



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



Dear friends,

The advent of an era defining pandemic ensured that our conduct changed at par with the disease progression too. We witnessed numerous phases of lockdown in the past quarter and the reticence exhibited by the citizens in the initial phases, seem to disappear as we merge into the era of the mask-culture. The last week alone, revealed a record

high number of cases in our nation, suggesting that these novel lifestyle modifications might stay with us a long way.

As of 28th June, we have 5,44,615 confirmed COVID-19 cases with 2,08,742 active cases and mortality of 16,424. 3,19,393 cases (59%) have been recovered in India from COVID 19 which is a meritorious attempt in the struggle to curb disease progression. Let's hope that healthcare sector and the government can cope with what it takes to contain this once in a century pandemic.

TEAMS is proud to launch the TEAMS News Network (TNN). TEAMS, which revolved around the aim to proclaim and promote the academic development of faculty and residents and to expand the concept of emergency medicine across various sectors of education and policy makers in India and USA, a journey which has crossed over a decade. Currently, TEAMS newsletter has also evolved to TEAMS News Network (TNN). This video & interview is a start-up venture under TNN through EMIndia2019. (<http://youtu.be/cNYCzcVWqrg>)

Successful completion of 100 days of the World Academic Council of Emergency Medicine (WACEM) and American College of Academic International Medicine (ACAIME) joint weekly Special Global Web Conference on Case Based Lessons from COVID19 patients across the World has been one of the greatest achievement during the last quarter.

WACEM-ACAIME-INDUSEM-EMA Collaborative has also joined hands with the Department of Health, Government of Kerala and Kerala Social Security Mission for the Training of Trainers (TOT) program for all Frontline Emergency Physicians and Critical Care Physicians in the State of Kerala, India on the important clinical process called "Ventilator Sparing Protocols" in the background of COVID-19 pandemic.

27th May was observed as World Emergency Medicine Day worldwide. The aim of this day was to unite the world population and decision makers to think and talk about emergency medicine and emergency medical care. Emergency Medicine Association (EMA) India organised a photo competition involving all residency programs in the country with the theme "End of the shift" to join hands with the World Emergency Medicine Day.

Another major milestone in the last quarter was the recognition of DM in Pediatric Emergency Medicine at AIIMS Raipur. Pediatric EM expert group had been striving hard for this and has definitely seen the result.

COVID-19 pandemic is a case in point. We need to save lives now while also improving the way we respond to outbreaks in general. While it remains imperative to stay calm, it's also emphatic that there is no time to waste. Stay safe everybody.



Dr. Ajith Venugopalan
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Chief Editor

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Emergency Medicine and COVID-19

If Disaster is defined as a situation where “the need overwhelms the resource”, then many of the Emergency Departments (ED) faces disasters almost every other day long before the COVID-19 pandemic. Understaffing, overcrowding and non-availability of beds has been part of the daily chorus in many of the high volume EDs. Yet majority of the Emergency Departments do well to provide adequate care amidst the chaos. This is because of the system that has evolved and adapted to meet the overwhelming needs of the Emergency Department.

Emergency Medicine (EM) is the science that enables Emergency Departments to provide safe, timely and quality care 24/7/365 to all its patients. Emergency Physicians are trained to perform and lead or be part of a team in high pressure situations. Being a dependant specialty and being a specialty on which other departments depend on, Emergency Physicians do maintain a good rapport with all the other Departments as well the Hospital administration to provide the best care to their patients. Prehospital Care and Disaster Medicine being sub-specialities of EM, Emergency Physicians, Nurses and EMTs are an integral part of Public Health. So its natural that when a disaster of this magnitude like COVID-19, which requires multidisciplinary contribution and coordination for its management hits the community, Emergency Physicians are called on to lead the health team.

The leaders of Emergency Medicine around the world are playing a crucial role not only by preparing their community and hospital; but are joining hands to produce important protocols and strategies and sharing their experience with the rest of the world. Emergency Physicians and Emergency Department staff

are front line workers who take care of patients regardless of COVID status and hence are at high risk of disease acquisition. They have the crucial role of screening all the patients entering the health care facility, and to identify and isolate COVID suspects to protect the rest of the health care workers as well as public from disease transmission. Rigorous infection prevention and control practices has never been implemented in such a way all around the world in the recent times. Emergency Physicians, at times are even filling the void of intensivists in COVID ICUs.

When things become complicated trust the power of communication and push the power of decision making out to the periphery. Standardization, standard precautions,

protocolized care, teamwork, good communication skills, improvisation, mass casualty incident plans, disaster preparedness and mitigation are some of the basic concepts practiced in Emergency Medicine which has enabled Emergency Physicians to cope with the pandemic in unison with the entire health care team.

As COVID-19 is taking its toll on the world, Emergency Physicians have stood tall with the rest of the mankind in its fight for survival.

Dr. Chandni. R

MD, PhD, FICP, FRCP(Edin)

Professor of Medicine &

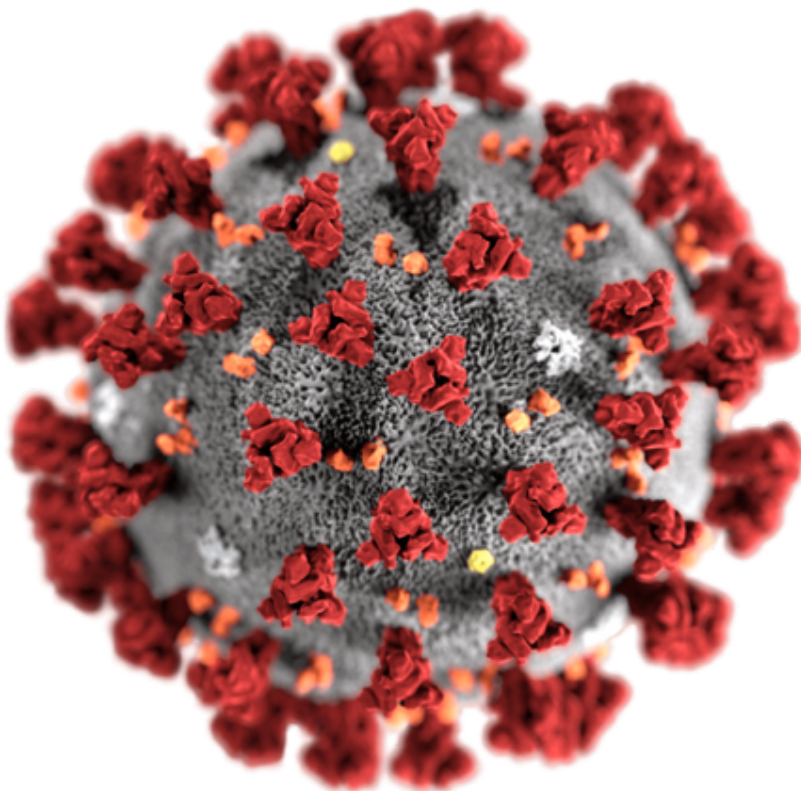
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Emergency Physician Wellness – Run the marathon not the sprint !

“Crash cart! Arrange for intubation! Where is the spine board?! Page the trauma team stat!” these are some run off the mill yells and screams from an emergency physician, nothing out of the ordinary, top these cerebral tasks with reassuring the family and at times breaking bad news. A shift in the ER can be a roller coaster ride of emotions from elation to frustration to downright depressing. All of us enjoy this ebb and flow, often bad-mouthing the underfunded health services, the poor staffing across hospitals, and run-ins with patient attenders.



EM-MINDS : An initiative by like-minded individuals for Wellness among EPs.

Working amidst this chaos can be exhausting, isn't it? What I nonchalantly labeled as work-stress, is strikingly different from the concept of burnout. For most of us, the line between the two is blurry and the terms are often used interchangeably. But experts view them very differently. Burnout is defined as “a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who work with people in some capacity,” and it is considered as an outcome of long-term exposure to occupational stress.

The COVID-19 pandemic puts this on a pedestal, as front line workers battle long hours, physical and emotional fatigue, and a sense of helplessness as medical systems around them collapse. We often seek answers from the “system”, and time and again the “system” fails us, which reminds me of the proverb “Medice, cur ate ipsum.” (Physician, heal thyself).

The path to wellness and resilience is an active self-directed process. Kick-off by being compassionate with yourself. Working in an ER, more so with the pandemic, can

be extremely stressful and emotions of fear, anxiousness, and exhaustion are only normal and do not make you weaker in any way. Resilience is a measure of a person's coping ability from stress and helps one bounce back from stressful situations. It is a trait that can be learned through practice.

Physical methods such as exercise, box breathing techniques, better sleep hygiene, and a healthy diet can go a long way in combating burnout. Psychological techniques such as having a positive outlook (cliché but works!), being constructive and resourceful,

positive self-talk amongst others have made a meaningful change. Realize the difference between controllable and uncontrollable factors and focus on things that really matter to you, both professionally and personally. This is as good a time as any to discover your Ikigai and reignite your mission and passion.

EPs love being adrenaline junkies looking for their next fix, but it is imperative to realize that

this is a marathon and not a crash and burn sprint. Studies across the world estimate that 50% of physicians may be facing burnout, but what about the other 50%? It is time for us to focus on solutions and pivot our thinking on wellness strategies than on burnout. Our specialty is a relevantly new one and we must acknowledge this preventable problem and work towards mitigating it. Always remember WE ALL ARE IN THIS TOGETHER!

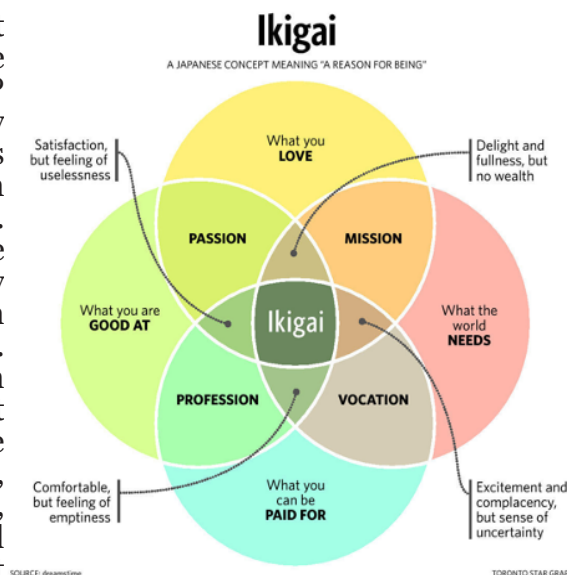
Dr. William Wilson

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Residents Corner

Dr. Manish Taneja

Final year DNB resident - Emergency Medicine , Indraprastha Apollo, New Delhi.

COVID-19, a new addition in the dictionary, new disease, and further suffering for the ill and the healers alike. I happen to be working in a city (Delhi), which is amongst the worst hit in the world. While choosing a place to train as a DNB resident in 2017, I had not thought that we would be here, and I believe I am not the only one.

Being a resident doctor is exceptionally difficult; currently, the world is living through the uncertainty of catching the disease. However, amid the illness and suffering, we are also living through another possibility of having our residencies extended for up to 6 months. It is not a cliché when we say that these are unprecedented and difficult times, since, we have to be working without the support and guidance of some of our teachers and mentors, to protect them as some of them are older or with ailments.

They say we only realise what we had, only after we lose it. Our teachers, professors and senior colleagues were always the safety net on whom we depended, and we came back to them for help and advice when we were stuck. Working through the confines of the COVID areas, suffocating and sweating through the PPEs, I have missed that guidance the most.

Much has been discussed on the consequentiality of our actions and its effects on the wellbeing of patients, but there has never been a time when our families were at risk because of our work on such scale.

Although there are many downsides to the current pandemic, there are also a few silver linings. Emergency Medicine is being recognised the world over and especially in India as the forefront of acute medicine and essential for better functioning of hospitals.

The adversity of working alone in the bulky and suffocating PPEs and without the always available help and guidance of the seniors is making us residents more resilient, confident and better prepared for the future roles. Working with the risk of getting sick is training us to be more careful and meticulous doctors.

EM Day 2020 - 27th May, 2020 - EMA National photo competition

On the occasion of World Emergency Medicine Day, EMA collaborated with the European Society of Emergency Medicine (EUSEM) to bring together all MD & DNB EM Residency programs in India to take part in the World EM day campaign by organizing a national photo competition led through EMA Tech team. A total of 42 entries were received from residency programs across the country, which were published and judged through social media handles of EMA and EM day campaign page.

FIRST PRIZE

Dr. Rohit Ashok Malape
Jehangir Hospital,
Pune, Maharashtra.



SECOND PRIZE

Dr. R Surendar
Jawaharlal Institute of Post-graduate Medical Education and Research, Puducherry.



THIRD PRIZE

Team EM,
MOSC Medical College Hospital,
Kolenchery, Ernakulam, Kerala.



Theme - 'End of the Shift group photo'