

NEWSLETTER

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ISO 9001:2015 CERTIFICATION



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ISO 9001:2015 CERTIFIED HOSPITAL with complete scope

We started the journey to get the accreditation of ISO 9001 : 2015 back in January 2017. Our Chairman along with senior management gave maximum support and motivated all staff to achieve & maintain Quality Management Standard. It was an uphill task and required untiring efforts from AMC team.

Thanks to almighty ALLAH, strong believes of Chairman & CEO and robust staff of AMC in December 2017 we have fulfilled our dream and became ISO 9001 : 2015 certified hospital with complete scope. Worthy chairman gave special rewards and incentives to the team involved. Moving forward our staff along with senior management are geared up to maintain the quality health standards and focus on continual improvement to give standard services to our valued patients and all stakeholders.



Influenza, commonly known as "flu", is an infectious disease caused by an influenza virus. Symptoms can be mild to severe. The most common symptoms include: a high fever, runny nose, sore throat, muscle pains, headache, coughing, and feeling tired. These symptoms typically begin two days after exposure to the virus and most last less than a week. The cough, however, may last for more than two weeks. In children, there may be nausea and vomiting, but these are not common in adults. Nausea and vomiting occur more commonly in the unrelated infection gastroenteritis, which is sometimes inaccurately referred to as "stomach flu" or "24-hour flu". Complications of influenza may include viral pneumonia, secondary bacterial pneumonia, sinus infections, and worsening of previous health problems such as asthma or heart failure.

Signs and symptoms

Approximately 33% of people with influenza are asymptomatic.

Symptoms of influenza can start quite suddenly one to two days after infection. Usually the first symptoms are chills or a chilly sensation, but fever is also common early in the infection, with body temperatures ranging from 38 to 39 °C (approximately 100 to 103 °F). Many people are so ill that they are confined to bed for several days, with aches and pains throughout their bodies, which are worse in their backs and legs. Symptoms of influenza may include:

- Fever and chills
- Sneezing
- Earache
- Irritated, watering eyes
- Cough
- Sore throat
- Muscle aches
- Petechial rash
- Nasal congestion
- Hoarseness
- Fatigue
- Reddened eyes, skin (especially face), mouth, throat and nose
- Runny nose
- Ear pressure
- Headache



Transmission

When an infected person sneezes or coughs more than half a million virus particles can be spread to those close by. In otherwise healthy adults, influenza virus shedding (the time during which a person might be infectious to another person) increases sharply one-half to one day after infection, peaks on day 2 and persists for an average total duration of 5 days-but can persist as long as 9 days. In those who develop symptoms from experimental infection (only 67% of healthy experimentally infected individuals), symptoms and viral shedding show a similar pattern, but with viral shedding preceding illness by one day. Children are much more infectious than adults and shed virus from just before they develop symptoms until two weeks after infection. In immunocompromised people, viral shedding can continue for longer than two weeks.

Influenza can be spread in three main ways: by direct transmission (when an infected person sneezes mucus directly into the eyes, nose or mouth of another person); the airborne route (when someone inhales the aerosols produced by an infected person coughing, sneezing or spitting) and through hand-to-eye, hand-to-nose, or hand-to-mouth transmission, either from contaminated surfaces or from direct personal contact such as a handshake.

Prevention

Vaccination

The influenza vaccine is recommended by the World Health Organization and United States Centers for Disease Control and Prevention for high-risk groups, such as children, the elderly, health care workers, and people who have chronic illnesses such as asthma, diabetes, heart disease, or are immuno-compromised among others. In healthy adults it is modestly effective in decreasing the amount of influenza-like symptoms in a population. Evidence is supportive of a decreased rate of influenza in children over the age of two. In those with chronic obstructive pulmonary disease vaccination reduces exacerbations, it is not clear if it reduces asthma exacerbations. Evidence supports a lower rate of influenza-like illness in many groups who are immunocompromised such as those with: HIV/AIDS, cancer, and post organ transplant. In those at high risk immunization may reduce the risk of heart disease. Whether immunizing health care workers affects patient outcomes is controversial with some reviews finding insufficient evidence and others finding tentative evidence.

Infection control

Reasonably effective ways to reduce the transmission of influenza include good personal health and hygiene habits such as: not touching your eyes, nose or mouth; frequent hand washing (with soap and water, or with alcohol-based hand rubs); covering coughs and sneezes; avoiding close contact with sick people; and staying home yourself if you are sick. Avoiding spitting is also recommended. Although face masks might help prevent transmission when caring for the sick, there is mixed evidence on beneficial effects in the community. Smoking raises the risk of contracting influenza, as well as producing more severe disease symptoms.



Treatment

People with the flu are advised to get plenty of rest, drink plenty of liquids, avoid using alcohol and tobacco and, if necessary, take medications such as acetaminophen (paracetamol) to relieve the fever and muscle aches associated with the flu. Children and teenagers with flu symptoms (particularly fever) should avoid taking aspirin during an influenza infection (especially influenza type B), because doing so can lead to Reye's syndrome, a rare but potentially fatal disease of the liver. Since influenza is caused by a virus, antibiotics have no effect on the infection; unless prescribed for secondary infections such as bacterial pneumonia. Antiviral medication may be effective, if given early, but some strains of influenza can show resistance to the standard antiviral drugs and there is concern about the quality of the research.

Prognosis

Influenza's effects are much more severe and last longer than those of the common cold. Most people will recover completely in about one to two weeks, but others will develop life-threatening complications (such as pneumonia). Thus, influenza can be deadly, especially for the weak, young and old, or chronically ill. People with a weak immune system, such as people with advanced HIV infection or transplant patients (whose immune systems are medically suppressed to prevent transplant organ rejection), suffer from particularly severe disease. Pregnant women and young children are also at a high risk for complications.

COCHLEAR IMPLANT

A cochlear implant (CI) is a surgically implanted electronic device that provides a sense of sound to a person who is profoundly deaf or severely hard of hearing in both ears. Cochlear implants bypass the normal hearing process; they have a sound processor that resides on the outside of the skin (and generally worn behind the ear) which contains microphones, electronics, battery, and a coil which transmits a signal to the implant. The implant has a coil to receive signals, electronics, and an array of electrodes which is placed into the cochlea, which stimulate the cochlear nerve.

At Ali Medical Centre we have qualified ENT Surgeon along with robust team who are performing Cochlear Implant. In the pictures you can see a Cochlear Implant Activation is under process and a 3 year young child is hearing for the first time after Cochlear Implant Surgery.

26 WEEKER BABY

Baby boy born via SVD to a G2P1+0 mother at 26 weeks of gestation due to prolonged premature rupture of membranes for >1 month. The obstetrician tried to halt the preterm labor but all measures in vain. Parents were counseled about the risk factors and associated poor prognosis of the baby by both the obstetrician and pediatrician before delivery.

Baby had an immediate cry and APGAR score of 6/10, 7/10 at 1 and 5 minutes respectively. He had extremely low birth weight of only 760gms. Soon after birth he developed moaning and respiratory distress so immediately transferred to NICU for further management. Baby was admitted, IV antibiotics, IV fluids and Oxygen inhalation via head box was started. It was a crucial time for the parents and a big challenge for the NICU team. Every day we would find a new complication of prematurity (respiratory distress, apnea, sepsis, anemia, intracranial bleed, neonatal jaundice, hyperglycemia), making it more challenging day by day.

Baby remained oxygen dependent (via head box) for more than a month, developed Broncho pulmonary dysplasia. Parents were hopeful that he survived for more than a month. Our aim was to wean him off oxygen inhalation as soon as possible. On 33rd day of life baby suddenly deteriorated, went into apnea and started gasping so immediately put on ventilator support. This was a big shock for both the parents and the NICU team. But we kept on trying to save the baby by all means and by the grace of ALLAH ALMIGHTY, our efforts were successful and after a week of continuous hard work we were successful in extubating the baby. Baby was again on oxygen inhalation via head box. Feed was started via a nasogastric tube and gradually built up. Over the next one week he started maintaining oxygen saturation in room air. During the stay he received IV antibiotics according to culture and sensitivity reports, packed cell and FFPs transfusion and other medicines needed according to his condition. Serial chest X rays and cranial ultrasounds done to check for improvement.

His mother was involved and taught about NG feeding, how to hold the baby, general hygiene, danger signs and how to deal with emergency situation. On 57th day of life the baby was happily handed over to his parents with a weight of 1090 grams and taking demand feed.

With the help of ALLAH and untiring efforts of our NICU team, we have managed to save a life and give a smile back on parent's faces.



How to Stay Healthy, Fit and Safe During the Winter Season

The Winter season can be busy and exciting. With shorter days and colder weather, finding the motivation to stay healthy and fit can be difficult. And that can lay the foundation for a weakened immune system, posing a greater risk of developing illness or injury. No wonder they call it the winter blues. What's more, the colder weather creates a number of safety risks to us and to those around us, and some of these we may not even be aware of.



Here are some winter diet and exercise tips to show you how to stay healthy and fit during winter's colder months:

1. Calm Your Carb Cravings

The cold season tends to ignite our cravings for more carbs and comfort foods. Why? After you consume these delicious treats, your serotonin levels rise, making your brain think you are happier. And as the day wears on, your carb cravings get stronger and stronger.

To counter this, try eating a protein-packed breakfast to keep your energy levels up throughout the day. If by the time the afternoon rolls around you're still craving sweets or carbs, be sure to have low-fat and healthy snacks on hand. However, if you can, finding a way to increase your serotonin levels without food is the best way to beat the carb cravings.

2. Add Omega 3 Fatty Acids

Omega 3 fatty acids are a healthy type of fat that are naturally found in many food types including fish, plant seeds and nuts. Omega 3 fatty acids are great for reducing joint pain and stiffness as they are a natural anti-inflammatory. Studies have also shown that omega 3 fatty acids help lower levels of depression, which people commonly feel during the shorter days of winter.

3. Cook With Mushrooms

There are several species of mushrooms that have immune-boosting health benefits. That's because mushrooms have naturally-occurring antibiotics. This gives them medicinal properties, which helps us to fight off many types of illnesses. Next time you're at the grocery store, be sure to stock up on varieties like white button or shitake mushrooms and add them to your meals this winter.

4. Eat More Fiber

Soluble fiber found in apples, oats and nuts is an important way to decrease inflammation and boost immune system function. Soluble fiber also helps reduce cholesterol levels in the body and aids in weight loss and protection against diabetes. This is an especially important winter health tip for seniors who require a high-fiber diet to protect their digestive systems.

5. Eat More Green and Orange Vegetables

Sticking primarily to vegetables and fruits that are dark green and orange is important in ensuring you're getting healthy nutrients, sugars and fats. Spinach, kale, Swiss chard, squash, carrots and oranges are all delicious during the winter. There are plenty of recipes available to incorporate these items into your regular winter diet.

6. Plan Your Exercises a Week in Advance

Try to stick to a weekly exercise plan so you don't put off your regular exercise activities. On Sunday night, write down your exercise schedule for the next seven days. Choose your exact workout routines, activities or exercises for each day and how long they will be. Knowing what you're scheduled to do each day ahead of time makes it easier to stick to. If you can, line up your workout schedule with a friend to encourage each other to stick with it and stay motivated.

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