेटोलॉजी डॉक्टर विजय सिंघल।



त्वचा की यदि बात करें तो मार्च के आस-पास कुछ तरह के एक्जिमा एक्टिव हो जाते हैं। ऐसे में खुजली होना, त्वचा शुष्क होना, उसमें जलन होना जैसे लक्षण सामने आते हैं, और ये फैलती भी हैं। इनसे बचने के लिए कुछ बातों पर अमल करें।

- ▶ एक्जिमा पीड़ित व्यक्ति के संपर्क में आने से बचें।
- ▶ साफ-सफाई का ख्याल रखें और त्वचा को हमेशा मॉयश्चराइज करके रखें।
- ▶ शरीर के किसी भी हिस्से में सामान्य से ज्यादा खुजली होना, चकते पड़ना जैसे लक्षण दिखें तो तुरंत डॉक्टर की सलाह लें ताकि आने वाली समस्या को रोका जा सके।

Appearance in Hari Bhoomi
by Dr. Vijay Singhal,
Sr. Consultant, Dermatology

विश्व में टीबी की संख्या में भारत का 27 फीसदी हिस्सा है

मिलकर लें टीबी खत्म करने का संकल्प

कम आय वाले देशों में संक्रामक रोगों का विस्तार चिंता का विषय है, जिनके लिए व्यापक स्तर पर काम करने की आवश्यकता है। टीबी भी ऐसे संक्रामक रोगों में से एक है, जो ट्यूबरकुलोसिस बैक्टीरिया के एक से दूसरे व्यक्ति में संक्रमित होने से होती है। टीबी मानव सभ्यता की सबसे पुरानी बीमारियों में से एक है, लेकिन अफसोस की बात है कि अभी तक विश्व इस संक्रामक रोग की चपेट में बुरी तरह से है। एक तरफ जहां जानकारी जागरूकता का अभाव इसके फैलने का कारण है, वहीं भारत में इस बीमारी के प्रति



सामाजिक सोच भी बहुत से रोगियों में संकोच भर देती है जिसके कारण वे अकसर डॉक्टर के पास जाने और इलाज करवाने से डरते हैं। डब्ल्यूएचओ की रिपोर्ट के अनुसार

विश्व में टीबी की संख्या में भारत का 27 फीसदी हिस्सा है। यहाँ टीबी के विषय में ध्यान देने वाली दो बातें हैं, एक यह कि टीबी का इलाज पूरी तरह संभव है और दूसरा यह कि

समय रहते टीबी के इलाज न करवाया गया तो इसका बढ़ा हुआ जोखिम मृत्यु की ओर भी अग्रसर करता है।

नारायणा अस्पताल के डॉ. शीबा कल्याण बिस्वाल ने कहा कि लेटेंट टीबी में बैक्टीरिया शरीर में मौजूद होता है, लेकिन व्यक्ति के शरीर की प्रति रक्षा प्रणाली बैक्टीरिया को सक्रिय नहीं होने देती है। इसमें टीबी के लक्षणों का अनुभव नहीं होता और यह एक व्यक्ति से दूसरे में नहीं फैलती। सक्रिय टीबी में बैक्टीरिया व्यक्ति के शरीर में विकसित होते हैं और इसके लक्षण

भी महसूस होते हैं। यदि किसी व्यक्ति के फेफड़े सक्रिय टीबी से संक्रमित हो तो यह बीमारी एक से दूसरे में आसानी से फैल सकती है।

श्री बालाजी एक्शन मेडिकल इंस्टिट्यूट के डॉ. अनिमेष आर्य ने बताया कि टीबी के इलाज में ध्यान देने वाली बात यह है कि सबसे पहले इसका सही समय पर इलाज शुरू हो जाना बेहद जरूरी है। साथ ही टीबी का इलाज लंबे समय तक चलता है, जिसकी अवधि 6 महीने या उससे अधिक हो सकती है। और यह अवधि रोगी के केस पर निर्भर करती है।

Appearance in Punjab Kesari by Dr. Animesh Arya, Unit Head & Hon. Sr. Consultant, Respiratory Medicine

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity

