

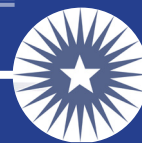


## TRAUMA & EMERGENCY ACADEMIC MEDICINE SENTINEL

*"Proclaiming and Promoting Academic Leadership"*



# TEAMS



OFFICIAL VOICE OF ACADEMIC COLLEGE OF EMERGENCY EXPERTS (ACEE) &  
EMERGENCY MEDICINE ASSOCIATION (EMA) - AN INDUSEM UNDERTAKING

Department of Emergency Medicine,

MOSC Medical College Hospital, Kolenchery, Ernakulam, Kerala, India



### *From the Editor's desk.*

*"He had spent most of his lifetime studying the art of medicine and realized now that he would never really understand its mysteries. For medicine is an eternal quest for reasons - causes that explain effects. Science cannot comprehend a miracle."*

*- Erich Segal*

#### Dear friends

The brewing absoluteness of the end of a year, more often than not, strides in with an obligatory call for recapitulation. With the rapid strife, witnessed in almost every service sector including medical services, it has become imperative that emergency health services transition to the pivot of any institution. Acknowledging the progress we have made, does put one's mind at ease regarding the future of emergency medicine and the efficacy of critical care delivered in our country. The dialogues and discussions held across various platforms on the types of operational and daily practice issues that impact patient and physician welfare, helped initiate manifold pilot projects aimed at critical care.



The **EMINDIA2019** held in AIIMS, New Delhi from 31st July 2019 to 4th August 2019, was a rising intonation for the young minds in emergency medicine. The focus was on advancing Emergency Medicine education, research, policy and patient care in India via a "case based learning" conference model. Our newer endeavour, INSPIRE INDIA - National Leadership Lecture Series and the Townhall with Maestro were eye opening sessions to many

and were very well received by the audience. The success of the conference is validation for the commendable efforts made in foreseeing the growth of emergency medicine in India.

Having rightfully done their devoir for decades, the senior leaders in emergency medicine have laid shoes difficult to fill, but their ardor in ensuring academic excellence and clinical training, is creditable. The post graduate training programme assists in making their vision come true.

The coming quarter brings along, The **WACEM 2019** - World Academic Congress of Emergency Medicine to be held in Dubai from 20th - 24th October, 2019 under the patronage of H.H. Sheikh Hamdan Bin Rashid Al Maktoum, Deputy Ruler of Dubai, Minister of Finance and President of the Dubai Health Authority in collaboration with Indo-US Health & Medicine Collaborative (INDUSEM) with the agenda of uniting academics and clinicians across the world. This will indeed be an academic feast for all of us.



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## World Heart Day – 29<sup>th</sup> September

September 29<sup>th</sup>, was observed as the World Heart Day, with the objective to establish heart health equity for all. The World Heart Foundation, aims at creating a global community of heart heroes; people from every walk of life, mobilized to achieve a healthy and heart friendly lifestyle, thus clogging the sprawl of cardiovascular diseases.

Campaigns held across the world emphasized on the importance of regular health checkups and renouncing the sedentary nature of modern lifestyle. Mass mobilization programmes were held in different centers across India, calling upon individuals to make a “promise”; a promise to our children and families about leading a healthy and robust way of life; a promise as health care professionals in assisting patients give up smoking and alcoholism, and a promise as employees to invest in heart healthy workplaces.



Looking after your own heart implies taking small but meaningful actions; eating healthy, regular exercise and relinquishing smoking and alcohol.

Apart from inculcating awareness, the day also aimed at achieving par competency in physician and patient care and training health workers at all levels in cardiac emergency and structured protocols in patient care and assistance.

With proper conditioning and self-awareness, the status of cardiovascular diseases as the the world's number one killer, claiming 17.9 million lives a year, can be redeemed and a heart healthy community can be erected. By working together and working fastidiously, we can help reduce the load of premature deaths from CVDs.



## World Suicide Prevention Day – 10<sup>th</sup> September

Suicide and non-fatal suicidal behaviour are major public health problems across the world. Data from the WHO indicate that approximately one million people worldwide die by suicide each year. This corresponds to one death by suicide every 40 seconds. India accounts for 37% of global suicides, and has the highest suicide rates in Southeast Asia.

Several researches testifies that depression and suicide ideation is an occupational hazard amongst doctors; cumbersome duty hours that establishes sleep deprivation, irregular meals and time away from family as a medical norm alongside professional stressors have been cited as few of the leading factors.

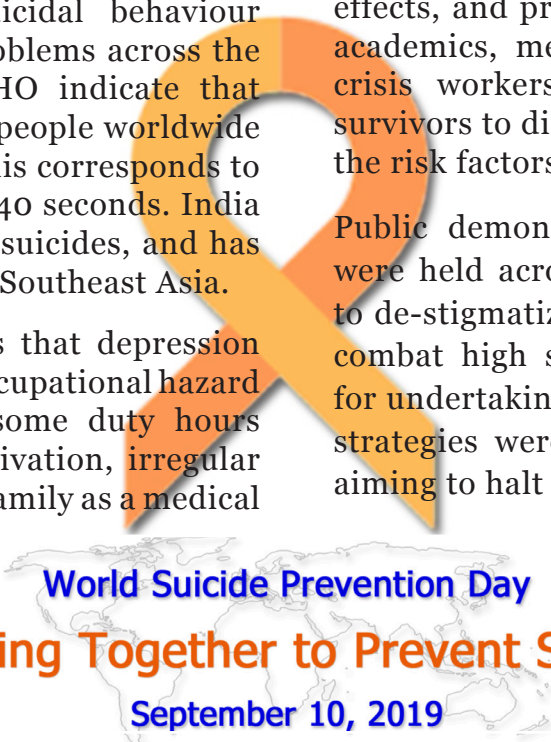
World suicide prevention day was observed on the 10<sup>th</sup> of September with the ambition of preventing suicidal behavior, alleviating its

effects, and providing an opportunity for academics, mental health professionals, crisis workers, volunteers and suicide survivors to discuss strategies to alleviate the risk factors of suicide.

Public demonstrations and conferences were held across urban and rural India, to de-stigmatize psychiatric illnesses and combat high suicide ratios. Discussions for undertaking newer suicide prevention strategies were held in various corners, aiming to halt its progression.

Suicide is preventable. It is time to de-vilify psychiatric illnesses

and work together in creating understanding and compassion amongst everyone.



**World Suicide Prevention Day**  
**Working Together to Prevent Suicide**  
**September 10, 2019**

# **“I’m Going Home” Leaving Against Medical Advice**

Leaving against medical advice (LAMA) is the patient’s insistence upon leaving medical care against the expressed advice of the treating team. Leaving the emergency department (ED) without treatment or against medical advice (LAMA) can lead to poor outcomes, including readmission, higher costs and mortality. Most often, LAMA is due to the patient’s lack of understanding of the medical judgement, owing to suboptimal causerie.

Analysing, the infrastructure of the Indian health care system, several hypotheses have deemed financial constraints as the common reason for refusing care in private hospitals. Most studies reveal that majority of the insurances cover the cost of admissions in the wards and intensive care unit but does not cover the cost of ED care, and hence the scramble from crucial emergency care. In critical situations, a private hospital would perform all necessary steps needed for initial stabilization, but then families decide to transport the patient to another hospital, or forego further care.

While going through predictors of LAMA, it is easy to understand that, online search leading to misconstrued medical explanations leads to dissatisfaction with

the health-care provided, long hospital stay, family or financial problems, preference for another hospital, fear of being examined for teaching purposes are some of the major reasons for LAMA. For stable priority 3 or 4 patients who visit the ED, waiting times and perceived overcrowding were factors in decisions to leave, most of the cases the patient party expects 1:1 care

and quality time dedicated to each patient in ED. There have also been situations of jumping from one hospital to another to try to meet their expectations regarding healthcare delivery.

Patients who leave hospitals earlier than recommended by their physicians and care teams are at greater risk of serious health

problems, even produces ethical dilemma for the doctors. It is important to cumber the probability of LAMA, by decreasing the risk of non-compliance by effective and extensive communication, and providing an atmosphere of care and consolation for the patient and relatives.

Lets hope that in the coming years there would be a more stronger bond between doctors and patients which will directly & indirectly reduce the burden of LAMA in our society.





# EM Activities and Achievements in the past quarter

## TOPCOM2019 Malaysia awards EMA



Emergency Medicine and Disaster Management, Seylang University Hospital, a tertiary teaching referral hospital in Seylang, Kaulalampur, Malaysia.

The Leadership of EMA India was bestowed the “Excellence in Emergency Medicine” award at TOPCOM2019Malaysia. International Table Top Exercise and Communication in Disaster Medicine (TOPCOM VII) was held from 1st July to 6th July 2019 in Selayang, Malaysia. The conference was organized by the Emergency and Trauma Department of Hospital Selayang, in collaboration with multiple other agencies and organizations. Course Director for the event was Datuk Dr. Mohamed Alwi Bin Haji Abdul Rahman, Head of Department and Consultant of

## EM Pulse 2019 Pulsates Kerala

The Emergency Medicine department of Amala Institute of Medical Sciences (AIMS), Thrissur and the Amala College of Nursing in association with ACEE, EMA and IMA conducted a three day national level Meeting on Emergency Medicine and Emergency Nursing at AIMS, Thrissur from 5th to 7th July 2019.

Dr. Jobin Jose, was the organising Chair, Dr. Nisanth Menon was the Scientific Chair and Dr. Binoy Xavier was the Workshop Chair.



## EMA sparkles @ Colombo, Sri Lanka

EMA leaders Dr. Ajith Venugopalan along with Dr. Jobin Jose and Dr. Binoy Xavier represented India at The Colombo International Trauma Conference (CITC) at The National Hospital of Srilanka on 11th & 12th July, 2019. Dr. Ajith Venugopalan was invited as the Course Director for the program.



EMA India joined hands with our Colleagues from Sri Lanka and the department of Emergency Medicine, MOSC Medical College Hospital, Kolenchery, Kerala, India as the academic partners for the conference. The conference was organised by the National Hospital of Sri Lanka and the A & E Association of Sri Lanka. CITC was a

major academic event in Sri Lanka. Apart from India and Sri Lanka, CITC also had Resource persons from Thailand and Japan.

## EMINDIA 2019 Dazzles in New Delhi

A Grand Academic extravaganza EMIndia2019 dazzled at the All India Institute of Medical Sciences, New Delhi from 31st July 2019 to 4th August 2019. Many Innovative Workshops like Emergency Surgical Skills and Emergency Interventional Sonology were present. The main congress included the Government of India Conclave on National Health Mission focused on developing Emergency Care across India. There was also an annual master class on Emergency Medicine for post graduate students. The 10 years of INDO-ISRAEL partnership in Emergency and Trauma was also celebrated at EMINDIA with leaders from Israel participating in the event.



The 8th Convocation of the Academic College of Emergency Experts was held during the conference. The convocation was a star studded event with fellows admitted to the college by ICMR Director General Dr. Balram Bhargava and AIIMS Bhopal Director Dr. Sarman Singh. AIIMS Trauma Center Chief Dr. Malhotra was guest of honor.

## WEMSEM shines at Nepal

ACEE and EMA made a mark at the inaugural International WONCA Emergency Medicine conference – WEMSEM jointly conducted by the WONCA World Emergency Medicine special interest group (WONCA EM SIG) and The General Practitioner's Emergency Medicine Association of Nepal (GPEMAN) at Kathmandu, Nepal on 9th & 10th August 2019.



This was the inaugural Emergency Medicine conference of Nepal and attended by over 400 delegates. ACEE Fellow Dr. Nisanth Menon led two workshops – the ‘CRASH-ED’, a case based interactive learning of emergency patients presenting to the primary care physician. Dr. Roshan Mathew, Dr. Nithya Mohanan, Dr. Vrushali Saudagar, Dr. Sreesahitya, Dr. Bikash Ranjan Rayand, Dr. Satish Patil were also present.

For further informations regarding these events, log on to <http://www.indusem.org/news>

## We Welcome You all to

Dubai	<b>WACEM 2019 -</b> World Academic Congress of Emergency Medicine	<b>20<sup>th</sup> – 24<sup>th</sup> October, 2019</b>
Calicut, Kerala	<b>EMKerala2019</b>	<b>30<sup>th</sup> Novemeber &amp; 1<sup>st</sup> December, 2019</b>