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May 2020

Kerala IMA News Letter

OFFICIAL NEWS LETTER OF INDIAN MEDICAL ASSOCIATION KERALA STATE





Silence of the Lambs

Were they lambs ? Cream of the nation's Gen Next who went through an unparalleled selection process. Eyes full of dreams and hearts full of passion. Product of India's temples of modern medicine. Right mix of clinical and evidence based medicine.

Subdued and haunted. Unrelenting medical hierarchy. Unending hours of work. Unpaid and underpaid. Used and abused. Humans sans rights? Subhumans?

Sons and Daughters of India. Tormented and tortured. Choosing Medicine as career was a calling. The only mistake they did. Ought to have chosen another stream. Might have been Steve Jobs.

Unsung heroes of India's corona war. No less than our heroes on the border. They man our ICUs. They man our casualties. Victims of India's Health Care violence. Silent lambs of India's 1% GDP. Now a mere number in India's Covid Registry.

Butchers of the world put to shame. We are blind. No one wants to see. Theirs is not to ask why. Just to fight and die. Write their history now. Lest we forget. Sing their prowess. Nightingales may shy.

They are the future of medicine. Future of Health Care. India's Resident Doctors. The Best in the world. Unto the Last.....

Dr R. V. Asokan

Hony. Secretary General, IMA



**Indian
Medical
Association
Kerala State Branch**

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**IMA
CULTURAL
WING**

തൊഴുത്ത്

IMA Cultural Wing e - Magazine

ജൂൺ ലക്കം

മഴപ്പതിപ്പ്

മഴയുമായി ബന്ധപ്പെട്ട

അനുഭവങ്ങൾ, കഥകൾ, കവിതകൾ, ഫോട്ടോഗ്രാഫി

സൃഷ്ടികൾ (ഫോട്ടോഗ്രാഫി ഒഴിച്ച്)
പ്ലെയിൻ ടെക്സ്റ്റ് ആയി മെയ് 30ന് മുമ്പ്
9496170725 എന്ന നമ്പറിലേയ്ക്ക്
വാട്സ്ആപ്പ് ചെയ്യുകയോ
culturalwingimaksb@gmail.com ലേയ്ക്ക്
ലേയ്ക്ക് ടെക്സ്റ്റ് മെയിൽ ചെയ്യുകയോ ആവാം..

ഹൈ സെല്യൂഷൻ മഴ ഫോട്ടോഗ്രാഫി
culturalwingimaksb@gmail.com ലേയ്ക്ക്
മെയിൽ ചെയ്യുക
~ എഡിറ്റർ, തറസാക്ക് ~

Dr. Abraham Varghese
State President, IMA KSB

Dr. Manoj K.T.
Chairman,
IMA State Cultural Wing

Dr. Gopikumar P.
State Secretary, IMA KSB

Dr. Dhanya P.G.
Gen. Convenor,
IMA State Cultural Wing



President's Column

Friends,

Pandemics are fought with information and knowledge and not with guns and atom bombs. IMA has been organising a lot of webinars for the benefit of medical professionals. These CME programmes has always been an essential feature of modern medicine practice. It gives us ability to provide quality care. May I take this opportunity to request all branches to organise CME programmes through video conferencing. We have also released many guidelines which will help you in your day to day practice. Please circulate the guidelines in your branches. All these are available in the website, www.imakerala.com. Request you to circulate the guidelines which we have prepared for the public. eg : Guidelines prepared for police personnel/school, college reopening / safe social behaviour/elderly people etc. These guidelines will be quite useful for the public. You may handover copies of these to the public.

"I safe" network has been formed in Kerala State Branch to assist small and medium hospitals and clinics. This has been formed with the assistance of **IMA PEPS** (Professional Equipment Protection Scheme). We are all trying to form a network of small clinics and hospitals to help them to reopen and function smoothly. Those who have not joined the network may please join immediately.

It was six months back, we detected the first case of Covid 19 in Kerala. Since then the number has drastically increased. And the government is trying to overcome this illness with the participation of the private hospitals. Congratulate the management of the private hospitals for agreeing to treat the Covid 19 patients. This will help the government in a long way.

This is a testing time for all of us. Let us move forward with all precautions so that nobody from our fraternity falls victim to this illness. Take all precautions when you see a patient. Protect your family too.

It is during our darkest moments, that we must focus to see the light.

With "caring minds & healing hands"

Dr. Abraham Varghese
State President

Jai Hind.... Jai IMA

From the Editor's Desk...



Dear Colleagues,

Six months have passed since we took over charge and half the time we were combating Covid 19. There is a drastic change in the living style and the habits which the novel corona virus has taught us. These changes and modifications are going to stay during the days ahead. Closed door crowded meetings are no more possible, will have limit the number of participants. Social distancing will be the norm ahead and so will be hand washing and personal hygiene. Virtual meetings, electronic transactions, video/teleconsultation - the technology emphasises its immense use in our daily life ahead. We have to live with this novel corona virus.

The pandemic is spreading all over, our state is no exception. Lock down and other restrictions are a method to contain the disease and to have a preparedness to manage the outbreak and that cannot continue. Adopting the proper infection control measures and self protection we have to treat the patients. Non covid patients really suffer since their mobility is restricted due to lock down like measures. IMA PEPS and I Safe imparts the knowledge on Infection control measures and equip you to start functioning. The state branch will also come out with a webinar series on the various aspects of the disease.

The participation of the public in the prevention of this pandemic is to be ensured and IMA prepares various guidelines to be followed by them. Together we have to fight to tide over the challenge.

Yours in IMA

Jai Hind.... Jai IMA

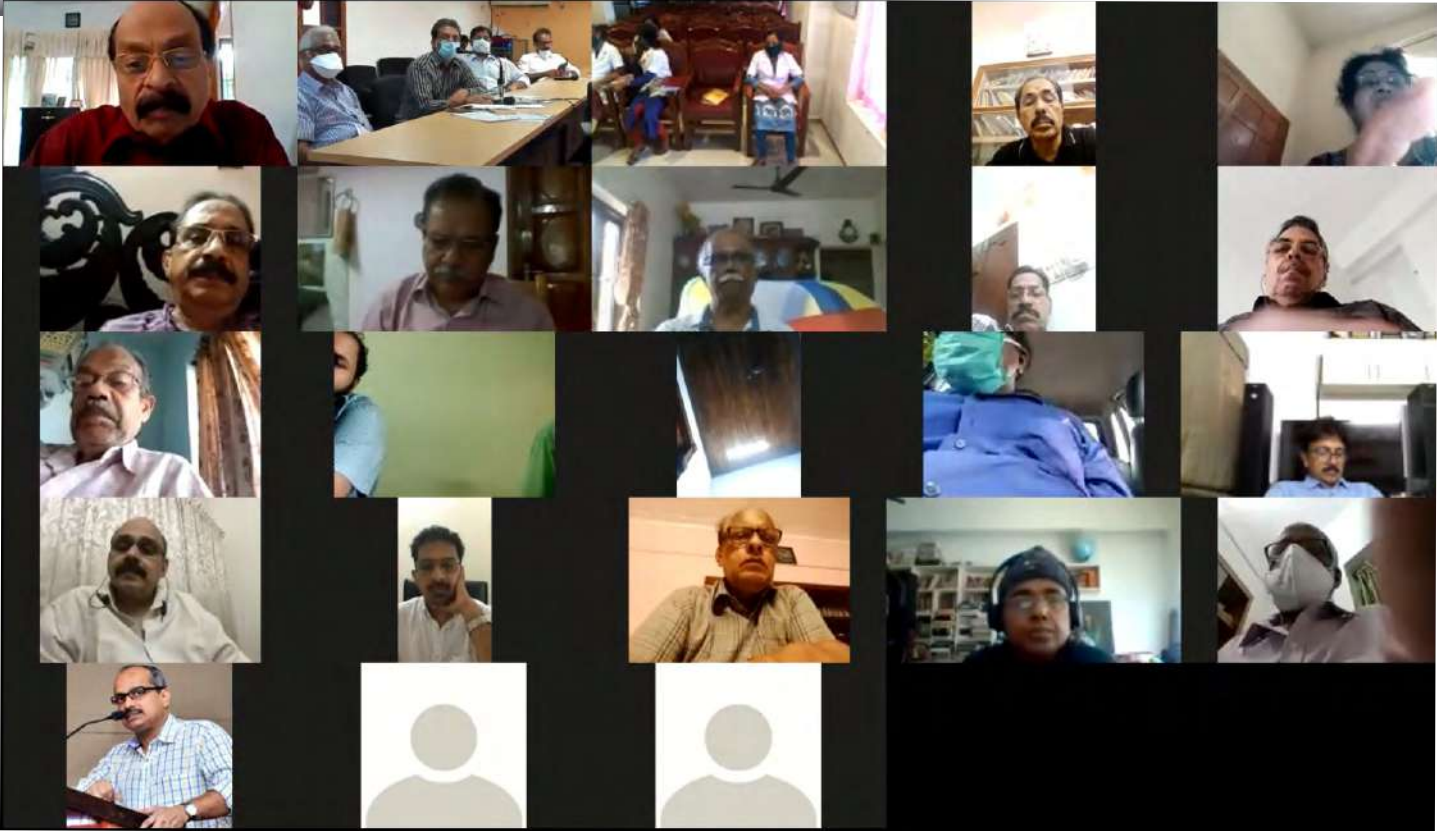
Dr. P. P. Gopikumar
State Secretary



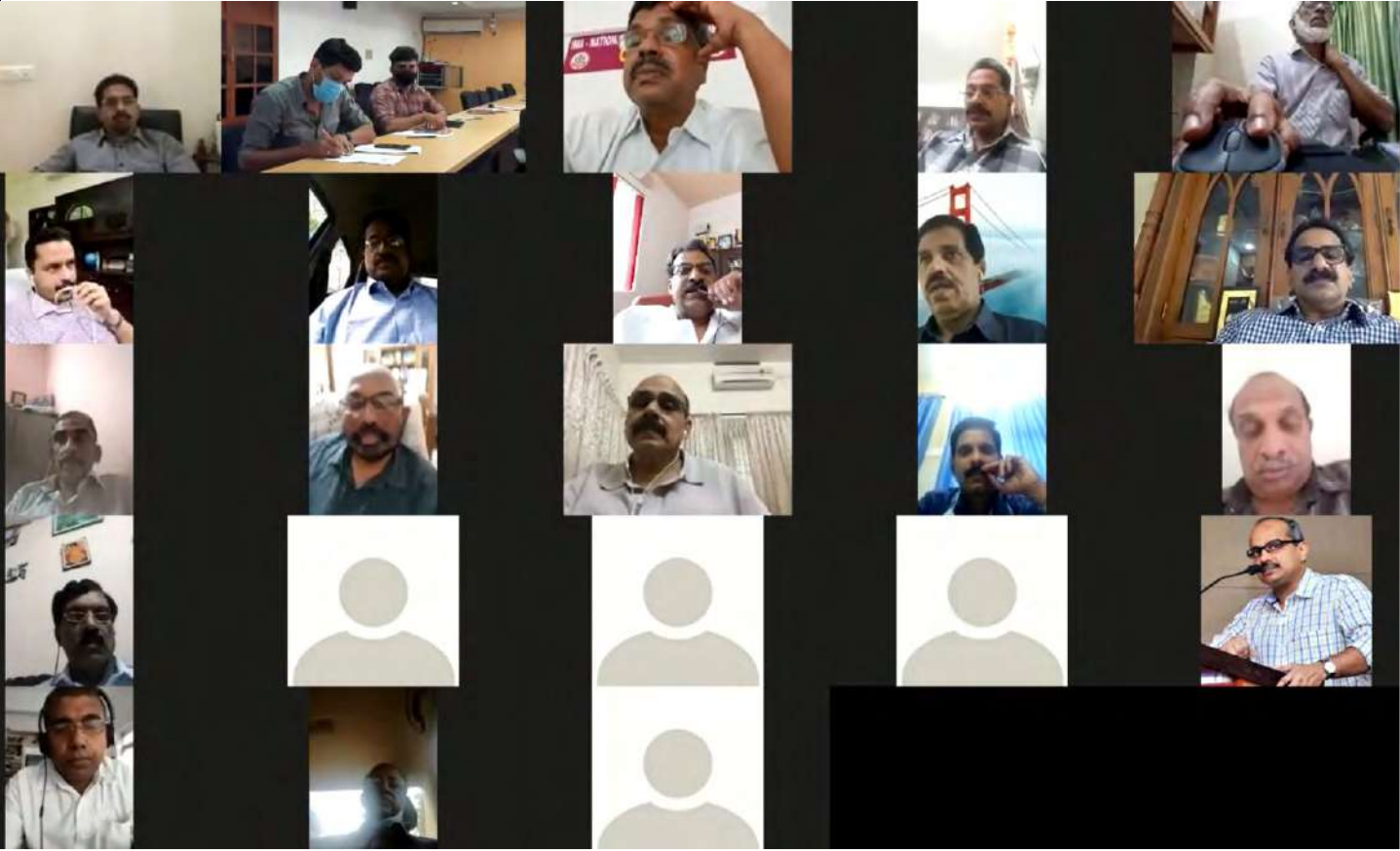
CoVid 19
WEBINAR



CORONA CONTROL MEETING - 28.05.2020



CORONA CONTROL MEETING - 30.05.2020



IMA Kerala Health Scheme

Report on District Wise Webinar series

IMA Kerala health scheme started a novel program of district wise webinar series for the district and branch officials for promoting the awareness of KHS.

The inauguration was done on 22nd April 2020 by State President Dr. Abraham Varghese. State Secretary Dr. P. Gopikumar and many of the national and state leaders attended the webinar. This was followed by and Kozhikode district webinar.

The following were the district webinars conducted. All these webinars were hosted by IMA Kozhikode branch.

- 24.04.2020 : District webinar : Thiruvananthapuram
- 25.04.2020 : District webinar : Idukki
- 26.04.2020 : District webinar : Kannur
- 28.04.2020 : District webinar : Alappuzha
- 29.04.2020 : District webinar : Thrissur
- 30.04.2020 : District webinar : Wayanad
- 01.05.2020 : District webinar : Kollam
- 02.05.2020 : District webinar : Ernakulam
- 03.05.2020 : District webinar : Palakkad
- 04.05.2020 : District webinar : Pathanamthitta
- 05.05.2020 : District webinar : Kottayam
- 06.05.2020 : District webinar : Malappuram
- 07.05.2020 : District webinar : Kasargod

On 9th May 2020, we had conducted a District webinar evaluation meeting. All the district leaders presented the reports. An action plan was formed by compiling the suggestions from leaders. Felicitated Dr. Venugopalan; Hon. Secretary of Kozhikode for hosting the Webinar series and Dr. P Raghavan, District representative of Kozhikode for enrolling 130 new members in the previous quarter from Kozhikode district.



Report on Branch Wise Webinar series

After the successful district wise webinar series, IMA KHS also started webinar series for local IMA branches. Inauguration was done by our State President on 22nd May 2020 followed by Alappuzha branch webinar. This was hosted by IMA Alappuzha branch. On 29th May 2020, we had conducted branch webinar for Kasargod IMA. KHS is planning to reach all branches in the next 3 months.





INDIAN MEDICAL ASSOCIATION

KERALA STATE



PROFESSIONAL EQUIPMENT
& EMPLOYMENT PROTECTION SCHEME

PEPS

ACTIVITY REPORT

i-safe

IMA initiative for infection prevention and control

Project description

In the wake of horrendous spread of Corona Virus all over the world in the recent times and further to the realization that the victims are general public as well as the health care workers who were engaging in the mission to control this pandemic, responsible organisation like IMA has joined hands with German Consulate in our effort to control the spread of this disease. We would like to ensure this by enabling our members by proper infection prevention and control. In the initial phase IMA PEPS has successfully implemented the supply of PPE, Masks, Gloves, Sanitizers etc to almost all healthcare institutions and various other agencies involved in control activities. Further a training session on infection , prevention and control and supply of necessary items to all Health Care Institutions in Kerala is being implemented.

Development - Policy objective of the project:

An elaborate project ' I safe ' aimed at equipping all Health Care Institutions with adequate material & knowledge is being undertaken. Educating public and health care workers on scientific aspect of covid control. Conducting training sessions with lectures, classes and video session on infection control. Providing necessary

equipment to combat infection in health care institutions. Protective equipments can be used by health workers and patients in these institutions. The specific objective of i-Safe is the implementation of infection prevention and control in all medical institutions.



Dr. Syed Ibrahim, Hon Consul, Germany handing over cheque, as I Safe project assistance, to IMA President Dr. Abraham Varghese in the presence of IMA State Secretary Dr. Gopikumar and IMA PEPS Chairman Dr. Sreejith N Kumar at Trivandrum.



On 23rd April 2020 Sri. Kadakampally Surendran, Minister for Cooperation, Tourism and Devaswoms flagged off the first phase of i-safe infection control kit distribution. Dr. Syed Ibrahim, Honorary Consul of the



Federal Republic of Germany, Dr. A. Marthanda Pillai, IMA Past National President, Dr. Sreejith N Kumar, IMA Past State President & Chairman, IMA PEPS, Dr. N. Sulphi, IMA State Vice President, Dr. R.C. Sreekumar, Dr. Anupama were also attended the



PRESS RELEASE

ആയിരം ആശുപത്രികൾക്ക് സുരക്ഷാ ഉപകരണങ്ങളുമായി ഐ.എം.എ.

തിരുവനന്തപുരം > കോവിഡ് -19നെ ചെറുക്കുന്ന ആരോഗ്യമേഖലയ്ക്ക് കൈത്താങ്ങായി ഇന്ത്യൻ മെഡിക്കൽ അസോസിയേഷൻ (ഐ.എം.എ.) കീഴിലുള്ള പെപ്സിന്റെ നേതൃത്വത്തിൽ സമാഹരിച്ച സാനിറ്റൈസർ, മാസ്കുകൾ, കൈയുറകൾ, ഹാൻഡ് വാഷ്, ഫെയ്സ് ഷീൽഡ്, ഡിസ് ഇൻഫക്ടൻ്റ് ഉൾപ്പെടെയുള്ള സുരക്ഷാ ഉപകരണങ്ങളുള്ള കിറ്റുകൾ എന്നിവ സംസ്ഥാനത്തെ ആയിരം ആശുപത്രികൾക്കു വിതരണം ചെയ്യും. സുരക്ഷാ ഉപകരണങ്ങൾ ആശുപത്രിയിലേക്കു കൊണ്ടുപോകുന്നതിൻ്റെ ഫ്ലാഗ് ഓഫ് ഐ.എം.എ. ആസ്ഥാനത്ത് മന്ത്രി കടകംപള്ളി സുരേന്ദ്രൻ നിർവഹിച്ചു.

ഐ.എം.എ. മുൻ ദേശീയ പ്രസിഡൻ്റ് ഡോ. എ.മാർത്താണ്ഡപിള്ള, പെപ്സ് ചെയർമാൻ ഡോ. ശ്രീജിത്ത് എൻ.കുമാർ, ഐ.എം.എ. സംസ്ഥാന വൈസ് പ്രസിഡൻ്റ് ഡോ. സുരന്ധി നൂഹു, ഡോ. ആർ.സി.ശ്രീകുമാർ, ഡോ. അനൂപമ തുടങ്ങിയവർ പങ്കെടുത്തു. ഉപകരണങ്ങൾ എത്തിക്കുന്നതിനു പുറമേ അണുബാധ നിയന്ത്രണത്തിനുള്ള ശാസ്ത്രീയ പരിശീലനവും ഐ.എം.എ. നൽകുമെന്ന് ഭാരവാഹികൾ അറിയിച്ചു.

ആശുപത്രികൾക്ക് സുരക്ഷാ ഉപകരണങ്ങളുമായി പെപ്സ്

തിരുവനന്തപുരം: കോവിഡ് പ്രതിരോധത്തിന് ആരോഗ്യമേഖലയ്ക്ക് കൈത്താങ്ങാകാൻ ഐ.എം.എ യുടെ പ്രൊഫഷണൽ എക്സിസിറ്റീവ് ആൻഡ് എംപ്ലോയീസ് പ്രോട്ടക്ഷൻ സ്കീം (പെപ്സ്). ഇതിൻ്റെ ഭാഗമായി സംസ്ഥാനത്തെ 1000 ആശുപത്രികളിൽ സുരക്ഷാ ഉപകരണങ്ങൾ അടങ്ങിയ കിറ്റ് വിതരണം ചെയ്യും. സാനിറ്റൈസർ, മാസ്കുകൾ, കൈയുറകൾ, ഹാൻഡ് വാഷ്, ഫേസ് ഷീൽഡ് ഉൾപ്പെടെയുള്ള സുരക്ഷാ ഉപകരണങ്ങളടങ്ങിയ കിറ്റ് വിതരണം ചെയ്യും. ഐ.എം.എ ആസ്ഥാനത്ത് നടന്ന ചടങ്ങിൻ്റെ മന്ത്രി കടകംപള്ളി സുരേന്ദ്രൻ ഫ്ലാഗ് ഓഫ് നിർവഹിച്ചു. ഡോ. എ. മാർത്താണ്ഡ പിള്ള, പെപ്സ് ചെയർമാൻ ഡോ. ശ്രീജിത്ത് എൻ. കുമാർ, ഐ.എം.എ സംസ്ഥാന വൈസ് പ്രസിഡൻ്റ് ഡോ. സുരന്ധി നൂഹു, ഡോ. ആർ.സി. ശ്രീകുമാർ, ഡോ. അനൂപമ തുടങ്ങിയവർ പങ്കെടുത്തു.



On 28th April 2020 Dr. A. Marthanda Pillai, IMA Past National President, flagged off the second phase of i-safe infection control kit distribution. Dr. Sreejith N Kumar, IMA Past State President & Chairman, IMA PEPS, Dr. N. Sulphi, IMA State Vice President were also attended.



On 13th May 2020 Smt. K. K. Shailaja Teacher, Minister for Health and Social Justice, Government of Kerala inaugurated the distribution third phase of i-safe infection control kit by handing over the kit to Dr. Mohan Roy. Dr. S. Alex Franklin, IMA Past State President, Dr. Sreejith N Kumar, IMA Past State President & Chairman, IMA PEPS, Dr. N. Sulphi. IMA State Vice President were also attended.

Branch Activities

KAZHAKUTTOM

10.04.20: Zoom meeting regarding 'Recent treatment protocol of COVID-19' & 'ICU Management of COVID-19 pts & PPE use'

17.04.20: Zoom meeting - "Radiological aspects of COVID-19"

22.04.20: Executive meeting of April via Zoom

23.04.20: Zoom meeting - "Mechanical Ventilation & Ventilator settings in COVID-19 patients".

THRIPRAYAR

07.04.2020: List of our doctors for telemedicine consultation posted in different WhatsApp groups of public and provided continuing the teleconsultation services.

20.04.2020: Members attended Zoom meeting of IMA DC.

22.04.2020: Members attended zoom meeting of Pension Scheme.

25.04.2020: Distributed Milma Samabaram to 3 Police Stations (Vadanapally, Anthikad, Valappad) daily for one week & distributed about Rs.17250 to the Community Kitchen in Vadanapally Grama Panchayat.

26.04.2020: Distributed sanitizers and three layer masks to 3 Police Stations and 8 Health Centes in our jurisdiction.

28.04.2020: Presented sanitizers and mask to Commissioner of Police Thrissur

29.04.2020: Attended zoom meeting of Health Scheme.



THALASSERY

07.04.2020: Observed WORLD HEALTH DAY. As part of the -"World health day" WDW, has ordered Face shield worth Rs. 5,000/- to the health workers of Government General Hospital, Thalassery.

11.04.2020: Observed SAFE MOTHERHOOD DAY conducted an awareness class maintaining social distancing on the topic "Safe motherhood" during COVID-19 Pandemic. Class was conducted at PHC Peringalam for pregnant ladies.

21.04.2020: IMA Thalassery has donated PPE Kits worth Rupees 1,00,000/-(One Lakh only) to Thalassery Govt Hospital.



WDW THALASSERY

Activities for members during COVID-19 Pandemic days: The PST & Co-ordinator decided to elevate the mental status of our ladies & kids during this lock down, by bringing out the various talents & achievements in the form of a magazine, which will be made memorable for the children tied up at home. Relieve the stress amongst our members.

07/04/2020: Observed "World health day" - As part of the -"World health day" WDW, has ordered Face shield worth Rs. 5,000/- to the health workers of Government General Hospital, Thalassery.

11/04/2020: Observed Safe motherhood Day - conducted an awareness class maintaining social distancing on the topic "Safe motherhood during COVID-19 Pandemic. Class was conducted at PHC Peringalam for pregnant ladies.



KOZHIKODE

01/04/2020: Zoom conferencing; Infection control in Covid.

02/04/2020: Dr. VG Pradeep Kumar, Past State President donated BLS and intubating manikins and training equipments worth Rs. 1.5 lakhs to Kozhikode IMA and conducted Zoom conferencing: Management of Covid patient

03/04/2020: Zoom conferencing: Protected code Blue and Airway Management

04/04/2020: Zoom conferencing: Covid 19 and Mental Health.

05/04/2020: Zoom conferencing: Updates from Covid Hospital

06/04/2020: Zoom conferencing: Ventilatory Management in Covid

07/04/2020: Zoom conferencing: Evolution of Covid and its future

08/04/2020: Zoom conferencing: CME CELL Workshop

10/04/2020: Executive Committee Meeting through Zoom conferencing

11/04/2020: Zoom conferencing: Update on Covid 19 activities

13/04/2020: WDW Kozhikode Branch donated "Vishu Kodi" to inmates at East Hill HSS reg. Lockdown and conducted branch & state level condolence meeting.

15/04/2020: Zoom conferencing: Covid and Pregnancy

16/04/2020: Zoom conferencing: Covid in Paediatrician's perspective

17/04/2020: IMA North Zone webinar on COVID in association with Hospital Board of India, PEPS & Corona Control Cell

18-04-2020: Zoom conferencing: Impact on health care system by COVID 19 – A rebuilding thought

19-04-2020: State IMA Scheme Management Committee meeting

22-04-2020: IMA Kozhikode Branch donated face masks to the City Police & Preparation for White Alert and Black Day & organized as host on Zoom Meeting for District level webinar series in Health Scheme of IMA Kerala State



25-04-2020: Kozhikode IMA organized as host on Zoom Meeting for District level webinar series in Health Scheme of IMA Kerala State – Idukki District

26-04-2020: Kozhikode IMA organized as host on Zoom Meeting for District level webinar series in Health Scheme of IMA Kerala State - Kannur District

27-04-2020: IMA Kerala State donated 100 PPE kits with N 95 masks to virology lab of Microbiology Department Govt. Medical College, Kozhikode & conducted IMA AMS Zoom Webinar regarding Antiviral treatment in COVID 19 & Convalescent Plasma – New horizons

28-04-2020: Kozhikode IMA organized as host on Zoom Meeting for District level webinar series in Health Scheme of IMA Kerala State - Alappuzha District

29-04-2020: Kozhikode IMA organized as host on Zoom Meeting for District level webinar series in Health Scheme of IMA Kerala State - Thrissur District

30-04-2020: Kozhikode IMA organized as host on Zoom Meeting for District Committee webinar series of North Zone IMA KSB - Kozhikode District & conducted IMA CGP



WDW KOZHIKODE

01.04.2020: INFECTION CONTROL PRACTICES, RADIO TALK SAFE PRACTICE FOR PREVENTION OF SPREAD OF CORONA.

04.04.2020: awareness class on COVID 19 & MENTAL HEALTH.

07.04.2020: awareness class on EVALUATION DISEASE & IT'S FUTURE & TALK ABOUT HEALTH FOR ALL ON WORLD HEALTH DAY.

08.04.2020: Observed WORLD HEALTH DAY

10.04.2020: TALK ON CORONA & PREGNANCY.

12.04.2020. WDW MEMBERS PAID RESPECT & HOMAGE TO OUR FOUNDER LEADER DR: LALITHA MAM

24.04.2020: MASKS DISTRIBUTION TO CITY POLICE COMMISSIONER



WDW COCHIN

WDW Kochi team members on the war front against COVID 19 - conducted a program on Dr. Live for increasing awareness, bursting myths and special precautions during pregnancy in COVID pandemic. And also a very informative talk in Desabhimani online on Diabetes and Ramzan. Calss on precautions during covid emphasizing

the correct way of wearing masks on social media. Caring for health care workers by helping them protect themselves & a member made masks at home and distributed it. Bought 150 kgs of pineapple directly from the farmer and distributed in less than 24 hrs.



PERINTHALMANNA

05.04.2020: A zoom meeting - HOSPITAL COORDINATION COMMITTEE

Following decisions were made:

1. Reception: i) During telephonic booking, screening of high risk patients will be done must be immediately directed to the specific centres with isolation facilities.
- ii) Encourage telephonic consultations as much as possible for reviewing patients.
- iii) Staff at the reception area will be provided with necessary protective measures.
- iv) All patients and bystanders will be advised to do hand washing/hand sanitization before entering the reception
- v) Social distancing will be encouraged among the patients/bystanders and the staff.
- vi) Patients/Bystanders will be required to fill a declaration form regarding symptoms, contact and travel history.
- vii) Doctors and nursing staff who are appointed in the high risk area of triage will be provided with PPE
- viii) Before sending any doubtful cases to the OPD, they are to be discussed with the consultant

ix) In cases where examination of a suspected high risk patient is required, the doctors and supporting staff should be provided with PPE

x) It is advisable to limit the number of bystanders, preferably to one.

xi) No children or elderly are to be allowed to enter the hospital as visitors or bystanders

2. Elective work & duty rotation

3. Regarding provision of PPE: All hospital managements are required to provide sufficient PPEs to the doctors & supporting staff.

4. Leave Allocations

5. Small Clinics and Nursing homes

6. Isolation area: It is advised to arrange isolation areas with PPE availability in all major hospitals in case an unexpected emergency arises

7. State guidelines: The guideline put forth by the IMA Kerala state and the Government will be followed wherever applicable

8. Helpline for doctors/nodal officers

9. PPE in Government Hospitals

12.04.2020: IMA Perinthalmanna members visited 'Sai snehatheeram', a hostel for tribal girls and gave donation



17.04.2020 :EMS Hospital Perinthalmanna doctors & staff Donated 1crore rupees for chief ministers relief fund.Cheque given to district collector ,Malappuram.

IMA and WDW Perinthalmanna members made a video "JEEVAMRUTHAMAY" to honour the healthcare workers fighting against Covid 19, to create awareness among the public about Covid 19 and to bring a ray of hope that we will overcome this difficult time.

19.04.2020: Rotary club of Perinthalmanna in association

with IMA Blood bank organized a blood donation camp
29.04.2020 : IMA PERINTHALMANNA organized a ZOOM Executive committee meeting & decided to create a covid care fund & to contribute towards community kitchen of perinthalmanna municipality. And KIMS Al Shifa Clinical Club handing over a cheque worth Rs 25000 to the Municipal Chairman to support the community kitchen



WDW PERINTHALMANNA

12.04.2020 - WDW Perinthalmanna members visited 'Saisnehatheeram', a hostel for tribal girls and gave donation for the inmates' food and other expenses.

28.04.2020 - IMA and WDW Perinthalmanna members made a video "JEEVAMRUTHAMAY" to honour the healthcare workers fighting against Covid 19, to create awareness among the public about Covid 19 and to bring a ray of hope that we will overcome this difficult time.

WDW KUNNAMKULAM

27thApril 2020:WDW conducted awareness class about donning and doffing of ppe kit in Government Taluk Hospital Kunnankulam and donated masks handed over



TRIVANDRUM

11.04.2020: IMA FOR MEDICAL COLLEGE TO TAKE COVID SAMPLE WHISK - Walk in Sample Kiosk System installed by ISRO and IMA Thiruvananthapuram. The Women's Employees Benevolent Forum was handed over to the Medical College, Thiruvananthapuram . The system was handed over to Superintendent of Trivandrum Medical College

TASKMASTER CHALLENGES OF THE EVENT 'RAINBOW 2020'



WDW MADHYAKERALA

One of the leader attended the Zoom meetings of district committee of IMA KSB, also attended state and district committee zoom meetings of Hospital Board of India, IMA KSB. Members attended Zoom meetings of our branch- executive and GB meeting.

Due to lockdown members had surplus time to spend as 'She Time'. Some members joined the workout

programme via Zoom which was started from April 8th onwards. Many refreshed their cooking skills and cultural activities; wrote a beautiful poem 'Locked down to bloom' which was inspired by the view of the clean Periyar river and the surrounding nature.

Members continued the tele-consultation program of IMA Madhyakerala and answered many queries of patients.

KUTHUPARAMBA

APRIL 3RD: President and Secretary of IMA Kuthuparamba put forth general guidelines for members in view of Chief Minister asking doctors to open clinics and small hospitals.

APRIL 4TH: Members attended the webinar conducted regarding "Epidemiology, Clinical features and Management of Covid 19".

APRIL 5TH: Public awareness talk on "MENTAL HEALTH DURING LOCKDOWN" on Media Fort Channel, a local online news network.

APRIL 10TH: Participated in the Know your Doctor programme on Gramika news channel where she gave a detailed talk regarding preventive strategies during pandemics.

APRIL 11TH: Detailed and well informative talk on Preventive measures and treatment guidelines of Covid 19 infection on Media Fort Network, a local online channel.

APRIL 17TH: Members actively attended the webinar conducted by IMA North Zone and HBI regarding reopening of clinics.

APRIL 18TH: Conducted a general medical camp for migrant labourers at Chittariparamba & a web talk on how to use digital libraries to enhance reading habits during lockdown. 500 protective masks and 200 gloves were handed over to the CI of Kuthuparamba police station.

APRIL 21ST: Handed over 300 masks and 200 gloves to police officers on the line of duty at Pinarayi & arranged lunch for 150 outgoing health – workers(Covid warriors) and patients undergoing treatment at District Covid Treatment Centre, Anjarakandy.

APRIL 25TH: A short story titled FERMENTATION by one of our talented member was published in THARASAC, a literary magazine brought out by IMA Cultural wing.

APRIL 26TH: Members attended the Kannur district



NEMOM

12.04. 2020: Regular Executive Committee meeting. The Executive Committee had its regular meeting on 14th April as a zoom meeting. Discussed, in detail, about the possible activities during the lockdown period. It was decided to hold the General Body meeting, also by Zoom, on 17th April 2020. Dr. Jothidev Keasavadev, the academic committee chairman of IMA AMS Nemom chapter agreed to conduct a CME on teleconsultations in the context of Covid-19 pandemic.

17.04. 2020: Regular General Body meeting and CME. The branch had its regular GB meeting for the month of April on 17th April as a zoom meeting. In addition to the discussion on association matters and brainstorming on way ahead in the context of Covid pandemic, Dr. Jothidev Keasavadev, the academic committee chairman of IMA AMS Nemom conducted a CME on "Teleconsultations and the latest MCI guidelines on Teleconsultations" under the auspices of the AMS Chapter of IMA Nemom branch. He elaborated the various modes of Teleconsultations citing his vast experience in this field for more than one decade and also highlighted the dos and don'ts in teleconsultations in

accordance with the latest guidelines. More than 30 members participated in the meeting. Surprising everyone, Dr. Abraham Varghese, our beloved State President attended the zoom meeting and conveyed his message. He felt sorry in that the branch could not conduct the GB meeting in March in which a grand reception was also planned for the State President and his team. He hoped that the present crisis will also pass and he would be able to visit the branch shortly.

Dr. N. Sreedhar, Secretary of the branch did a sensitization session on Covid in the Janam TV ad Dr. Jothidev Kesavadev and Dr. Arun Shankar did several programmes in various channels on Covid pandemic. They also did several Facebook live series and also Webinar programmes in this connection.

22.04.2020 IMA Nemom joined the medical fraternity of India in protest against the brutal attack on doctors and hospitals, by lighting candles.



WDW KUNNAMKULAM

27th April 2020: WDW conducted awareness class about donning and doffing of ppe kit in Government Taluk Hospital Kunnampulam. Donated masks were handed over to the nursing superintendent of Taluk Hospital Kunnampulam.



MONTHLY QUESTIONNAIRE FOR IMA BLOOD BANK, THRISSUR

1. Name of Blood Bank : IMA Blood Bank Complex & Research Centre
Ramavarmapuram, Thrissur - 680 631
Ph: 0487 - 2320784
2. Reporting Month & Year : April 2020
3. Awareness class on VBD : 0
4. Total VBD Camps conducted : 0
5. Total blood collected during camps : 0
6. Total blood collected at blood banks : 908
Males : 898 Females : 10
7. Total blood and components issued : 1622
a. WB : 83 e. SDP:0
b. PRBC : 754 f. Cryo : 0
d. PLC: 170 g. Buffy: 0
d. FFP : 615
8. Training if any : NIL Covid 19 Lockdown
9. Other activities : NIL
10. Important days observed : NIL
- Beneficiaries : PATIENTS OF THRISSUR, PALAKKAD & MALAPPURAM DIST

Monthly Questionnaire for IMA Blood Bank

1. Name of blood bank : IMA VOLUNTARY DONOR BLOOD BANK, COCHIN
2. Reporting month & year : April 2020
3. Awareness class on VBD : 0 Nos.
4. Total VBD camps conducted : 0 Nos.
5. Total Blood collected during camps: 0 Nos. Males: 0, Females : 0
6. Total blood collected at blood banks: 509. Males: 504 Females : 5
7. Total blood and components issued: 1568 nos.
a. WB: 2 d. Buffy coat : 14
b. RCC : 410 e. Cryo : 11
c. PLC : 209 f. FFP : 922
8. Training if any: 3
1. Dr. Abraham Varghese took awareness class on Corona Virus for Blood Bank Staff on 03/04/20
08/04/20 & 16/04/20
9. Other activities: 0
10. Important days observed: 0
11. Beneficiaries: 72
- Place: Cochin -11 sd/-
- Date: 09/05/2020 DR. ABRAHAM VARGHESE

Monthly Questionnaire for IMA Blood Bank

1. Name of blood bank : Govt. Hospital Perinthalmanna
 2. Reporting month & year : April 2020
 3. Awareness class on VBD : Nil
 4. Total VBD camps conducted : 1+6 (In house Camp)
 5. Total Blood collected during camps: 27 Nos. Males: 25, Females : 2
 6. Total blood collected at blood banks: 1008. Males: 1003 Females : 5
Grand Total : 1035
 7. Total blood and components issued: 1568 nos.
 - a. WB: 15
 - b. RBC : 935
 - c. PLC : 201
 - d. Buffy coat : 14
 - e. Cryo : Nil
 - f. FFP : 304
 8. Training if any: Nil
 9. Other activities: 0
 10. Important days observed: 0
 11. Beneficiaries: Nil
- Place: Perinthalmanna
Date: 01/05/2020

sd/-
Medical Officer



Join **image**

It is our responsibility and commitment to keep our Green Land away from the dangerous hazards of Biomedical waste....

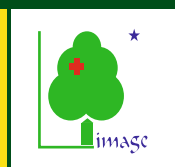


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Contact us for more details

INDIAN MEDICAL ASSOCIATION GOES ECOFRIENDLY

IMA State Headquarters, Anayara P.O., Thiruvananthapuram - 695 029

Manager Administration: 80783 36666, Manager Operations: 94459 98922

Environment Engineer: 80780 26869, Operation Executive: 70122 28469

Billing Section: 98476 62226, Accountant: 96056 69996, Reception: 0471 - 2741188, 2742211

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