



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,
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From the Editor's desk.

Dear friends,

The past year has created an umbrage of crests and troughs in our lives. COVID 1st struck India during the 2nd quarter of 2020 and through 2020 we saw the 1st wave peak. The battle everyone fought to contain this emergency is commendable. The healthcare system has taken a huge burden to hold the system together and with unified efforts the



1st wave was managed effectively. Once we thought that everything is under control and life started to normalize, another big bang occurred through the 2nd wave. The 2nd wave struck during the 2nd quarter of 2021. The alarming peak in cases and death rates rattled our country, and at times lead to crevices in our already withering hope, to beat the pandemic. The exponential growth of cases resulted in the healthcare system getting over loaded with patients requiring oxygen and critical care. Hospitals across the country including ours, increased the bed capacity for taking care of COVID patients. 1st time in a long time, the country would have faced an oxygen shortage due to the increasing demand for oxygen among patients. Fortunately, this crisis was handled with an increase in oxygen production in our country and also an effective coordination of oxygen supply. Teamwork and coordination with different sectors helped to handle the peak and bring down the curve.

Vaccination drive has been the way forward. Vaccine + Precautions is the KEY for full UNLOCK out of this Pandemic. Few Vaccinated people have been tested positive,

fortunately they are either asymptomatic or having mild symptoms and have recovered/recovering. Let's understand that Vaccines (Covishield/Covaxin) have an efficacy/protection of 70 to 80%. Most importantly, it will help in reducing the severity of the disease including mortality. But the person can still be an asymptomatic carrier or can even develop symptom. Hence, even if vaccinated kindly follow all precautions (N95 mask, face shield etc.) & also avoid gatherings.

At this point, a 3rd wave is inevitable. Along with vaccination, social distancing, usage of double mask/N95 mask and hand sanitizing may help in preventing another disaster.

More than the pandemic, what worries us now is the violence against the healthcare team. It is disheartening to witness such unjust treatment of health care workers. Violence against healthcare professionals in India occurs in the form of physical violence, verbal abuse, aggressive gesture, mob lynching etc. Violence against the healthcare is the new epidemic. Unless we stay together and contain it, this is bound to be the next biggest disaster in our country. "Be Vigil, Be Safe"

Wishing everyone a Happy Doctors Day...



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Chief Editor

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Catching th'EM' Young - UG Emergency Medicine Club

Emergency medicine - a field often associated with fast paced intervention and management of patients, is a rapidly advancing field in India. The recent updates by the National Medical Council emphasis the need for a well established EM department at all medical colleges. These changes will only catapult EM to greater heights which will eventually help in better patient care. Undergraduate EM training is a need of the hour. Given the importance of EM at UG level, a student EM enthusiasts group is essential. Fortunately, the students of KMC Manipal already have one such group established in 2016- Tempus Pretioso

Interview with
Aparna Macharla
President, Tempus Pretioso.

Conducted by:
Harsh Sharma,
Outreach team, Tempus Pretioso.

We are here with the president of the club to know more about their club. Also, how this student run club is aiming at spreading the word and propagating clinical snippets through workshops / simulations to students, colleagues as well as general public across the country.

Q. What exactly is Tempus Pretioso and when was it founded?

Tempus Pretioso - Latin for "Time is precious" is an ageless phrase that aptly describes the role of an emergency room physician, where split second decisions and quick thinking amidst the brevity of time, can save lives of critical patients. Established in 2016 with a curiosity to dive deeper into the intriguing field of EM, Tempus Pretioso emerged as the Emergency Medicine Student's Enthusiasts Club of Kasturba Medical College, Manipal.

Q. How has Tempus influenced your perspective on medicine and medical education, and what impact has it made on you as a medical student?

Through Tempus, I got exposed to the captivating clinical side of medicine. Our first two years in medical school don't really reflect what we see on TV shows (and that was a huge downer, because most of my initial exposure to medicine was through TV shows), but through Tempus, I was able to see direct application of what I was learning in theory classes.

Our institution has a state of the art Simulation Lab and we, as club members, got to learn procedures like ABG, Foley's Catheterisation, Intubation and various others from our faculty, and we also got to teach others as well. I got to teach various students from different colleges, from various years, the various clinical skills as a 3rd semester student! That, in my opinion, is the beauty of early exposure. Such experiences have fueled my ability to continue to study medicine with greater interest over the years.

Q. What are some of the activities that Tempus is involved with and what are some of the innovative ideas that you guys have come up with?

Tempus has been diligently involved in organising a repertoire of activities including hands-on workshops, enthralling quizzes, EM simulations, interactive talks, and many innovative events revolving around Emergency Medicine. We are also particularly active on our social media platforms where we post interesting factoids and cases along with interviews and other engaging content to raise awareness about the ever-advancing field of EM. With the constant support of our EM department at Kasturba Hospital Manipal, and our faculty advisor Dr Vivek Gopinathan, some of the unique events we have organised are:

- Pick your Poison - A live simulation of toxicology scenarios including poisonous gas leaks and sub-lethal radiation injuries.
- DeCryptathon - A virtual Emergency Room

immersion experience where participants' critical decisions dictate the course of a patient's casualty.

- Do or Die-gnose - A knock out style event where the participants race to correctly guess their opponent's diagnosis with the given set of symptoms before their opponent guesses theirs.
- Doctor vs Wild - A live wilderness medicine simulation across the terrain of Manipal with cases ranging from acute mountain sickness to deadly snake bites.
- Let's Talk Tox- A participants' attempt to experience virtually how their direct actions and interventions as a physician would influence the course of patient management.
- Covid Re-emergence Panel Discussion: Student moderators with the guidance of faculty moderators took part in an engaging discussion with frontline emergency medicine physicians across the country as they shared their experiences and anecdotes during the covid re-emergence.

• Neonatal Resuscitation Workshop: Respected neonatologist Dr Apurv Barche was a guest speaker who held a comprehensive talk regarding emergency procedures in neonates.

Q Where do you see Tempus in the coming years?

Tempus started out as a small club with the aim to share knowledge about Emergency medicine - an emerging field of medicine in India.

Our aim is to not only to create awareness but provide a comprehensive and credible source of information and impart clinical skills and knowledge to medical undergraduates across the country. Over the last few years, we have reached out to several students and even conducted basic skills training in association with an NGO to educate the general population of the Udupi-Manipal region. We have also conducted a similar training for the Auto-rickshaw Association in Manipal in collaboration with our very own Forensics Department for the same.

This is only the start. We hopefully, over the next few years, will continue to enrich the education of more and more medical students throughout the country and even create awareness amongst the general population.

To conclude, I'd like to share our motto which inspires us to keep moving forward : "A first responder does not need to be a medical personnel, It could be you too".



Violence Against Health Care Workers...!!! The receiving end...

Definition: Intentional use of force or power, threatened or actual, against a person, or against a group or community that either results in or has a high likelihood of resulting in injury, death, psychosocial harm, maldevelopment or deprivation. (W.H.O.)

Incidence: 70% & Increasing

Magnitude: Epidemic in INDIA, Sporadic elsewhere.

Etiology:

- Lack of communication
- Burnouts
- Direct contact
- Grief reaction
- Lack of efficient security in the hospital
- Financial issues
- Prolonged waiting time
- Medical negligence

Types: Physical, Psychological, Harassment & threats.

I am an Emergency Physician who works in the hotspot of the hospital – the emergency room (ER). ER is the face of any institute where assessment, resuscitation, life changing decisions, admissions, consultations, procedures, discharges happen on a daily basis. Therefore it is inevitable, that in this environment (not controlled like OR or ICU) a lot of heated arguments and misunderstandings can occur.

Almost more than 70% of HCW have faced or witnessed violence at some point of time. The medical field is prone to undeserving anger outbursts from the public, owing to the fact that we deal with the most unexpected of emergencies, and often the messenger is at bay's end of public wrath.

Media plays an important role for delivering half baked information that is often debilitating to a profession that was once at par with nobility and service. Self medication and treatment via Google search engine, ensures that patients reach towards medical help later than recommended and often enough time has lapsed, that would render a doctor helpless. The violence is sometimes not an immediate reaction, but can also be a deliberate action to create physical and emotional hurt to the treating team. This behaviour is scary and warrants criminal conviction.

People also procrastinate treatment due to fear or financial constraints, leading to taking an offense, at a play of fate - HEALTH is not a thing to buy.

Financial issues are an important factor unlike many developed countries where the government or insurance companies pay the bills. But in developing countries like India the hospitals and doctors are projected as robbers and the first contact (HCW) is at the near contact to be assaulted during a conflict.

As a result, health care workers will be forced to resort to defensive medical practice which is an assault on the essence of medicine itself; but our society leaves our health practitioners with little choice. Increased assault on HCW will only encourage us to avoid taking risks and eventually patient care will be affected. Unintentionally, common people may get affected. Due to this crisis to the specialist, strikes and other measures may lead to cessation of regular OPD of all departments - where.



There is 1 doctor for every 1000 patients in India. When a doctor steps away from the frontline, we give birth to 1000 health care orphans. India is the country with highest violence against HCW. Protests will go on and black badge days will continue but there is very less concern of a HCW from the society. Whenever the common people will show empathy towards doctors and feel their

struggle then these kind of reactions will come down

PREVENTION

- Strict laws against the culprits
- Good communication and follow up
- Psychological counselling
- Always keep a back door
- Self defence
- Strengthening Security

'No physician, however conscientious or careful, can tell what day or hour he may not be the object of some undeserved attack, malicious accusation, blackmail or suit for damages'. Be safe and learn the art to mitigate.

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EM Activities and Achievements in the past quarter

2021 e-EMANDHRA is Success Kendra

EMANDHRA2021 – The 2nd State Level Conference of EMA Andhra Pradesh Chapter was held virtually hosted by PES Medical College, Kuppam Department of Emergency Medicine from 7th – 9th April, 2021. Various eminent faculty throughout the country shared their experiences as 500 + delegates attended this grand summit.

Dr. M. R. Doreswamy, Advisor, Education Reforms (Cabinet Rank), Chancellor, PES University, Dr. Suresh Krishnamurthy and Dr. Sagar Galwankar CEO, INDUSEM and Executive Director, WACEM addressed the conference via video conference and shared their views with the delegates.



EMANDHRA2021 focussed on Toxicological Emergencies. Dr. Prakash Babu, Under-Secretary of the EMA Andhra Pradesh Chapter & Faculty Assistant Professor Dr. Befin, led this landmark event.

COVISIM2021 Won Everyone !

The 6th Annual Academic International Medicine Congress 2021 hosted by the American College of Academic International Medicine (ACAIM) from 21st to 23rd May, 2021 vindicates the tenets on which ACAIM was built. The Theme for AIM2021 was “Best Practices in Shifting Landscapes”.



Dr. Vimal Krishnan S, Associate Professor in Emergency Medicine from Kasturba Medical College (KMC), Manipal, MAHE, India was an invited international speaker in the Special World Leaders Session on International perspectives and experiences in the COVID Pandemic. Academic leaders from over 10 Countries were speaking at this session. Dr. Pillai is the Principal Secretary of The Emergency Medicine Association (EMA) of India.

Indian Emergency Medicine residents Dr Mohammed Khalid from KMC Manipal and Dr Himanshi Baid from AIIMS Rishikesh won the best research abstract presentation in two different categories.

EMA Salutes the versatile Emergency Medicine Doctors

Emergency Medicine Day 2021

27th May every year is observed as the Emergency Medicine Day. The aim of the Emergency Medicine day is to unite the world population and decision makers to think and talk about emergency medicine and emergency medical care. We salute everyone who has worked tirelessly with dedication and commitment.

As a part of EM-May 2021, Tempus organized an online panel discussion on the pivotal topic of ‘COVID-19 Reemergence’ for medical undergraduate students. The frontline EM physicians who were the esteemed panelists for the event included Dr Manu Ayyan, Assistant Professor, JIPMER, Dr Rachana Bhat, Senior Resident, AIIMS New Delhi, Dr Suvan Chowdhury, DrNB trainee, Fortis Hospital Kolkata, Dr Mayank Dhir, Assistant Professor, MGM Mumbai, Dr Naman Agrawal, Assistant Professor, AIIMS Rishikesh. The session was gracefully moderated by Dr William Wilson, Assistant Professor, Kasturba Hospital Manipal alongside Aparna Macharla, President Tempus Pretiosio and Tanya Thomas, General Secretary Tempus Pretiosio.



The panel concluded on a wholesome note as the panelists spoke about the importance of keeping one's mental health in check during these unprecedented times and engaging in activities to revitalize amidst the arduous duties of being an ER physician.

Wishing Everyone a Happy Doctors Day