



# TRAUMA & EMERGENCY TEAMS



ACADEMIC MEDICINE SENTINEL

*Proclaiming & Promoting Academic Leadership*

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## World Congress – “The Spirit of Emergency Medicine”



Emergency medicine is not merely a specialty; it is the heartbeat of humanity’s response to crisis. In every corner of the world, from bustling metropolitan trauma centers to modest rural clinics, emergency physicians and healthcare teams embody readiness, resilience, and relentless compassion. We stand united by a single purpose — to bring order to chaos, calm to panic, and hope to moments shadowed by uncertainty.

The world of emergency medicine is defined by seconds — each one carrying the weight of life and death. Yet within this urgency lies profound humanity. Every resuscitation, every triage, and every difficult decision reflects not only clinical skill but an unwavering commitment to serve without hesitation. It is a discipline that demands not perfection, but presence; not immunity from emotion, but strength through empathy.

As global health challenges evolve — from pandemics to disasters, from conflict zones to climate emergencies — the torch of emergency medicine burns brighter. Collaboration across borders, innovation through technology, and education without boundaries are reshaping our collective future. We are learning, teaching, and growing together as one global community dedicated to saving lives and preserving dignity.

This World Congress is more than a meeting of minds — it is a celebration of spirit. It honors every sleepless night, every rapid decision, every moment of quiet courage behind the mask. It reminds us that in the rhythm of sirens and heartbeats, we find not exhaustion, but purpose.

Emergency medicine is, and will always be, the discipline that dares to meet life at its most fragile — and restore its strength.

**Dr. A.P. Singh**

Dean  
SGRD University of Health Sciences  
Sri Amritsar



**Official Voice of  
Academic College of Emergency Experts  
(ACEE)  
&  
Emergency Medicine Association (EMA)  
An INDUSEM Undertaking**



## From the Desk of INDUSEM CEO and Chief Academic Officer for the World Academic Council of Emergency Medicine

*Professor Dr. Sagar Galwankar*  
INDUSEM CEO



The XIth World Academic Congress of Emergency Medicine (WACEM25), is being organized together with EMINDIA25, in the Ice Cream Capital City of Mangaluru in the State of Karnataka in BHARAT.

Championed by INDUSEM, WACEM25 is being hosted in partnership with the Indian Academy of Pediatrics, AJ Institute of Medical Sciences and the WHO Collaborating Center for Emergency & Trauma in Southeast Asia.

WACEM25 and EMINDIA25 are being supported by various Institutions and Organizations across the world.

The WACEM2025 Academic Mega Congress celebrates....20 Years of Academic Excellence by INDUSEM & 10 Years of The World Academic Council of Emergency Medicine.

Building Critical Bridges between Patient Centered Education, Patient Centered Research and Patient Centered Care, the Scientific Team of WACEM25 has devised a novel approach to focus the presentations on Patients as well as Patient Care Providers namely Physicians, Nurses, Medical Students, Residents, Paramedics and Technicians. Helping patients to survive in emergency medical conditions is equally important as much as the sustainable long-term health of all patient care providers implementing the preventive medicine concept.

The partnership of WACEM with INDUSEM, AJIMS & WHO-CCET aims to standardize the clinical and organizational system approach in acute disease management all over the world and to encourage young physicians to do research on acute conditions through the concept of “Translational Transcontinental Medicine” and the conduction of multi-center clinical investigations and trials.

Thanks to this strong research activity, since its inception a significant number of scientific articles by WACEM leaders have been published in very important international journals.

Our joint effort will add innovation and special flavor to WACEM25 and will provide exceptional momentum and value to our speakers and participants also providing the opportunity

to publish their selected contributions to the congress in international journals.

Together, we shall continue to develop and promote exceptional international networks and build bridges of knowledge, research, and activism.

We welcome you all to the City of Ice Creams, Crystal Coastline and Collaborative Culturalism... Mangaluru, BHARAT.

## WeCAN India

*Dr. Sanjeev Bhoi*



The WHO Collaborating Centre for Emergency and Trauma Care (WHO CCET), AIIMS New Delhi, in collaboration with The World Academic Council of Emergency Medicine (WACEM) and Kasturba Medical College, Mangalore, is

jointly leading the national initiative WECAN India — aimed at empowering, strengthening, and integrating India’s Emergency and Trauma Care System. WECAN focuses on advancing the Emergency, Critical, and Operative (ECO) care ecosystem through policy integration, capacity building, and collaborative networks aligned with the WHO Acute Care Action Network (ACAN).

This 1.5-day National Strategic Framework Meeting will bring together key stakeholders from government, research, public health, finance, community, academia, and healthcare to develop the Decade Action Plan 2025–2035. The meeting seeks to align national priorities with global commitments to reduce preventable deaths and disabilities and to establish a world-class Integrated Emergency and Trauma Care System for India.

## IN APPRECIATION OF EVERY NEWSLETTER THAT INSPIRES

A special thanks to team of newsletter.

- Dr. Sanjeev Bhoi
- Dr. Sagar Galwankar
- Dr. Ajay
- Dr. Ankit Kumar Sahu
- Dr. Arin Chaudhary
- Dr. Linus SM
- Dr. Nisha
- Dr. Vivek
- Dr. Neha
- Dr. Rajiv Singal
- Dr. Manuja
- Dr. Murtuza Ghiya
- Dr. Shirshenbu Dhar



## WACEM@10: A Decade of Global Leadership in Academic Emergency Medicine

*Dr. Vimal Krishnan S*



The 10th anniversary of the World Academic Congress of Emergency Medicine (WACEM) marks a historic milestone, and it is a profound privilege for India to serve as the host for this landmark event. As Secretary General of WACEM, it is both an honour and a responsibility to witness how this global

academic platform has advanced emergency medicine—not just within India, but across continents.

### WACEM: A Decade of Global Impact

Emerging from the vision and collaboration catalysed by INDUSEM, WACEM was established in 2014 to unite academic leaders, clinicians, researchers, and educators in the advancement of emergency medical sciences worldwide. Since its inception, WACEM's annual congress has rotated among leading academic nations, each year setting new benchmarks for the dissemination of high-quality, patient-centred education and research. Its inclusive agenda spans critical illness and injury sciences, all dedicated to improving outcomes for emergency patients.

### India as Host: Significance of the 10th Anniversary

Hosting the 10th anniversary WACEM Congress is a moment of great pride for India's academic Emergency Medicine community. It reflects the nation's ascent as a collaborative global leader in emergency medicine, showcasing the infrastructure, talent, and visionary commitment that have emerged here. For Indian practitioners, it is a great opportunity to interact and collaborate with global experts and to contribute to setting the strategic direction for the next era of academic emergency care.

### The INDUSEM Collaborative: The EM Revolution in India

The Academic Emergency Medicine revolution in India owes much to the pioneering role of INDUSEM (The India-US Emergency & Trauma Collaborative). Founded in 2005 as a bridge between Indian and US academic institutions, INDUSEM has transformed the EM landscape by training experts, spearheading research, launching quality initiatives, and establishing Emergency Medicine as a speciality recognised by the Medical Council of India. Today, INDUSEM operates as a voluntary mission, advancing patient-centred healthcare and empowering clinicians, educators, and innovators in India and abroad.

### Global Recognition: WHO Values INDUSEM and WACEM

Both INDUSEM and WACEM have earned prestigious recognition from the World Health Organization (WHO). INDUSEM has been commended by WHO as a Best Practice Model for building emergency medicine capacity in India. The partnership has led to the All India Institute of Medical Sciences Emergency Department becoming a WHO Collaborating Centre for Emergency & Trauma Care—a testament to the international respect commanded by Indian EM leadership. Regular collaborations with WHO have extended the impact of

INDUSEM and WACEM, amplifying their contribution to public health, policy, and patient safety across the Southeast Asia region and beyond. An INDUSEM leader as a director for the WHO CCET South East Asia is a testament to the quality of the work done by the organization.

### Academic Emergency Medicine: Benefits in India and Globally

WACEM's initiatives have driven synergy, learning, and innovation globally, helping elevate standards, build research capacity, and foster interdisciplinary collaboration. In India, WACEM and INDUSEM's combined academic leadership has been pivotal in integrating evidence-based protocols, supporting faculty and institutional development, and empowering young clinicians to be research-driven changemakers. This enduring legacy has ensured that academic emergency medicine in India is expanding rapidly and making an ever-larger contribution to global best practices.

As the Secretary General of the decennial WACEM Congress, I believe this event in India stands as a symbol of global academic collaboration, a celebration of a decade of unyielding progress, and a launchpad for future advancements benefitting patients and populations worldwide.

I welcome the World to Mangaluru, India, to witness the grandest World Academic Congress of Emergency Medicine!

## Well Dwell - 4.0

### Which Pollution in ED affects your wellbeing the most – Wellness survey

*Dr. Murtuza Ghiya*



A unique question was asked on the EM India Whatsapp group, managed by EMA – Emergency Medicine Association (India), the voice of board certified EM doctors in India. While we were aware this is not a validated tool for estimation of results, we thought this would serve as a

good starting point to ask further research questions

Take home message:

- ✦ Clearly overcrowding affects most doctors wellbeing the most.
- ✦ Noise in ED is also the second most important factor affecting the wellbeing of Doctors
- ✦ These issues create medical errors due to “human factors” while also affecting the morale of the team.

Way Forward:

- ✦ ACEE / WHO CCET- is publishing a whitepaper on overcrowding in ED.
- ✦ An international Faculty talk and then discussions around noise pollution in WACEM 2025





## Children Are Not Little Adults: Understanding Pediatric vs. Adult Resuscitation

*Prof Neha Thakur Rai*



Pediatric and adult resuscitation, while sharing the goal of restoring a patient's breathing and circulation, have significant differences in approach, technique, and priorities due to fundamental anatomical and physiological distinctions between children and adults.

### Primary Cause of Cardiac Arrest

- ☑ **Adult:** Cardiac arrest in adults is most often caused by a sudden, primary cardiac event, such as a heart attack or a lethal heart arrhythmia (e.g., ventricular fibrillation).
- ☑ **Pediatrics:** In children, cardiac arrest is more commonly a "secondary" event resulting from a respiratory or circulatory failure. The most common cause of arrest is Hypoxia.

### Resuscitation Priorities

- ☑ **Adult:** For adult cardiac arrest, the top priority is high-quality chest compressions to circulate blood to the brain and vital organs. In the case of a shockable rhythm, early defibrillation is also a critical priority. Untrained bystanders are often advised to perform hands-only CPR.
- ☑ **Pediatrics:** Because the cause is often respiratory, providing rescue breaths is a crucial and early step in pediatric resuscitation. The focus is on oxygenation and ventilation to prevent cardiac arrest or reverse it if it has already occurred.

### Technique and Dosing

#### ✧ Chest Compressions:

- ☑ **Adult:** Use two hands, pressing hard and fast in the center of the chest. The compression depth should be at least 2 inches (5 cm), but no more than 2.4 inches (6 cm).
- ☑ **Pediatrics:** The technique and depth vary by age. For infants, two fingers or two thumbs with encircling hands are used. For children, one or two hands may be used depending on the child's size. The compression depth is about one-third of the chest's anterior-posterior diameter, which is approximately 1.5 inches (4 cm) for infants and about 2 inches (5 cm) for children.

#### ✧ Compression-to-Ventilation Ratio:

- ☑ **Adult:** The standard ratio is 30 compressions to 2 breaths for one or two rescuers.
- ☑ **Pediatrics:** The ratio is 30 compressions to 2 breaths for a single rescuer, but for two or more rescuers, it changes to 15 compressions to 2 breaths.

#### ✧ Airway Management:

- ☑ **Adult:** The "head-tilt, chin-lift" maneuver is used to open the airway.
- ☑ **Pediatrics:** Due to a child's proportionally larger head, a more careful approach is needed to avoid over-tilting the head, which can block the airway. For infants, the head should be in a neutral or slightly tilted position.

#### ✧ Automated External Defibrillator (AED) Use:

- ☑ **Adult:** Standard adult AED pads and settings are used.
- ☑ **Pediatrics:** Pediatric-specific pads and settings are preferred, as they deliver a lower energy shock. If pediatric pads are unavailable, adult pads can be used, but care must be taken to ensure they don't touch each other on the child's chest.

#### ✧ Medication Dosing:

- ☑ **Adult:** Drug dosages are generally standardized.
- ☑ **Pediatrics:** Medications are dosed based on the child's weight, making it essential for healthcare providers to have a rapid and accurate way to determine the correct dose.

### Key Anatomical and Physiological Differences

Pediatric patients are not simply "small adults." Their unique anatomy and physiology necessitate a different approach to resuscitation.

- ☑ **Airway:** A child's airway is smaller, shorter, and more anterior, making it more challenging to manage.
- ☑ **Head Size:** An infant's head is proportionally much larger and heavier than their body, which can affect airway positioning.
- ☑ **Airway:** Children have a higher metabolic rate and oxygen consumption, making them more susceptible to hypoxia (lack of oxygen).
- ☑ **Airway:** Children have less circulating blood volume, so even a small amount of blood loss can quickly lead to shock.

In summary, while the core principles of CPR (compressions, airway, breathing) are universal, the specific techniques and priorities are tailored to the patient's age to ensure the most effective and safest possible intervention.

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## The Hidden Curriculum in Emergency Rooms: Unseen Forces Shaping Patient Care

*Dr Nisha Toteja*



### Chai Chronicles: A Brew-tiful Tale of India's Favourite Potion:

Oh, chai! The magical elixir that flows through India's veins like the Ganges, uniting us all in a steamy, aromatic hug. When you hear "chai," what leaps to mind? Assam's lush tea gardens? Darjeeling's misty slopes? Or perhaps the chaiwallah who, with a flick of his wrist, serves a cuppa so divine it could make him

Prime Minister? Chai isn't just a drink—it's a vibe, a symbol of camaraderie, hospitality, and let's be honest, an excuse to say, "Ek chai to banti hai!" So, buckle up for a humorous sip through my chai-soaked memories, where every cup tells a story, and every story smells like masala and nostalgia.



### Five Words That Scream "Chai!"

- ☑ **Assam/Darjeeling:** The OG tea hubs, where leaves are plucked with love and brewed with pride.
- ☑ **Colonialism's Brew:** Thank you, Britishers, for spotting our wild tea plants, even if you made us grow it for your afternoon sahib sessions.
- ☑ **Chaiwallah PM:** From roadside stalls to the highest office—chai is the ultimate ladder-climber!
- ☑ **Camaraderie Beacon:** Nothing says "let's bond" like a steaming cup and chai par charcha with friends.
- ☑ **Tea Garden Beauty:** Those rolling green estates are basically chai's Instagram aesthetic — #BrewWithAView.

### My Chaiholistic Confessions: A Lifetime of Steamy Love

I'm pretty sure I was weaned on chai. Maybe my mom sipped gallons during pregnancy, and I came out like Abhimanyu, wired to chase the perfect cup, forever trapped in chai's chakravayuh. Here's a peek into my five chai-fueled memories that could make even Dumbledore jealous of my sensory pensieve.

☑ **Exam-Fuelled Chai Marathons:** Back in my entrance exam days, my syllabi were basically chai-soaked. My mom, the chai goddess, would brew cup after cup with so much love, it felt like she was pouring her soul into my study sessions. Those cups weren't just tea—they were liquid courage for battling physics and chemistry. I'm convinced chai has supernatural powers; how else do you survive 3 a.m. cramming without it?

☑ **Kamal Bhaiya's Chai Stall Shenanigans:** Youth was a blur of hospital duties, books, and the faint smell of antiseptic on my clothes. But Kamal Bhaiya's (LHMC) chai shop and the late-night Lama Canteen's parantha-chai combo? Pure magic. Picture this: bleary-eyed med students, noses buried in books and ledgers, sipping chai that tasted like freedom. Those moments were our chai par charcha, filled with brainless laughter and dreams of escaping body-fluid-stained scrubs.

☑ **Jodhpur's Soul-Saving Chai:** In Jodhpur's PICU, where 24/7 critical care duties drained our ATPs faster than a ventilator alarm, the nursing staff were our chai saviours. They brewed chai with such care, it was as if they were resuscitating us, not just patients. Each sip was a warm hug, whispering, "You got this, doc!" Honestly, that chai was the real MVP of those gruelling shifts.

☑ **Gorakhpur's Kulhad Magic:** Morning walks by the lake in Gorakhpur meant one thing: street vendors serving chai in earthen kulhads. This wasn't just tea—it was a concoction of herbs, served in clay cups that made every sip feel like a love letter from Mother Earth. The steam, the aroma, the cobbled path—it's a warm, fuzzy memory I'd bottle up if I could. Chai + kulhad = poetry in a cup.

☑ **Library Escapes and PG Rants:** During PG entrance prep at LHMC, the library was my concentration camp. But chai? My escape hatch. It was the wake-up alarm, the family catch-up fuel, and the excuse to regroup with batchmates. In PG days, my friend would hunt me down in the PICU's depths for a chai break, where we'd unleash gali galoch about snobbish seniors. Those cups were our therapy, our rebellion, our sacred chai par charcha. (Sorry, seniors, hope you got those hiccups!).

### Chai: The Great Equalizer

As I grew older, chai matured with me. From rowdy canteen banter to cultured tea club chats, it's been my constant. In the ER, it sparked witty debates over difficult colleagues (sorry, non-tea drinkers, you're missing out). Married to a South Indian, I faced culture shocks—food, attire, language—but chai? Non-negotiable. Coffee may be the elite's darling, but I'm a desi at heart, sold to chai. Bas ek cup chai mil jaye!

Chai's aroma doesn't just fill your nose—it storms the blood-brain barrier, jumpstarts your soul, and grounds you. It's humbling, bonding, and makes you feel uniquely desi yet universally connected. From Assam's lal sa to Darjeeling's fragrant packets, chai is India's brand ambassador, no cap. And side effects? Pfft, what side effects? My chaiholistic heart says, "Brew on!"

So, here's to chai—the potion that fuels our mornings, friendships, and brings on some TEA in TEAMS.

## Guava Chutney (Amrood Ki Chutney)

*Dr. Arin Choudhury*

### Ingredients:

- ✦ 2 medium ripe but firm Guavas (Amrood) – chopped into small pieces
- ✦ ½ cup fresh coriander leaves
- ✦ ¼ cup fresh mint leaves (optional)
- ✦ 2–3 green chillies (adjust to taste)
- ✦ 1 small piece of ginger (about 1 inch)
- ✦ 1 tsp roasted cumin powder
- ✦ ½ tsp black salt (Kala Namak)
- ✦ Regular salt – to taste
- ✦ Juice of 1 lemon

### Method

- ☑ Wash and chop guavas (keep skin on, remove seeds if very hard).
- ☑ Add guava, coriander, mint, green chillies, and ginger into a mixer jar.
- ☑ Grind into a smooth paste, adding little water if needed.
- ☑ Mix in roasted cumin, black salt, regular salt, and lemon juice.
- ☑ Serve fresh with Paratha, Pakora, or as a dip with snacks.



## Teka Anda Pao with Groundnut

### Ingredients (for 2 servings):

- ✦ Pav buns (paos) – 4
- ✦ Eggs – 4
- ✦ Onion – 1 medium, finely chopped
- ✦ Tomato – 1 small, finely chopped
- ✦ Green chili – 1 (optional, finely chopped)
- ✦ Ginger-garlic paste – ½ tsp
- ✦ Roasted groundnuts (peanuts) – 3 tbsp (crushed coarsely, not fine powder)
- ✦ Fresh coriander leaves – 2 tbsp, chopped
- ✦ Red chili powder – ½ tsp (adjust to taste)
- ✦ Turmeric – ¼ tsp
- ✦ Garam masala – ¼ tsp
- ✦ Salt – to taste
- ✦ Oil or butter – 2 tbsp
- ✦ Butter (extra) – for toasting pao

### Method

#### ✦ Prepare the Masala

- ☑ Heat 1 tbsp oil/butter in a pan.
- ☑ Add onion and sauté till translucent.
- ☑ Add ginger-garlic paste, green chili, and tomato. Cook till soft.
- ☑ Add turmeric, chili powder, salt, and garam masala. Mix well.

#### ✦ Add Groundnut Crunch

- ☑ Stir in the coarsely crushed roasted groundnuts.
- ☑ Roast them with the masala for 1–2 minutes for a nutty aroma.

#### ✦ Cook the Eggs

- ☑ Beat the eggs, pour into the masala-groundnut mix.
- ☑ Scramble and cook till fluffy but slightly moist.
- ☑ Add coriander leaves.

#### ✦ Prepare and Stuff Pao

- ☑ Slice pav, toast with butter on tawa till golden.
- ☑ Fill with hot, spicy anda-groundnut mixture.

#### ✦ Serving Suggestion

- ☑ Serve with green chutney, ketchup, or a squeeze of extra lemon.
- ☑ Sprinkle a few whole roasted groundnuts on top before closing the pao for extra crunch.



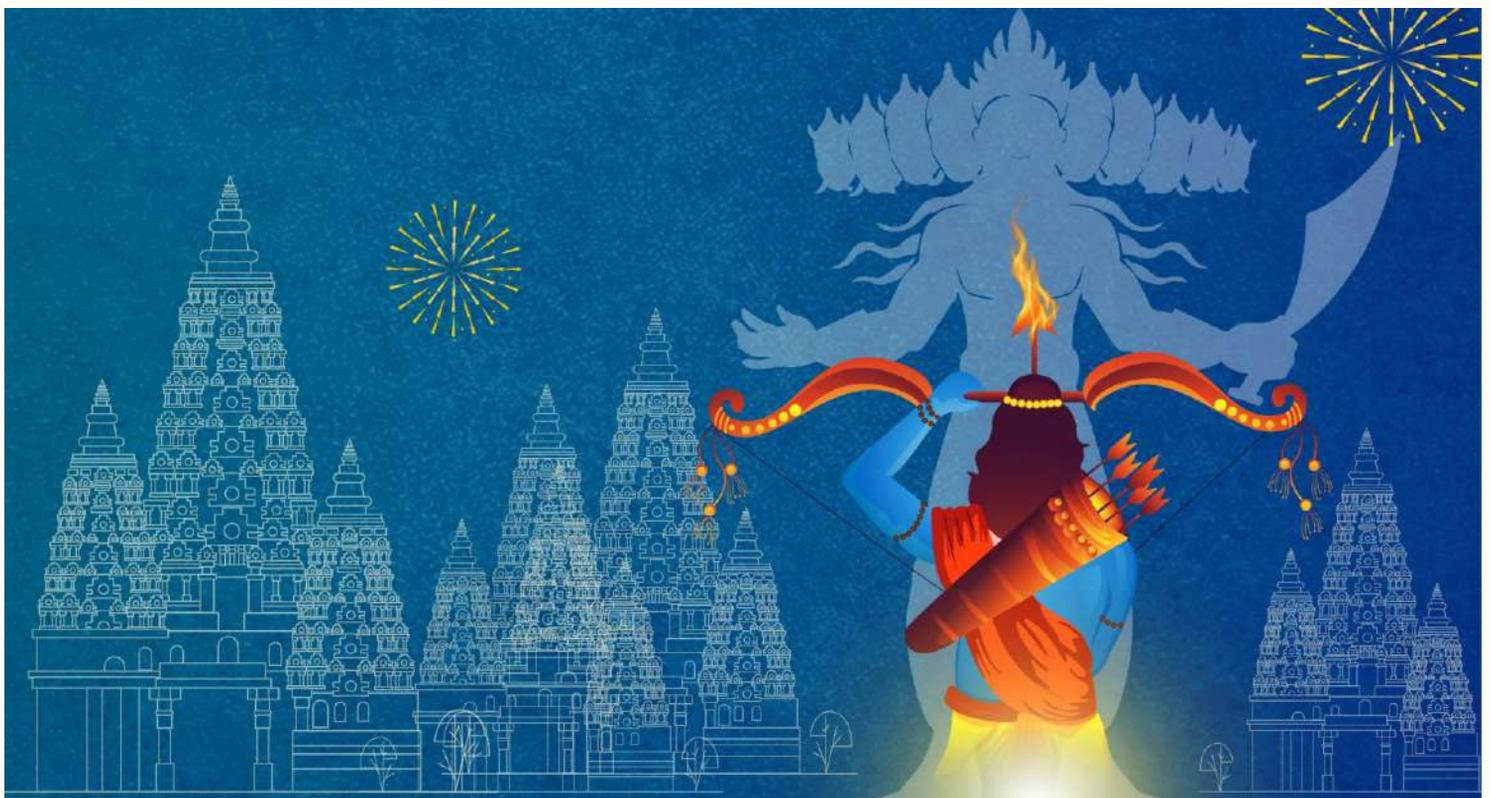
## Dussehra: The Triumph of Good Over Evil

Dussehra, also known as Vijayadashami, is one of India's most cherished festivals — a celebration of the eternal victory of good over evil. It marks the day when Lord Rama defeated the demon king Ravana, restoring righteousness and peace to the world.

As towering effigies of Ravana burn, the skies light up with fireworks, symbolizing the destruction of pride, greed, and darkness within us. Dussehra reminds us that true strength lies not in power, but in truth, virtue, and courage.

Across India, the day is celebrated with joy — from Ramlila performances and prayers to colorful fairs and family gatherings. It carries a timeless message: no matter how long evil prevails, goodness will always rise again.

Dussehra is not just a festival — it is a flame of hope, urging us all to conquer our inner Ravana and live with light, faith, and compassion.



## Diwali – The Triumph of Light



Diwali, or Deepavali, is more than just a festival — it is an emotion that illuminates every corner of India and every heart that celebrates it. Known as the Festival of Lights, Diwali signifies the victory of light over darkness, good over evil, and hope over despair. The word Deepavali literally means “a row of lamps,” and when these tiny flames come together, they create a glow powerful enough to outshine even the darkest night.

As Diwali approaches, an air of excitement fills every home. People begin preparing days in advance — cleaning their houses, decorating doors with colorful rangolis, and stringing fairy lights that twinkle like stars. The scent of sweets like laddoos, gulab jamuns, and kaju katlis floats through the air, mingling with the laughter of families reuniting after a long time.

According to legend, Diwali celebrates the return of Lord Rama to Ayodhya after 14 years of exile and his victory over the demon king Ravana. The people of Ayodhya welcomed him by lighting rows of earthen lamps, and that beautiful tradition continues to this day. For many others, it's also the night when Goddess Lakshmi, the goddess of wealth and prosperity, visits homes that are pure, bright, and filled with devotion. That's why homes are cleaned thoroughly — not just to welcome the goddess, but also to cleanse the soul and make space for new beginnings.

When evening falls on Diwali, the entire country glows. Lamps flicker on balconies, courtyards, and temples. The sky bursts open with dazzling fireworks, painting it in streaks of gold, red, and blue. Children run around with sparklers in hand, and their laughter echoes through the night. It's a time when even strangers greet each other with smiles, and generosity replaces everyday worries.

But Diwali is more than lights and celebration — it's a spiritual reminder. It teaches us that darkness cannot exist where there is light, and hatred cannot survive where there is love. It encourages forgiveness, kindness, and gratitude. Lighting a lamp is not just a ritual; it's a promise — to bring light into our hearts, to help those in need, and to spread joy wherever we go. As the last lamp burns softly into the night and the fireworks fade away, Diwali leaves behind a lingering warmth — a gentle reminder that even the smallest flame can chase away the deepest darkness, and that the brightest light is always the one that shines within.

*Dr. Pooja Abbi*

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