

Ali
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NEWSLETTER

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(For Skin Rejuvenation & Hair Restoration)

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Sports has been defined as “a human activity capable of achieving results that require physical skill and/or exertion, it gives sense of competition.” Organizational team sport participation improves individual commitment because it requires the participant to remain focused on specific goals. A certain level of commitment and team behavior is required in order to achieve goal. It make employees realize that they have to work as a team in order to win. It breaks barriers for communication too as everyone in team is at same level when they are playing there is no senior or junior. In a sport team people have to communicate effectively in order to ensure that their team perform at its best.



When individuals participate in a team sport, they learn more about one another. Moreover, when a sport team works together towards common goals and these are achieved, they develop trust, understanding and mutual respect.

Ali Medical has introduced formal organizational sports activities to build up team spirit. Cricket Gala is conducted to give employees a platform to get together and help learn how to work as a team. Apart from Ali Medical Centre & Ali Pharmacy team, teams from Kulsoom International Hospital, Maroof International Hospital and Shifa International Hospital also participated. It was Fun filled day. All participants and audience enjoyed. Shifa International Hospital Team won the trophy, Maroof International Hospital was runner up. All players played well, they showed team spirit.



What Is a Pollen Allergy?

Pollen is a very fine powder produced by trees, flowers, grasses, and weeds in order to fertilize other plants of the same species. Many people have an adverse immune response when they breathe in pollen. The immune system normally defends the body against harmful invaders, such as viruses and bacteria, to ward off illnesses. In people with pollen allergies, the immune system mistakenly identifies the harmless pollen as a dangerous intruder and begins to produce chemicals to fight against the pollen. This is known as an allergic reaction, and the specific type of pollen that causes it is known as an allergen. The reaction leads to numerous irritating symptoms, such as sneezing, stuffy nose, and watery eyes.

Some people have pollen allergies year-round, while others only have them during certain times of the year. For example, people who are sensitive to birch pollen will usually have increased symptoms during the spring when birch trees are in bloom. Similarly, those with ragweed allergies will be most affected during the late spring and early fall.

What are the Different Types of Pollen Allergies?

There are hundreds of plant species that release pollen into the air and trigger allergic reactions. Here are some of the more common culprits.



Birch Pollen Allergy



Oak Pollen Allergy



Grass Pollen Allergy



Ragweed Allergy

What are the Symptoms of a Pollen Allergy?

Pollen allergy symptoms most often include:

- nasal congestion
- sinus pressure, which may cause facial pain
- runny nose
- itchy, watery eyes
- scratchy throat
- cough
- swollen, bluish-colored skin beneath the eyes
- decreased sense of taste or smell
- increased asthmatic reactions



How Is a Pollen Allergy Treated?

As with other allergies, the best treatment is to avoid the allergen. However, pollen is very difficult to avoid. You may be able to minimize your exposure to pollen by:

- staying indoors on dry, windy days
- having others take care of any gardening or yard work during peak seasons
- wearing a dust mask when pollen counts are high (check the Internet or the weather section of the local newspaper)
- closing doors and windows when pollen counts are high

Medications

If you still experience symptoms despite taking these preventive measures, there are several over-the-counter medications that may help:

- antihistamines, such as loratadine (Zyrtec) or diphenhydramine (Benadryl)
- decongestants, such as pseudoephedrine (Sudafed) or oxymetazoline (Afrin nasal spray)
- medications that combine an antihistamine and decongestant, such as Actifed and Claritin-D

Make sure to consult with your doctor before trying any new supplements or herbs, as some can interfere with the effectiveness of certain medications. You should also tell your doctor if your symptoms are becoming more severe or if your medications are causing unwanted side effects.

Role of Psychological Interventions in ICU

Being a patient in a hospital is never a pleasant experience for anyone because one gives a legal consent to the medical authority to perform necessary procedures for the patient's treatment. This is even more so in the case of Intensive Care Unit (ICU) related treatment. In what follows, I will attempt to elucidate some of the agonizing experiences of treatment in ICU(s), where a lot of interventions like intubation, CVP insertions, daily pricks for sampling, NG insertions etc., remain part of the memory for life-long, giving an unforgettable psychological impact.



Allauddin Shaadab
Assistant Manager Nursing

Literature has discussed this topic at great length and has emphasized not to ignore the psychological aspect during the physical treatment in ICU. The role of a nurse and doctor has become increasingly essential in terms of therapeutic communication and therapeutic touch. Moreover, involving the family in patient care yields to be a very beneficial approach as far the psychological facet is concerned. Many studies show that patients negatively evaluate their intensive care period due to experiencing a number of physical problems such as pain, discomfort, and sleeplessness in the ICU. An increasing number of studies show that there were a relation between posttraumatic stress disorder and patient's negative experiences in intensive care units. Patient's experiences regarding intensive care are also the quality indicators of an ICU. A better understanding of patients' experiences could help health professionals create better intensive care experiences and outcomes for patients. Therefore, patient care necessitates a health team with special training having full knowledge of the practices related to intensive care, follows and adopts research findings based on evidence, and would exercise the precautions regarding the complications that may occur after discharging due to the intensive care period. The teams working at intensive care units, where keeping patients alive is of top priority, sometimes may ignore the fact that patients have psychological needs and focus mainly on fulfilling physiological needs. Precision towards psychological needs would increase with the guidance of studies which show that psychological support during the recovery period contributes positively to patients.

Some of the views of patients got discharged from ICU of different hospitals, taken from the "Patient Experience Journal, Volume 4.

- "Being tied to the machine. Alarms, continuous rush. Pushing, poking, pain, seeing a lot of ill people around is frightening. All the IV fluids, dripping serum. Doctors all the time. A peculiar smell."
- "I will never forget the pain that I went through. I could never ask the doctors or nurses what was happening to me. This is just one of the many things I experienced there".
- "I remember them say, the blood pressure is falling down 60, 57, 55... Another voice said, let me know when it falls down to 50, that's when we can kill them all/cut it. I still think of this from time to time."
- "I was embarrassed to lie naked in bed."
- "Intensive care was like a factory. Everybody was busy taking care of the patients. They were running here and there. So intense, I am used to beats and crashing noises in the factory. It disturbed me so much to watch patients."
- "It was a quite distressing atmosphere. It looked like a battle field. I remember a patient making animal noises."

Other experiences mostly shared by ICU patients are hallucination, nightmare, fear, worry, anxiety, depression, loneliness, thoughts of death, panic, nervousness, uncertainty, and despair. The above all feelings of a person who may have remained in ICU for many days, sedated, intubated, relaxed, give us a clear message that, apart from the routine work flow the nurses and doctors have far more responsibilities to fulfil for the psychological support of the patient. Sometime we forget that the patients lying on the ICU beds are human beings and they can feel, see and listen whatever is going on around; each of every of the experience he/she is having plays a role in his recovery in terms of physical and psychological well-being. This includes explaining his disease process, expressing our personnel stresses and other issues standing beside him/her, taking to each other on worldly matters, taking to others in anger while handling the patient, holding his/her arm forcefully, retrying the NG tube again and again without explanation, pricking him/her when he/she is sleeping, restraining him/her, ignoring to understand what he/she wants to say, ignoring to change bed sheets for another hour, procrastinations in changing diaper and dirty clothes, delays in administering a pain killer, ignoring a family meeting, refuse to stay with him/her for another minute, are all the attributes which play a major role in bringing the patient to a normal condition within a minimum time period. Physical treatment alone at time is never enough unless we focus on the psychological aspects of our patients in ICU journey. Therefore, it is strongly recommended not to ignore the psychological aspect of patients in ICU, where the primary role can be best played by the assigned nurses and doctors round the clock, which would surely make a difference in the recovery process.



Dr. Zartash Arshad
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What is PRP?

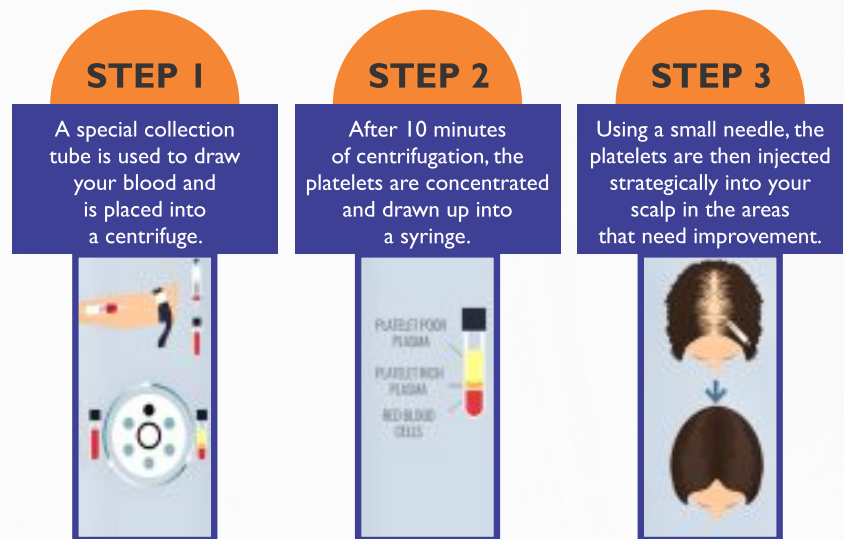
PRP is Platelets Rich Plasma. It is a natural product made by patient's own blood. Blood is taken and platelets are separated. These platelets are then activated and injected in patient's skin.

How does it work?

Platelets contain growth factors. They help tissue heal and regenerate. Platelet stimulate Collagen production. Collagen tightens and tones the skin and gives it youthful appearance. It activates stem cells to restore Hair loss and thinning.

Applications of PRP therapy

1. Fine Lines and Wrinkles.
2. Sagging Skin
3. Open Pores
4. Pigmentation
5. Loss of Volume
6. Dark Circles
7. Dull Skin Tone
8. Uneven Skin
9. Hand Rejuvenator
10. Acne Scars
11. Stretch Marks
12. Hair Loss and Restoration



Procedure

Approximately 10ml of Blood is taken from the patient and it takes about 20-30 min to prepare PRP. Meanwhile anesthetic cream is applied on the skin to make it numb.

What to expect during and after PRP?

The procedure is painless as the skin is already numb.

It takes 15-20 minutes to re inject the PRP.

There might be some swelling, redness and mild pain for about 3-5 days after the procedure.

Results

The results of PRP begin to show in 3-4 weeks after the procedure and continue to improve with time. Skin becomes tight, smooth, less wrinkles and fine lines, open pores reduce in size and give younger looking skin. It increases Hair growth and prevents Hair fall when injected in scalp.

Recommendations

Three Sessions, each one month apart are recommended for best results as each session boosts the effects of previous one.

Combinations

PRP Therapy can be combined with micro needling, lasers, chemical peels, microdermabrasion, Botox and fillers.



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