

Parul Institute of Medical Sciences & Research

Medi-Update

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Ending stigma, Spreading Hope



World AIDS Day 2023 Celebration : A Collaborative Approach Towards Awareness and Sensitization

World AIDS Day, celebrated on December 1st every year, serves as a global platform to raise awareness about HIV/AIDS and commemorate those who have lost their lives to the disease. The Department of Community Medicine, Parul Institute of Medical Science and Research (PIMSR) in collaboration with Parul Institute of Public Health (PIPH) organized the awareness & sensitization session by Lakshya Trust on LGBTQIA+ & HIV/STI Community and also Role play and Elocution Competition on the theme of current year as a part of celebration of world AIDS day 2023. Theme for the celebration was “Let the communities lead”. According to UNAIDS, approximately 38 million people were living with HIV at the end of 2022. Roughly 1.5 million people became newly infected in 2022, and 650,000 died from AIDS-related illnesses.



The event was organized on 1st December 2023, at the Medical Auditorium, PIMSR. Event was anchored by Dr. Umesh Chotala, final year resident in department of Community Medicine. The event was attended by students from various faculties like PIMSR, PIPH, Parul Institute of Paramedical

Health Sciences, and Parul Institute of Nursing. The event started with introduction and warm welcome of all dignitaries with bouquet. Dignitaries included Dr. Jagdish Gohil (Dean PIMSR), Dr. V.P. Hathila (Ex Dean PIMSR), Mr. Ritesh Desai (Project manager, Lakshya trust), Mr. Sameer Fofle (President, Association of PLHA), Maya Koli (Representative, Lakshya trust), Dr. Jyoti Gombar (Medical Officer, District HIV and TB centre, Vadodara), and Mr. Bharat Parmar (District Supervisor, District AIDS prevention and control unit). All the guest and dignitaries were then invited for the lamp-lightning. Lamp lightning was done along with the prayer.

The main event started with the first Role play which was directed by Arpita Pankhania. It threw light on mode of transmission of HIV in a very humorous way. After the role play, the first session on Basic Information of HIV/AIDS & STI was taken by Ritesh Desai from Lakshya Trust.

After the session, first participant of the elocution competition Ms. Himanshi Rajput gave her speech on the current year theme, which was followed by second role play which was directed by Ms. Mahek Chudasama. Through this role play, they communicated that how chain of HIV transmission can be broken.

This role play was followed by another session on “Positive prevention, care, support, treatment and challenges” by Sameer Phophle who is HIV positive person and have the open status in the community. He told about the various challenges and social stigma which is present in the community and the various myths about HIV/AIDS infection.

A Collaborative Approach Towards Awareness and Sensitization

Quiz Competition: Following the awareness session, a quiz competition was organized among the nursing staff. Quiz had 2 rounds: 1 online screening round (200 participants) and Final stage round (16 participants). The competition aimed to reinforce the key concepts discussed during the awareness session and foster a spirit of friendly competition. It provided an engaging platform for participants to test their knowledge, exchange ideas, and promote a collaborative learning environment within the hospital.



Sensitization of MBBS Students by LGBTQIA+ Community Leaders and Experts:



To provide a comprehensive understanding of the challenges faced by individuals in the LGBTQIA+ community affected by HIV/AIDS, the department invited leaders from the LGBTQIA+ community to share their experiences from Lakshya trust Vadodara. Maya Koli (representative), Ritesh Desai (Project manager, Lakshya trust) and Samir Fofle (President, Association of PLHIV, Vadodara) were the guests on dias along with Government officials Dr. Jyoti Gombar (M.O., District HIV and TB center, Vadodara), Bharat Parmar (District Supervisor, AIDS prevention and control Unit, Vadodara). Dean of the institute, Dr. Jagdish Gohel sir presented the guests with token of appreciation. These community leaders discussed the unique challenges, stigma, and discrimination faced by their community, shedding light on the intersectionality of issues related to sexual orientation, gender identity, and HIV/AIDS. Students took an oath to never discriminate among people living with HIV.



A Collaborative Approach Towards Awareness and Sensitization

Highlights of the LGBTQIA+ Sensitization Session:

- **Personal Stories:** LGBTQIA+ leaders shared personal stories, providing insights into their experiences with HIV/AIDS, healthcare, and societal perceptions.
- **Challenges Faced:** The session addressed the challenges the LGBTQIA+ community faces, such as stigma, discrimination, and limited access to healthcare.
- **Importance of Inclusivity:** The leaders stressed the importance of creating an inclusive and supportive environment within the medical community to ensure effective healthcare delivery for all.



Nukkad Natak by 2nd year MBBS students:

Stage play competition highlighting day to day life scenarios of HIV spread i.e. barber, needle-prick etc. Experts appreciated the students' efforts. Maya Koli ma'am, Lakshya trust owner handed over participatory gifts to the students.

Outcomes and Impact:

- **Enhanced Knowledge:** The World AIDS Day events significantly raised awareness and understanding of AIDS among the medical college community, including nursing staff and students.
- **Combating Stigma:** The initiatives, particularly the LGBTQIA+ sensitization program, fostered empathy and reduced stigma associated with AIDS.
- **Promotion of Inclusivity:** The programs emphasized the importance of providing equitable healthcare access and support to all individuals regardless of their identities.

Conclusion:

The World AIDS Day 2023 celebration at [Medical College Name] facilitated a multifaceted approach to raising awareness and promoting inclusivity in the fight against HIV/AIDS. Through the combined efforts of the Department of Community Medicine, nursing staff, and the LGBTQIA+ community leaders, the event contributed to breaking down barriers, dispelling myths, and fostering a more compassionate and informed healthcare community. The success of this celebration serves as a testament to the college's commitment to holistic medical education and community engagement in addressing global health challenges

Bridging Knowledge, Building Health: Events at PIMSR & PSH



CME on Obstetrics Update Organized by
Department of Obstetrics & Gynecology



Basic NRP Provider course by
Department of Pediatrics



**CME on Advanced Neuro-Rehab Centre, Motion
& Posture Analysis Lab** for Clinicians of Vadodara



HEALTH AWARENESS TALK at Voltas Ltd.



Nutrition Month Activities by the Dietetics Department A Talk on Sickle Cell Anemia Recipes Display
& Counselling Mothers for Complementary Feeding Healthy Recipes on Millet Competition



Bridging Knowledge, Building Health: Events at PIMSR & PSH



PSH 11th Foundation Day



UG Orientation Programme of 8th Batch of MBBS



A Five-day Certificate Course in Echocardiography by Department of General Medicine



Aseptic Procedure AV Demonstration & vaccination Drive on the occasion of Infection Control Week Celebration



CME & Model Exhibition for Assistive Devices in Stroke Rehabilitation on occasion of World stroke day by Department of Physiotherapy



CME on Update in Diabetes organized by Department of General Medicine

Bridging Knowledge, Building Health

Events at PIMSR & PSH



CPR Training with BJP-Gujarat Medical Cell to more than 2 lakh Teachers



IAP-ANRP by Department of Pediatrics



A 5 days certificate course in Echocardiography organized by department of general medicine



One Day Workshop on Point of Care Echocardiography organized by Department of Paediatrics



Aids Day Quiz competition & Roleplay in association with Lakshya Trust



Where Hope Finds Healing: Success Stories at PSH

A 9 Year Old's Journey of Triumph! Respiratory Failure with Spastic Quadriparesis in severe C1 Compression

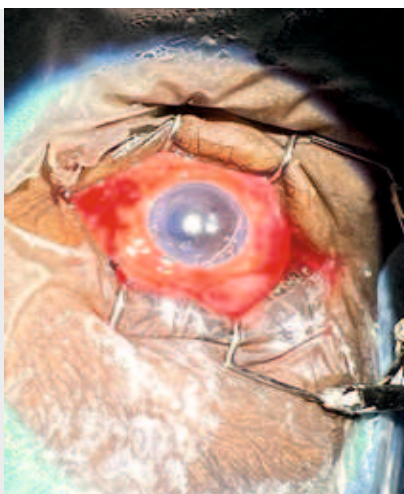
After 67 days of struggle patient survived & discharged with help of team work.

- Department of **Pediatrics & Neurosurgeon:** Dr. Jaykumar Pandya
- Consultant Doctor's "Dr. Uma Nayak, Dr. Prashant Modi, Dr. Dipal Zanzrukiya, Dr. Kiran Goplani, Dr. Dhvani Chaudhari"
- **Paediatric Residents:** Dr. Monali Chaudhari, Dr. Sargam Bhatt, Dr. Khyati Patel, Dr. Pratik Prajapati
- **PICU Nursing Staff**

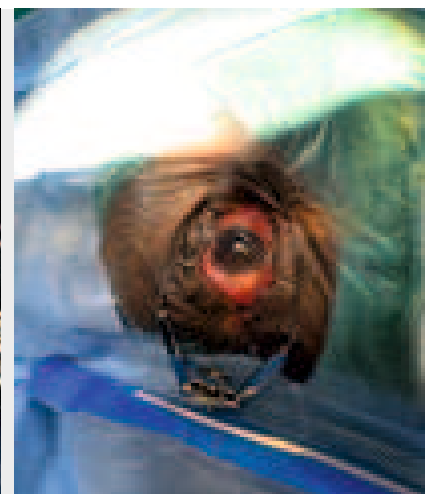


A Successful Case of Descemet Membrane Endothelial Keratoplasty (DMEK)

- Department of **Ophthalmology**
- **Operating Surgeon:** Dr. Divya Vakharia Dua



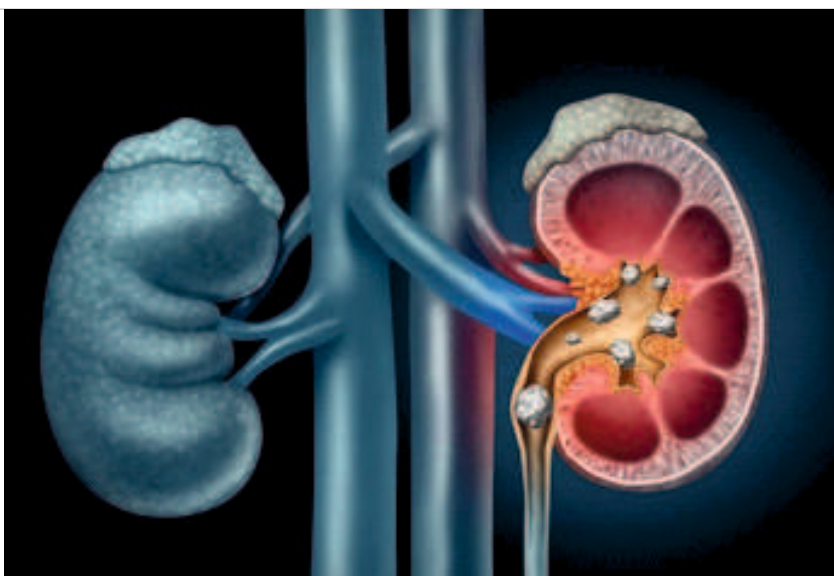
Post-Operative



Pre-Operative

Successful Laser Fragmentation of Anteriorly Placed Malrotated Kidney Stone Through (Retrograde Intrarenal Surgery) RIRS

- **Operating Surgeon-** Dr. Mihir Karathia
- **Anesthetist-** Dr. Surbhi Kaul



Elevating Healthcare Standards: Awards & Accolades of PSH

Leading the Way in Healthcare Excellence

Parul Institute of Medical
Sciences & Research being
recognized as
BEST MEDICAL INSTITUTES
IN INDIA ADMIRING
HEALTHCARE, 2023



**CERTIFICATE OF
DISTINCTION IN STROKE
INNOVATION AND
EXCELLENCE** at
VOH STROKE EXCELLENCE
& INNOVATION AWARDS
2023, Gandhinagar

Parul Sevashram Hospital
Recognized for Digital Health
Excellence at AHPI Global
Conclave 2024, Gandhinagar



Innovation, Impact, Success:

PIMSR & PSH's Achievements



Dr Rohan & Dr Diana from Pharmacology department as a team they jointly participated in a quiz competition at the ATCON conference held in Mumbai and won the cash prizes and certificates. Kudos to both of them.

Dr Hetal Mulchandani won the second prize in the paper presentation in CME held by Bharti Vidyapeeth, Pune IN JANUARY 2024. Dr Hetal Mukchandani and Dr Prakash Chandpara as a team won 2nd prize in the quiz held by Vadodara association of pathologists and microbiologists in the conference name "GAPM- 2023" 42ND ANNUAL CONFERENCE



Dr Rohan Kosambiya awarded First position in Oral paper as a part of International Conference on Mental Health held in PGIMER, Chandigarh, India.

Dr Saumya Rathi first year resident from Dept. Of Psychiatry, presented in Indian Psychiatric Society, Gujarat State Branch Midterm Annual Conference 6-7 January, 2024 and got First prize in oral paper.



Dr Himanshu Vasava participated in Quiz competition and become the winner during the "MICROCON 2023 CONFERENCE" held at King George's Medical University, Lucknow, India

Parul Sevashram Hospital Media Flash

પાડૂલ સેવાશ્રમ હોસ્પિટલે ઇન્ફેક્શન કંટ્રોલ સમાહની ઉજવણી કરી કર્મચારીઓ માટે રસીકરણ ઝુંબેશ યોજી

વડોદરા, તા.૨૩
હેલ્થકેર વર્કસને હિપેટાઇટિસ બી વાઇરસ (એચબીવી) ઇન્ફેક્શનનું જોખમ વધુ હોય છે. આ પરિસ્થિતિને લક્ષ્યમાં રાખતા પાડૂલ સેવાશ્રમ હોસ્પિટલે કર્મચારીઓ, દર્દીઓ અને મુલાકાતીઓને ઇન્ફેક્શન પ્રિવેન્શન અને કંટ્રોલ વિશે શિક્ષિત અને જાગૃત કરવા માટે વિવિધ પ્રવૃત્તિઓનું આયોજન કરવામાં આવ્યું હતું. આ અંતર્ગત કર્મચારીઓ અને ડોક્ટર્સ માટે વિનામૂલ્યે રસીકરણ અભિયાન હાથ ધરાયું હતું, જ્યાં તેમને હિપેટાઇટિસ બીની રસી અપાઈ હતી તથા તેમને ઇન્ફેક્શન વિશે મૂલ્યવાન જાણકારી અપાઈ હતી. ઇન્ફેક્શન કંટ્રોલ ડિપાર્ટમેન્ટ પણ વિવિધ માહિતીસભર વિડિયો દ્વારા હાથ ધોવાની ટેકનીક,



સોયનો સુરક્ષિત નિકાલ, મોંજા, માસ્ક (પર્સનલ પ્રોટેક્ટિવ ઇક્વિપમેન્ટ) પહેરવાની મહત્વવાનું દર્શાવતાં વિવિધ સાક્ષરતા અને જાગૃતતા ફેલાવતી ઝુંબેશ હાથ ધરે છે. હેલ્થકેર વર્કસ દર્દીઓ અને ઇન્ફેક્શન સામગ્રીઓ સાથે સીધા સંપર્કમાં આવવાને કારણે તેમને વિવિધ બિમારીઓ અને સંભવિત ટ્રાન્સમિશનનું

જોખમ હોય છે. આથી એચસીડબલ્યુ માટે રોગપ્રતિકારક શક્તિની જાળવણી અને નિવારણ તેમના ઇન્ફેક્શન કંટ્રોલ પ્રોગ્રામનો મહત્વપૂર્ણ હિસ્સો છે. ઇમ્યુનાઇઝેશન એજન્ટ્સના મહત્તમ ઉપયોગથી કર્મચારીનું આરોગ્ય સુરક્ષિત રહે છે તથા દર્દીઓને પણ ચેપ લાગવાથી સુરક્ષિત રાખી શકાય છે. પાડૂલ સેવાશ્રમ હોસ્પિટલના ચીફ ઓપરેટિંગ ઓફિસર એકતા મોદીએ કહ્યું હતું કે, પાડૂલ સેવાશ્રમ હોસ્પિટલ ખાતે અમારા કર્મચારીઓ અને દર્દીઓની સુરક્ષા સુનિશ્ચિત કરવી ઇન્ફેક્શન કંટ્રોલ પ્રોગ્રામનો મહત્વપૂર્ણ ઉદ્દેશ્ય છે. નિયમિત ધોરણે ઇમ્યુનાઇઝેશન પ્રોગ્રામથી જોખમ ઘટે છે તથા કર્મચારીઓને તેમની સલામતી વિશે શિક્ષિત કરી શકાય છે.

પાડૂલ ઇન્સ્ટિટ્યૂટ ઓફ મેડિકલ સાયન્સિસ એન્ડ રિસર્ચે માનસિક આરોગ્ય સંબંધિત પડકારો ઉપર ચર્ચા સત્ર યોજ્યું



વડોદરા, તા.૧૨
પાડૂલ ઇન્સ્ટિટ્યૂટ ઓફ મેડિકલ સાયન્સિસ ખાતે મનોચિકિત્સા વિભાગે તાજેતરમાં વર્લ્ડ મેન્ટલ હેલ્થ ડે નિમિત્તે એક વિશિષ્ટ કાર્યક્રમનું આયોજન કર્યું હતું, જેનો ઉદ્દેશ્ય માનસિક આરોગ્ય સંબંધિત સામાજિક અવરોધો અને કલંકને દૂર કરીને તેના વિશે વ્યાપક જાગૃતિ પેદા કરવાનો હતો. આ કાર્યક્રમમાં માનસિક આરોગ્ય સંબંધિત મહત્વપૂર્ણ મુદ્દાઓ વિશે ચર્ચા

કરાઈ હતી તથા પાડૂલ યુનિવર્સિટીના મેડિકલ ડાયરેક્ટર ડો. ગિતિકા પટેલે તેના સંબંધિત અવરોધો દૂર કરીને ભેગા મળીને જાગૃતતા ફેલાવવા આહ્વાન કર્યું હતું. મહત્વપૂર્ણ છે કે આ કાર્યક્રમમાં પાડૂલ ઇન્સ્ટિટ્યૂટના મેડિકલના વિદ્યાર્થીઓ પણ ચર્ચા સત્રમાં જોડાયા હતાં, જ્યાં તેમણે પોતાના વ્યક્તિગત અનુભવો શેર કર્યા હતાં તથા માનસિક સ્વાસ્થ્ય સંબંધિત પડકારોની સાર્વત્રિકતા ઉપર ભાર મૂક્યો હતો.

પાડૂલ સેવાશ્રમ હોસ્પિટલે વર્લ્ડ સ્ટ્રોક ડેની ઉજવણી કરી, સ્ટ્રોકના દર્દીઓ માટે અદ્યતન સહાયક ઉપકરણોનું રિસ્પેલે તથા વર્કશોપ યોજાયો

વડોદરા, તા.૩૧
વિશ્વભરમાં વિકસાવવાનું એક મોટું કારણ સ્ટ્રોક છે તેમજ મોટાભાગના સ્ટ્રોકના કિસ્સામાં જીવનદાર પરિબલોનો સંબંધિતતામાં આવે તો ૯૦ ટકા સ્ટ્રોકને રોકી શકાય છે. દર વર્ષે ૨૯ ઓક્ટોબરના રોજ વર્લ્ડ સ્ટ્રોક ડેની ઉજવણી કરાય છે, જેથી સામાન્ય જનતામાં તેના વિશે જાગૃતિનો પ્રસાર કરી શકાય. સ્ટ્રોક જેટલું એક તરિક પૂરું ઓળખાય છે, જેનો અર્થ રક્તવાહિનીઓમાં અવરોધને કારણે મગજમાં લોહીનો પુરવઠો અથાત રોકાઈ જાય છે. પાડૂલ સેવાશ્રમ હોસ્પિટલે વર્લ્ડ સ્ટ્રોક ડેની ઉજવણી કરતાં બે-દિવસીય કાર્યક્રમનું આયોજન કર્યું હતું. આ અંતર્ગત સ્ટ્રોક સંબંધે, લક્ષણો અને આપાતકાલીન પગલાઓ વિશે જાગૃતિ ફેલાવવા માટે એક વિશિષ્ટ કેમ્પેઇન હાથ ધરાયું હતું જે જાગૃતિ અને રિહેબિલિટેશન વિશે તેની અનુકૂળ કટીબદ્ધતા સુચવે છે. આ કાર્યક્રમમાં કિઝિયોથેરાપિસ્ટે અદ્યતન સહાયક ઉપકરણો દ્વારા દર્શાવ્યું હતું કે તેવી રીતે સ્ટ્રોકમાંથી બચેલા વ્યક્તિ નિયમિત ઇલાજમાં પરત ફરી શકે તેમજ પરિવારના



કેઈપણ સહસ્થની મદદ વગર વાળ ઓળવા, જમવું, પાણી પીવા જેવી દૈનિક કામગીરીને સરળતાથી કરી શકે છે. આ ઉપરાંત કેમ્પેઇન અંતર્ગત વડોદરાના કિઝિયોથેરાપિસ્ટને મહત્વપૂર્ણ વિષયો અંગે મૂલ્યવાન માહિતી પણ અપાઈ હતી. આ પહેલનો મુખ્યત્વે ઉદ્દેશ્ય સ્ટ્રોક રોકાણ, વ્યવસ્થાપન અને રિહેબિલિટેશન વિશે જાગૃતિ ફેલાવવાનો હતો. સ્ટ્રોકનો સામનો કરવાની ચાત આવે ત્યારે સ્ટ્રોક વ્યક્તિની ભૂમિકા મહત્વપૂર્ણ બની જાય છે તેમજ વ્યક્તિ દ્વારા લેવાયેલા પગલાં નિર્ણાયક સાબિત થાય છે, તેમ પાડૂલ

સેવાશ્રમ હોસ્પિટલના મેડિકલ ડાયરેક્ટર ડો. કમલ પટેલે કહ્યું હતું. પાડૂલ સેવાશ્રમ હોસ્પિટલ ખાતે ન્યુરોફિઝિયોથેરાપી ડો. અંકિત શાહ અને ડો. મોહિત શાહે કહ્યું હતું કે, પાડૂલ સેવાશ્રમ હોસ્પિટલ ખાતે અમારી પાસે સમર્પિત ન્યુરોફિઝિયોથેરાપી સેન્ટર છે, જ્યાં અમે અનુભવી ન્યુરોફિઝિયોથેરાપી, ન્યુરોફિઝિયોથેરાપી, પેઇન એન્ડ એડ્યુકેશન સહિતના પ્રવાસો દ્વારા સ્ટ્રોકના દર્દીને સમાર્પક સેવાઓ પૂરી પાડીએ છીએ. અમે સ્ટ્રોક વિશે જાગૃતિના પ્રસાર, દર્દીની સારવાર, તેમને સ્પેશિયાલાઇઝડ રિહેબિલિટેશન ક્લિપાઇઝ માટે કટીબદ્ધ છીએ.

HIV : MYTHS AND FACTS

MYTH: HIV or AIDS can be cured.

FACT: There is no cure for HIV/AIDS. Treatments are available, but they do not cure the disease itself.

MYTH: “HIV/AIDS is a death sentence.”

FACT: Currently, there are over 35 FDA approved medications to treat HIV/AIDS. These medications, primarily known as anti-retroviral therapy, allow HIV positive individuals to live a full and healthy life after diagnosis and early treatment.

MYTH: “If I take birth control, I won't get HIV.”

FACT: Birth control does not protect you against HIV. It is important to use protection when engaging in any type of sexual activity.

MYTH: “Women who are HIV positive can't — and shouldn't — have babies.”

FACT: There are a number of options for women who are HIV positive to have perfectly normal and healthy babies. HIV positive women who become pregnant are encouraged to speak with their doctor or nurse about the best treatment options available. Early prenatal care is important to reduce the likelihood of mother to child transmission.

MYTH: “It's okay to have unprotected sex if you and your partner are both positive.”

FACT: Different strains of HIV among partners can result in superinfection, which is when two strains combine and alter the virus. Use of a new condom for each sexual act along with medication adherence minimizes the chance of superinfection.

MYTH: “I can't get HIV because I'm not gay/black/a drug user.”

FACT: HIV affects people from all backgrounds regardless of age, race, ethnicity, gender, or sexual orientation.

MYTH: “I can't get HIV because I'm in a monogamous relationship.”

FACT: It is important to engage in honest and open conversations about monogamy with your partner and get tested together.

MYTH: My partner tested negative for HIV. That means we don't need to have safer sex.

HIV : MYTHS AND FACTS

FACT: Remember to always negotiate condom use with any partner and to get tested along with your partner to reduce the likelihood of transmitting HIV. The only way to know for sure is if you're both tested and engage in open/honest discussions about your relationship and STDs.

MYTH: When you're on HIV therapy, you can't transmit the virus to anyone else.

FACT: HIV treatment reduces the chance of passing HIV by 96%, but there is a 4% chance of transmission between an infected (virally suppressed) and uninfected partner.

MYTH: Since I only have oral sex, I'm not at risk for HIV/AIDS.

FACT: Although studies show you have a considerable lower risk of getting HIV through oral sex, there is still a possibility, especially if the receptive partner has had recent dental work or has open sores/wounds.

MYTH: "I can't get HIV if I have a STD."

FACT: STDs including HIV have the same primary transmission method, so the same activities that place you at risk for STDs place you at risk for HIV. Having an STD also increases your chances of HIV infection because of breaks or tears in the genital tract lining or skin.

FACT: HIV CANNOT be spread through:

- * Hugging or shaking hands with someone who is HIV positive
- * Sharing exercise equipment or playing sports with an HIV positive person
- * Touching a toilet seat or doorknob handle after an HIV positive person
- * Drinking from a public water source

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