

This Newsletter based on the theme  
Make Mental Health &  
Well Being of all a Global Priority

# Medi-Update

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**PARUL SEVASHRAM HOSPITAL**



**PARUL INSTITUTE OF MEDICAL SCIENCES & RESEARCH**

# WORLD MENTAL HEALTH DAY 2022 (10 OCTOBER)

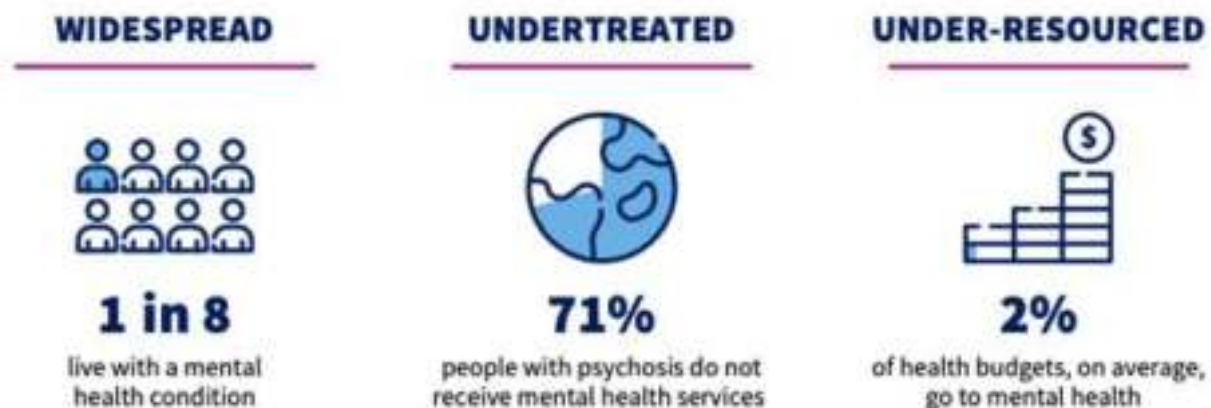
Make mental health & well-being for all a global priority

## INTRODUCTION:

WHO will work with partners to launch a campaign around the theme of Making Mental Health & Well-Being for All a Global Priority. This will be an opportunity for people with mental health conditions, advocates, governments, employers, employees and other stakeholders to come together to recognize progress in this field and to be vocal about what we need to do to ensure Mental Health & Well-Being becomes a Global Priority for all.

Mental health conditions are very common in all countries of the world. Most societies and most health and social systems neglect mental health and do not provide the care and support people need and deserve. The result is that millions of people around the world suffer in silence, experience human rights violations or are negatively affected in their daily lives.

**Mental health conditions are widespread, undertreated and under-resourced**



## OBJECTIVE OF World Mental Health Day 2022: Making Mental Health & Well-Being for All a Global Priority.

A world in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

### Current Situation in the world:

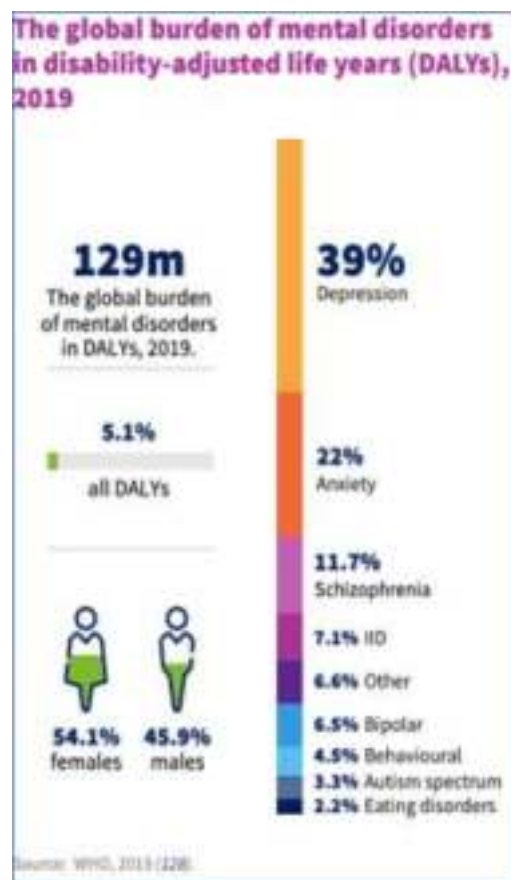
1 in every 8 people in the world live with a mental disorder. Mental disorders involve significant disturbances in thinking, emotional regulation, or behaviour.

Whilst the pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 provides us with an opportunity to re-ignite our efforts to protect and improve mental health. Many aspects of mental health have been challenged and already before the pandemic in 2019 an estimated one in eight people globally were living with a mental disorder.

# WORLD MENTAL HEALTH DAY 2022 (10 OCTOBER)

Make mental health & well-being for all a global priority

The COVID-19 pandemic has created a global crisis for mental health, fuelling short- and long-term stresses and undermining the mental health of millions. Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened. Stigma and discrimination continue to be a barrier to social inclusion and access to the right care; importantly, we can all play our part in increasing awareness about which preventive mental health interventions work and World Mental Health Day is an opportunity to do that collectively.



## Determinants of Mental Health

Throughout our lives, multiple individual, social and structural determinants may combine to protect or undermine our mental health and shift our position on the mental health continuum.

Individual psychological and biological factors such as emotional skills, substance use and genetics can make people more vulnerable to mental health problems.

Exposure to unfavourable social, economic, geopolitical and environmental circumstances – including poverty, violence, inequality and environmental deprivation – also increases people's risk of experiencing mental health conditions.

Each single risk and protective factor have only limited predictive strength. Most people do not develop a mental health condition despite exposure to a risk factor and many people with no known risk factor still develop a mental health condition. Nonetheless, the interacting determinants of mental health serve to enhance or undermine mental health.

## Mental health care and treatment

Community-based mental health care should be provided through a network of interrelated services that

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comprise:

- Mental health services that are integrated in general health care, typically in general hospitals and through task-sharing with non-specialist care providers in primary health care;
- Community mental health services that may involve community mental health centers and teams, psychosocial rehabilitation, peer support services and supported living services; and
- Services that deliver mental health care in social services and non-health settings, such as child protection, school health services, and prisons.

There is vast care gap for common mental health conditions such as depression and anxiety which means countries must also find innovative ways to diversify and scale up care for these conditions, for example through non-specialist psychological counselling or digital self-help.

## **WHO's Response:**

To achieve the global objectives set out in the WHO Comprehensive mental health action plan 2013–2030 and the Sustainable Development Goals. We should develop community-based mental health services capable of achieving universal health coverage for mental health. As part of these efforts, we must intensify our collaborative action to integrate mental health into primary health care. In doing so, we will reduce suffering, preserve people's dignity and advance the development of our communities and societies.

Our vision is a World where mental health is valued, promoted and protected; where mental health conditions are prevented; where anyone can exercise their human rights and access affordable, quality mental health care; and where everyone can participate fully in society free from stigma and discrimination.

WHO's Mental Health Gap Action Programme (mhGAP) uses evidence-based technical guidance, tools and training packages to expand services in countries, especially in resource-poor settings. It focuses on a prioritized set of conditions, directing capacity building towards non-specialized health-care providers in an integrated approach that promotes mental health at all levels of care. The WHO mhGAP Intervention Guide 2.0 is part of this Programme, and provides guidance for doctors, nurses, and other health workers in non-specialist health settings on assessment and management of mental disorders.

# INTERESTING MEDICAL CASE REPORTS OF PATIENTS TREATED AT PSH



**Department of Paediatrics**  
Baby survives battle of **85 days**  
A teach approach by Experts  
at Parul Sevashrm hospitial

**Department of  
Obstetric & Gynaecology**  
Total Laparoscopy Hysterectomy with  
Bilateral Salpingoophrectomy



**Department of Oncology**  
Frantz-Solid Pseudopapillar  
Tumer of Pancreas

# INTERESTING MEDICAL CASE REPORTS OF PATIENTS TREATED AT PSH



## Department of Oncology

Effective & Efficient coordination of team Oncosurgery & OBGY gave successful outcome in early stage cervix carcinoma

**Department of Orthopaedics**  
Advanced Shoulder Arthroscopic Surgery (Bankart Repair) for Anterior Shoulder Instability



## Department of Orthopaedics

Hip Preservation Operation for Perthe's Disease - A disease of hip in young girl with sickle cell disease

# FACULTY ACHIEVEMENTS



Dr. M. Z. Patel, Professor, Department of Respiratory receiving lifetime achievement award from Gujarat State BJP President Mr. C. R. Patil for his wonderful contribution in his field in the state T B conference held in Surat on 12th June, 2022.



Dr Prasad Muley & Dr Arti Muley Conducted two days workshop on "How to do Systematic Review & Meta-analysis" on Invitation from YMT Dental college Mumbai. The workshop carried 11 credit from MUHS.

Dr. Shreyash Patel, Associate Professor, Dept. of EM, PIMSR, was felicitated as a Faculty in GIMACON 2022 for his session on Approach to an unconscious patient.



Dr. Anant Marathe awarded for valuable contribution as resource person in national FDP on Challenges & opportunities for publishing research paper in peer reviewed journals, organized by Parul university.



Dr. Sanjay Date won 4th prize in international Chess federation Rated chess tournament held at Udaipur from 23rd December to 25th December.

# WHAT'S NEW AT PIMSR & PSH



Launch of inaugural, Peer reviewed open access online Parul university journal of health sciences & research- PUJHSR. Congratulation to editors, authors and anonymous reviewers, who had volunteered to contribute to success of this events.



Freshmen Orientation Program for 2nd Batch of Post Graduates & Under Graduates, PIMSR, Parul University

**Sickle Cell Disease Related Stigma, Economic Loss & Quality of Life Among Tribal Population of India**  
by Indian Council of Medical Research (ICMR)

**Project Duration**

1 year

**Project Grant**

Rs.19,50,000



PIMSR, Parul university has been granted for Sickle Cell Disease Related Stigma, Economic Loss & Quality of Life Among Tribal Population of India.



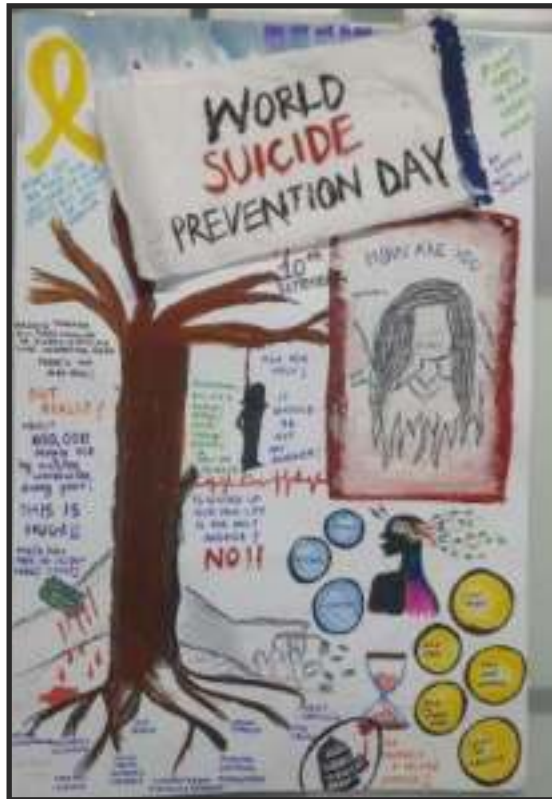
# EVENTS AT PIMSR & PSH

An Instagram live session by our expert oncosurgeon Dr. Manan Shah on 2nd November 2022 on Breast cancer awareness as Breast Cancer is the second most common cancer in women after skin cancer.



Parul Sevashram completed 10 successful years of services and celebrated the same on 12th Sep 2022 by organising various charity events like "JOY OF GIVING".

# EVENTS AT PIMSR & PSH



Department of Psychiatry, PSH celebrated World Suicide Prevention day on 10th September 2022 by poster making competition where MBBS students participated.



PG Training program: Interactive panel discussion on "Ethical Dilemmas in Psychiatry Practice" and "Dr.G.K.Vankar Best Paper Award" ceremony  
65 faculty members and PG students from all over Gujarat Attended the event.

# QUALITY ASSESSMENT



National Accreditation Board for Testing and Calibration Laboratories (NABL)



National Accreditation Board for Hospitals & Healthcare Providers (NABH - 5<sup>th</sup> Edition)

# CMEs @ PIMSR



PIMSR-CME on **Sialoendoscopy** organized by Department of ENT on 08-11-2022  
Guest speaker : **Dr Hiren Soni**, Associate Professor, E.N.T., GMERS Medical College, Gotri



CME on **Imaging in Respiratory Disorders** organized by Department of General Medicine on 10-01-2023  
Guest speaker : **Dr Bhavin Dalal** (MD, DNB, FACP, FCCP (USA) & **Dr. Anil Rathva** (MD-RADIOLOGY)



CME on **Tuberculosis Update** organized by Department of Respiratory Medicine on 11-01-2023



CME on **Respiratory & Sleep Medicine** organized by Department of Medicine on 29-12-2022



Live Workshop on Evidence Based Caesarean Section Technique & Uterus Preserving PPH Techniques - on 04/12/2022

# STUDENT ACHIEVEMENTS



Department of Psychiatry, PIMSR organized "Psychiatry Quiz for Undergraduates- College round" on 18/7/2022.

Winner team: 1. Nidhi Shah | 2. Vishwa Panchal



Shivam Parekh, Medical student (UG) has presented scientific poster paper in GIMACON-2022 organized by IMA, Vadodara branch held on 19th & 20th November 2022. He was awarded best scientific poster paper.



Poster making completion organized in the department of ENT, PSH on the occasion of world sinus health awareness day 2022. A few glimpse of the event with the winner of the competition.



Dr Surbhi, a student of PIMSR bagged 2nd prize in Scientific Poster Presentation at Joint International Conference at Ahmedabad

# AWARDS & ACCOLADES



ICC Healthcare Awards 2022, New Delhi  
Awarded as Best Teaching Hospital in Healthcare Delivery

Awarded as Best Teaching Hospital of the Year (Runners up)  
In Western Region, >300 beds Category.

# પારુલ સેવાશ્રમ હોસ્પિ.ના તબીબોની સફળતા કોણીની કાર્યક્ષમતા પરત લાવવા નવો સાંધો બનાવ્યો કોણી વળતી ના હોવાથી રોજિંદા કાર્યો નહોતા થતા

કિર્તીચંદેર : વર્ણવ

પારુલ સેવાશ્રમ હોસ્પિટલ ખાતે 25 વર્ષના યુવાનને બે તરફ કોણીમાં ખોડ અને પાંચ વર્ષથી બંને કોણીઓને વાળવાની અથવા ટકાર રાખવાની અક્ષમતા હોવાથી કોણીના સાંધાની બોની એન્ડ્રોલોજીસ વિભાગીનું નિદાન થયું હતું. તે જાતે ખોરાક લેવામાં અથવા રોજબરોજની પ્રવૃત્તિ કરવામાં અસક્ષમ હતો.



જેની કોણીનો સાંધો નવો બનાવવામાં ડોક્ટરોને સફળતા મળી હતી. તેના ઉચ્ચમાં સિલચાલ કરી શકે તેવો કોણીનો સાંધો બનાવવાનો પડકાર હતો. કારણ કે આનો સાંધો હાડકાને સ્થાને હતો. સરવાર માટે પારુલ સેવાશ્રમ હોસ્પિટલની ઓર્થોપેડિક શાખાના પ્રોફેસર અને વડા ડૉ. કાર્તિક વિશ્વનાથન અને તેમની ટીમે નવી ઓપરેશનની પદ્ધતિ અમલમાં મુકી હતી. આ દર્દીની કંકણનલ એલો ટીસેક્રાન આઈપોલાસ્ટી કરાઈ હતી. જેમાં કોણીના સાંધામાં રહેલા હાડકાને કાઢી સાંધાને સ્થિતિસ્થાપકતા

અને કાર્યક્ષમતા આપવા કોણીના આકારનું પુનઃ સર્જન કરાયું હતું. કોણીના સાંધાની આસપાસ સ્થિરતા આપતા અસ્થિબંધન, સ્થિતચલ જણાતા જાંઘના બ્યાગમાંથી પેશીઓ કઢાઈ હતી.

કોણીના સંધાતર અસ્થિબંધન તરીકે બદલાઈ હતી. કાર્યક્ષમતા શરૂ થતાં દર્દી જમણા હાથનો ઉપયોગ કરી ખાવા, પીવા, ચહેરો ધોવા અને વાળ ઓળવા સમર્થ બન્યો હતો. ડૉ. ગીતિકા પટેલે જણાવ્યું હતું કે, રોજબરોજની પ્રવૃત્તિ માટે 5 વર્ષથી સંધર્ષ કરતા દર્દીને સરળતા સાથેનું નવજીવન પ્રાપ્ત થયું છે.

# પારુલ યુનિવર્સિટી ખાતે હેલ્થકેરમાં પ્રજ્ઞાનું ઉદઘાટન



સહીયમ

પારુલ યુનિવર્સિટીએ પ્રજ્ઞા એક અભ્યાસ ક્ષેત્ર તરીકે આનુકરણ કેન્દ્રની સ્થાપના કરી એક વિશાળ ઉભાંચ લગાવી છે. આ અભ્યાસી ક્ષેત્રના મુખ્યમંત્રી ઉદઘાટન તારણરમ્યો મુજવાલ કારકારણ આરોગ્ય વિભાગના અધિક મુખ્ય સચિવ ડૉ. મનોજ ભગવાનના હસ્તે કરવામાં આવ્યું હતું. જેથી અત્યંત નિર્ણાયક જીવન ભાગ્ય ક્રમિકાઓ, પદ્ધિવાન્યક ક્ષેત્રો, નિદાન અને નિર્ણાયક નિર્ણયો આપવા અને અભ્યાસના કેન્દ્રના ઉદ્દેશ્યને આગળ જવાથી શક્તિ યુનિવર્સિટીના હજારો અંદર એજ્યુએટ અને અનુરનાતક મેડિકલ, પરામર્શિકલ અને તર્કિક

વિદ્યાર્થીઓને તેમનું ક્ષેત્રના અભ્યાસના ભાગ લેવા માટે ઉપચારો પુરુષારથ થઈ તે મળી છે.

યુનિવર્સિટીના ૮ હજારથી વધુ વિદ્યાર્થીઓ આરોગ્ય વિજ્ઞાનના વિવિધ અભ્યાસક્રમોમાં અભ્યાસ કરે છે. અંદર એજ્યુએટ વિદ્યાર્થીઓ મુખ્યમુખ નર્સીંગ, સર્જિકલ ક્ષેત્રના તાલીમ, મુખ્યમુખ જીવન સહાય નર્સીંગ અને કટોકટી વ્યવસ્થાપન તાલીમમાંથી પસાર થશે.

આ કેન્દ્રનો હેતુ આરોગ્ય ભાવિ આરોગ્ય સંસ્થાના વ્યવસ્થાપકો અને વિવિધ મેડીકલ વિભાગોને આકાર આપવા માટે યુનિવર્સિટીના વિજ્ઞાનને અનુરૂપ છે.

# પારુલ સેવાશ્રમ દ્વારા અંગદાન જાગૃતિ રેલી યોજાઈ અંગદાન કરવા 100થી વધુ લોકોએ સંકલ્પ લીધા



કેવલિંકા : વર્ણવ  
તેમના કાયા તેમજ હાડકાના કામોને અંગદાનનું મહત્ત્વ સમજાવ્યું હતું. અક્ષમતા આગરૂં 100થી વધુ અંગદાનના સંકલ્પ લેવાયા હતા. પારુલ સેવાશ્રમના મેડિકલ ડિવિઝન ડૉ. કૃષ્ણ પટેલે જણાવ્યું કે, સંકલ્પ લેવાના સમયે તેમનાં અંગે વિચરવી મુશ્કેલી ઠાકે સંભવી શકે છે.

# પારુલ સેવાશ્રમ હોસ્પિટલ ખાતે જપ્તમુલા-ટ્રાન્સપ્લાન્ટ યુનિટ અને સર્જિકલ સ્પેશિયાલિટી કોમ્પ્લેક્સનું ઉદઘાટન



કેવલિંકા : વર્ણવ  
પારુલ સેવાશ્રમ હોસ્પિટલ ખાતે જપ્તમુલા-ટ્રાન્સપ્લાન્ટ યુનિટ અને સર્જિકલ સ્પેશિયાલિટી કોમ્પ્લેક્સનું ઉદઘાટન કરાયું હતું. આ કોમ્પ્લેક્સમાં સર્જિકલ સ્પેશિયાલિટી કોમ્પ્લેક્સનું ઉદઘાટન કરાયું હતું. આ કોમ્પ્લેક્સમાં સર્જિકલ સ્પેશિયાલિટી કોમ્પ્લેક્સનું ઉદઘાટન કરાયું હતું. આ કોમ્પ્લેક્સમાં સર્જિકલ સ્પેશિયાલિટી કોમ્પ્લેક્સનું ઉદઘાટન કરાયું હતું.

# ઓપરેશન બાદ 32મા દિવસે બાળકને હોસ્પિટલમાંથી રજા અપાઈ પારુલ સેવાશ્રમમાં ડાયફેગમેટીક હર્નિયાથી પીડીત નવજાત શીશુને નવજીવન અપાયું



કેવલિંકા : વર્ણવ  
પારુલ સેવાશ્રમ ખાતે હોસ્પિટલ ખાતે 32મા દિવસે બાળકને હોસ્પિટલમાંથી રજા અપાઈ પારુલ સેવાશ્રમમાં ડાયફેગમેટીક હર્નિયાથી પીડીત નવજાત શીશુને નવજીવન અપાયું હતું. આ બાળકને હોસ્પિટલમાંથી રજા અપાઈ પારુલ સેવાશ્રમમાં ડાયફેગમેટીક હર્નિયાથી પીડીત નવજાત શીશુને નવજીવન અપાયું હતું.

# MYTH AND FACTS

**Myth :** **Poor mental health is not a big issue for teenagers. They just have mood swings caused by hormonal fluctuations and act out due to a desire for attention.**

**Fact :** Teenagers often have mood swings, but that does not mean that adolescents may not also struggle with their mental health. Fourteen per cent of the world's adolescents experience mental-health problems. Globally, among those aged 10–15, suicide is the fifth most prevalent cause of death, and for adolescents aged 15–19 it is the fourth most common cause. Half of all mental health conditions start by the age of 14.

**Myth :** **A mental health condition is a sign of weakness; if the person were stronger, they would not have this condition.**

**Fact :** A mental health condition has nothing to do with being weak or lacking willpower. It is not a condition people choose to have or not have. In fact, recognizing the need to accept help for a mental health condition requires great strength and courage. Anyone can develop a mental health condition.

**Myth :** **Mental health problems are permanent**

**Fact :** A mental health diagnosis is not necessarily a “life sentence.” Each individual's experience with mental illness is different. Some people might experience episodes, between which they return to their version of “normal.” Others may find treatments – medication or talking therapies – that restore balance to their lives. Some people may not feel as though they have fully recovered from a mental illness, and some may experience progressively worse symptoms. However, the take-home message is that many people will recover to a greater or lesser degree.

**Myth :** **There's no such thing as mental illness, people fake it.**

**Fact :** Mental illness is real. Just like physical illness affects parts of our body, mental illness affects the brain. For example, depression is caused due to a chemical imbalance in the brain, which in turn can lead to symptoms like fatigue, mood swings, and lack of motivation—things that impact the person's quality of life. Mental illness, like physical illness, requires treatment for the symptoms to decrease or stop entirely, and for the individual's condition to improve.

**Myth :** **If a person has a mental health condition, it means the person has low intelligence.**

**Fact :** Mental illness, like physical illness, can affect anyone regardless of intelligence, social class, or income level.



# MEDI – QUIZ

1. **What was the theme of World Mental Health Day 2021?**
  - A. Mental Health in an Unequal World
  - B. Mental Health for all. Greater Investment – Greater Access. Everyone, everywhere.
  - C. Make mental health for all a global priority
  - D. None of These
2. **When the World Mental Health Day was celebrated 1<sup>st</sup> time?**
  - A. 1991
  - B. 1992
  - C. 1993
  - D. 1994
3. **Who took the initiative of establishing World Mental Health Day?**
  - A. Oprah Winfrey
  - B. Richard Hunter
  - C. Chris Evans
  - D. Lena Dunham
4. **What was the theme of World Mental Health Day, when it was celebrated for the first time?**
  - A. Mental Health for all
  - B. Make mental health for all a global priority
  - C. Improving the Quality of Mental Health Services throughout the World
  - D. Mental Health for everyone
5. **What is the full form of WFMH?**
  - A. World Famous for Mental Hospital
  - B. World Federation for Mental Health
  - C. World Federation for Missing Health
  - D. None of These
6. **What proportion of people with mental health problems believe that workplace stress contributed to their illness?**
  - A. One third of people
  - B. One fifth of people
  - C. Two thirds of people
  - D. Two fifth of people

## Answers to MCQs in previous newsletter

1.D

2. C

3. B

4. A

5. D

6. A

This newsletter comes to you with the  
efforts of our literature club

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