

News and Views

IMA Rejects Suggestions on NMC Bill, Calls Strike from April 2

Rejecting the recommendations of the Parliamentary Standing Committee on the National Medical Commission (NMC) Bill, the Indian Medical Association (IMA), the largest body of private doctors in India, on Sunday called for an indefinite strike from April 2.

More than 25,000 doctors from across India on Sunday (1st April) held a 'Mahapanchayat' at the Indira Gandhi Stadium in Delhi and opposed the parliament panel's recommendations and the bill.

The NMC Bill proposes to allow practitioners of alternative medicines - such as homoeopathy and ayurveda - to practice modern medicine once they complete a 'bridge course'. It also proposes that the National Licentiate Examination (NLE) be made compulsory for any MBBS doctor, including a foreign graduate, to make them eligible to practice medicine in India.

The parliamentary panel has recommended that the 'bridge course' should not be made a mandatory provision. It has also suggested to integrate the NLE with the final year MBBS exam.

The doctors say the panel's suggestions are "deceptive". IMA National President Ravi Wankhedkar said all medical students and doctors will go on an indefinite strike on April 2. He said there was no need for the government to make any law if they want to boost only AYUSH, homeopathy, pharmacists and dentist.

"The PSC report is deceptive to such an extent that it will open up the floodgates to allow back-door entry to cross-path, thereby promoting quackery legally. Even after the cosmetic amendments, the core issues still remain where it is," Wankhedkar said.

Declaring hospitals "safe zones" was one of the issues discussed at the Mahapanchayat.

Vinay Aggarwal, coordinator of the Mahapanchayat, emphasized on the issue of violence against doctors and insisted that the "problems faced by doctors are enough, now it's time to payback".

People should understand the meaning of medical negligence and that a doctor never intends to perform a wrong surgery, the IMA said. It demanded no criminal prosecution for "minor clinical errors".

RN Tandon, Honorary Secretary General of the IMA, said: "The NMC is a pro-private management bill paving the way for widespread corruption... All arguments of the government are hollow and its intention is malafide and harmful."

Wankhedkar said the provisions to open new medical colleges are ambiguous and the provisions to begin PG courses are unregulated.

"Recommendation to increase the regulation of fee in private medical colleges from 40% to 50% does not make a material difference. However, lack of clarity on implementation may jeopardise the decision itself," he added.

Parliamentary Panel Recommends Fixing of Minimum Compulsory Period of Working within Country for Doctors

A parliamentary panel has recommended that a minimum compulsory period of working within the country be fixed for doctors, asserting that a large number of medics studying in government medical colleges on taxpayers money leave the country at the first given opportunity.

The department-related Parliamentary Standing Committee on Health and Family Welfare has also asked the health ministry to explore the possibility of restructuring and revamping the Dental Council of India, the Nursing Council of India and other such councils for their effective regulation as envisaged by National Medical Commission Bill, 2017

Observing that there had been a loss of credibility of the Medical Council of India (MCI), the Committee has recommended that all the members of the proposed National Medical Commission mandatorily declare their professional and commercial involvements.

The recommendations were made by the panel in its report on the National Medical Commission Bill 2017, tabled in Parliament last week.

The Committee is also given to understand that a large number of doctors who study in government medical colleges at the cost of the taxpayers money leave the country at the first given opportunity.

The committee recommends that in all such cases a minimum compulsory period of working within

the country be prescribed before such doctors can be allowed to serve outside the country, the committee chaired by Prof Ram Gopal Yadav said.

It also recommended for consideration a compulsory 1 year rural posting for all doctors graduating out of medical schools subject to the condition that the requisite infrastructure facilities in terms of supporting staff, decent remuneration, necessary medical equipment and appropriate security are made available so that their training can be appropriately utilized for dealing with shortage of doctors in rural and remote areas.

The Committee observed that medical healthcare system encompasses health professionals working in the area of para medical disciplines like physiotherapy, optometry and other allied fields where there is no standardization of curriculum or regulation of the quality of education and practice.

It said that the current bill presents a policy window for the government to overhaul the regulatory oversight of other streams of health professions as well.

The Committee is of the view that the department should explore the possibility of restructuring and revamping the Dental Council of India, the Nursing Council of India and other such councils so that there is effective regulation of their education and practice similar to the reform process as envisaged by National Medical Commission Bill, 2017, the panel said.

The Committee, accordingly, recommends for formulation of regulatory, licensing or accreditation norms for all paramedical and allied health care professions like physiotherapy, optometry, etc. so as to regulate such professionals and their scope of practice in various clinical settings, it added.

Outpatient ORS Protocol

No IV in Mild Dehydration in Adults

Oral hydration is a low-cost, evidence-based solution hospitals can implement to treat adults with mild dehydration.

The suggested protocol is for people with mild dehydration from diarrhea, vomiting, morning sickness but not for people who have major electrolyte imbalances, such as kidney disease. Also oral rehydration should not replace IV fluids in patients with moderate or severe dehydration or in those unable to take liquids orally but is ideal for patients with pharyngitis, gastroenteritis and upper respiratory tract infections.

The Protocol: Patient consumes 500-1,000 mL oral fluids in the clinic or the ER and continue rehydrating at home, along with pain relief, antipyretics and antiemetics as needed.

Patient can choose from water, dilute juice, an artificially flavored oral electrolyte solution or dilute sports drinks (latter two if clinicians suspect electrolyte imbalance).

After receiving a straw, a 30-mL medicine cup and 1,000 mL of the liquid chosen, the patient is instructed to drink 30 mL every 3-5 minutes. Consume half within 50-80 minutes, and all of it between 1 hour 40 minutes and 2 hours 40 minutes. A 20-minute delay in drinking is recommended for patients who vomit. Patient can be discharged once he or she passes urine.

Give antiemetics or pain control as needed, and switch out drinks if the patient does not like the first one.

Clinical judgment is used when choosing oral hydration in patients with co-existing conditions such as renal disease, diabetes or heart failure.

Medtalks with Dr KK Aggarwal

- IMA Mahapanchayat Held at Indira Gandhi Stadium. IMA announced indefinite strike if the NMC is passed by the government.
- The National Consumer Commission has issued notice to Fernandez Hospital and the Aarohi Blood Bank in Hyderabad in a complaint seeking Rs. 6 crores in damages for a botched platelet transfusion resulting in an infant becoming infected with human immunodeficiency virus (HIV).
- Scientists from the University of Lincoln, UK, have now successfully created a simplified, synthesized form of teixobactin which has been used to treat a bacterial infection in mice, demonstrating the first proof that such simplified versions of its real form could be used to treat real bacterial infection as the basis of a new drug.
- The government proposal to increase the retirement age of doctors from 62 to 65 was met with serious opposition by the Senior Resident Doctors' Association. Senior resident doctors alleged that the state government has not been advertising posts of assistant professors in medical colleges. And now they are shutting the young doctors away from government jobs by increasing the retirement age of senior doctors.
- The Karnataka government has defended before the Supreme Court its criteria for Karnataka origin or minimum 10-year study requirement for candidates

- outside the state to get admission to Post Graduate seats in medical and dental colleges.
- Giving its nod to the much-awaited demand of the medicine Post Graduate students, the State Legislative Assembly on Saturday did away with the compulsory rural practice clause for the purpose of registering as the medical practitioners. Moving the Bill in the Assembly, Health Minister Dr C Laxma Reddy said similar conditions imposed for MBBS degree holders were also lifted as the 1-year compulsory rural service failed to achieve its objective.
 - Supreme Court has admitted a writ petition against Fortis Hospital Gurugram, in Adya' Dengue Death case and issued notice to Central Government, Haryana Govt., FMRI, MCI, NPPA and Dr Vikas Verma.
 - Seven resident doctors of the DY Patil Hospital were beaten up, allegedly by a mob that was upset about the death of a local youth. The mob damaged hospital property. Resident doctors of the Pimpri hospital held protests.
 - Lifestyle changes and treatment with metformin both reduces the incidence of diabetes in persons at high risk. Lifestyle intervention is more effective than metformin (Diabetes Prevention Program Research Group).
 - The World Health Organization (WHO) estimated 6,00,000 cases of rifampicin-resistant tuberculosis in 2016—of which 4,90,000 were multidrug resistant, with less than 50% survival.
 - According to WHO, a pregnant lady must pay visits to a doctor for at least 4 times during the pregnancy period.
 - Medical expulsive therapy, which is routinely used to hasten the passage of ureteral or kidney stones in patients experiencing acute ureteric colic, has no effect on spontaneous stone passage (MIMIC study).
 - Most stones smaller than 10 mm, and particularly those smaller than 5 mm, will pass naturally, without needing to intervene surgically. On average, it takes about a month to pass a kidney Stone, depending on its size.
 - Neither α blockers nor calcium-channel blockers showed any benefit in the large SUSPEND trial (*Health Technol Assess.* 2015;19:vii-viii, 1-171).
 - But α blockers were shown to be beneficial in a large systematic review and meta-analysis (*BMJ.* 2016;355:i6112).
 - A woman who was verbally and physically abused after giving birth on the floor of a Hospital won a landmark \$24,789 in damages. She delivered her baby on the floor as all beds were occupied. Nurses slapped and insulted her for dirtying the hospital floor.
 - One of the most avant-garde obesity policy experiments is happening in Chile, where health officials are trying to revolutionize nutrition labeling. Instead of cramming percentages and numbers onto the back of food packages, the Chilean government now requires symbol-based warning labels on the front of food products that contain high levels of salt, sugar, calories and saturated fat.
 - Canada, where 20% of adults have obesity, has taken notice. It's now on the cusp of becoming the first high-income country to adopt a similar warning system. Meanwhile, Mexico, which has called overweight, obesity and diabetes public health emergencies, is also considering following Chile's lead.
 - There are more than 40,838 doctors of Indian origin in America today. The actual number could be higher.
 - As reported by *The Times of India*, between April 2013 and March 2016, 4,701 doctors who graduated from India chose to go abroad.
 - The European Commission has approved Alofisel for the treatment of complex perianal fistulas in adult patients with nonactive-to-mild luminal Crohn's disease who have shown inadequate response to at least one conventional or biologic therapy.
 - Alofisel (darvadstrocel; Takeda, TiGenix) is the first allogeneic stem cell therapy to receive central marketing authorization in Europe.
 - Free Press Journal: The insecticide control department of the BMC will start fumigation program at all 2605 under-construction sites of Mumbai to control mosquito menace. BMC will appoint volunteers.
 - Dr Jasjeet Kaur, Deputy Director, Government of Haryana: Haryana has conducted highest 338 decoy operations through their informer scheme that has nabbed 77 people involved in the illegal practice of sex selection. One hundred twenty-nine informers have been incentivized. Sex ratio at birth has improved from 817 in 2014 to 914 in 2017. Eighteen districts out of total 21 districts have crossed the 900 girls/1,000 boys mark.

- Shri Raghuveer Singh, State Nodal Officer - PNNDT Rajasthan: Total 101 decoy operations have been conducted. State of Rajasthan has been innovative in forming a dedicated police Bureau at the state level. To make the punishments more stringent for the violators state has also used related provisions of the Code of Criminal Procedure (CrPC) to complement the provisions of the PV-PNNDT Act.
- Dr Gaurav Dahiya, Mission Director Government of Gujarat: "We are facing challenges in regulating the bordering districts where cross border illegal practice of sex selection could be happening."
- Muscular dystrophy, covered under the GOI Disability Act, 1995, is a progressive neuromuscular genetic disorder where the muscles gradually lose their strength, leaving the patient completely immobile and dependent on others for every day to day activities. There is as on date no known cure/ treatment.
- Angiotensin-converting enzyme (ACE) inhibitor should be stopped if high potassium levels cannot be controlled or the serum kidney creatinine levels rise more than 30% above the baseline value within the first 6-8 weeks.
- Dry cough is seen up to 20% patients given ACE inhibitors. Treatment consists of lowering the dose or stopping the drug. Re-administration of the drug is associated with a high rate of recurrent cough.
- Angioedema is a rare but potentially fatal complication of ACE inhibitors and angiotensin receptor blockers (ARBs).
- Isoniazid-monoresistant tuberculosis (TB) include: Daily rifampin, ethambutol and pyrazinamide (with or without a fluoroquinolone) for 6-9 months (or 4 months after culture conversion). In HIV-infected patients prolong therapy for an additional 3 months.
- The government has announced an allocation of Rs. 10,000 crore for the government's ambitious health insurance program.
- University of Stanford spin-out PhysioWave has just received FDA clearance for its pulse wave velocity (PWV) cardiovascular analyzer scale, which measures the stiffness of the vessels transporting blood from the heart to the body.
- Capping on Compensation: Compensation Formula in case of Clinical Trial in Rule 122 DAB of Drugs and Cosmetics Rules: Compensation = BX (8 lac)

$$F \times R / 99.37$$

F = Factor depending on the age of the subject as per Annexure 2 (based on Workmen Compensation Act) 100-228

R = Risk Factor

0.50 terminally ill patient (expected survival not more than [NMT] 6 months)

1.0 Patient with high risk (expected survival between 6 to 24 months)

2.0 Patient with moderate risk

3.0 Patient with mild risk

4.0 Healthy Volunteers or subject of no risk.

Compensation amount will vary from a minimum of Rs. 4 lacs to a maximum of Rs. 48 lacs depending on the age of the deceased and the risk factor. (assuming factor 4 will not be applicable in diseased patients).

In case of patients whose expected mortality is 90% or more within 30 days, a fixed amount of Rs. 2 lac should be given.

- Antibiotics differ from almost every other class of drugs in one important and dangerous way: the more they are used, the less effective they become.
- The Trinamool Congress bagged four seats and the Congress got one in the Rajya Sabha polls from Bengal recently. Dr Santanu Sen prominent IMA leader emerged victorious in the vote count.
- Dubbing the Parliamentary Standing Committee report on the controversial National Medical Commission Bill as "worse than the bill itself", the Indian Medical Association has threatened to go on a "warpath" if the contentious clauses are not removed from the proposed legislation.
- India's largest body of doctors said recently, it was preparing to intensify its opposition to the Narendra Modi government's bill for a new regulatory structure for medicine and its proposal to allow practitioners of alternative healthcare systems to prescribe modern medicines. [*Telegraph*]
- A NIAID-led study found that a one-month antibiotic regimen to prevent active TB disease in people with latent TB infection was as safe and effective as the standard 9-month course in people living with HIV.
- A study carried out by the Indian Council of Medical Research (ICMR) showed that over 50% of female patients in India coming for *in vitro* fertilization (IVF) procedure have been reported to have genital TB.

- People with disabilities make up 15% of the world's population. Half of those are over 60 years old, he said. Many of them don't have the same opportunity as non-disabled people to socialize with their peers.
- In 2017, WHO classified antibiotics into three groups and issued guidance for how each class of drugs should be used to treat 21 of the most common infections. For example, the first of these groups consists of medicines that should always be available to patients, preferably by prescription. Amoxicillin, the preferred medicine for respiratory-tract infections in children, is in this group. The second tier includes carbapenems. And the third group, including colistin and other "last resort" antibiotics, are drugs that must be used sparingly and only for medical emergencies.
- New research published in *BMJ* links dipeptidyl peptidase-4 (DPP-4) inhibitors used to treat type 2 diabetes to an increased risk for inflammatory bowel disease.
- India's Red Line campaign—demands that prescription-only antibiotics be marked with a red line, to discourage the over-the-counter sale of antibiotics.
- "Last resort" antibiotics should never be used as growth promoters in livestock farming.
- March 24, 2018 was world TB day. Globally, the incidence of TB has been declining at about 2% per year. But, this decline is not enough to achieve the first 2020 milestone of the End TB Strategy and the target of ending the TB epidemic by 2030 under the Sustainable Development Goals (SDG 3). TB cases have to decline by 4-5% to achieve this target.
- A normal chest X-ray is possible even in active pulmonary TB. In one Canadian study of 518 patients with culture-proven pulmonary TB, 25 patients had normal chest X-ray. CT scan is more sensitive than plain chest X-ray for diagnosis, particularly for smaller lesions located in the apex of the lung (*Radiology*. 1993;186:653).
- Individuals who are on a gluten free diet are consuming more gluten than we actually imagined. Its not uncommon for them to be consuming on average a couple of 100 mg a day. Hidden gluten is ubiquitous in medications, food additives, seasonings, sauces, lipsticks and lip balms, fried foods and many other sources. (*Reuters*)
- Tooth loss in middle age is tied to a higher risk of cardiovascular disease, independent of traditional risk factors such as high blood pressure, poor diet, and diabetes. (*Tulane University School of Public Health and Tropical Medicine in New Orleans*)
- Culture First: First-generation parenteral cephalosporins, including cefazolin, are active against most Gram-positive cocci except for enterococci, oxacillin-resistant staphylococci and penicillin-resistant pneumococci. They are also active against most strains of *Escherichia coli*, *Proteus mirabilis* and *Klebsiella pneumoniae*.
- For patients who are actively dying from a terminal illness, CPR constitutes a non-beneficial or harmful and inappropriate medical treatment.
- The identification of individuals with a terminal illness who are actively dying (life expectancy measured in hours to days) may be straightforward at times, but also can be difficult.
- The clinical signs of impending death: Five of the signs that emerged mostly during the last three days of life had both high specificity (>95% chance that the patient would not die within 3 days if the symptom was absent) were pulselessness of the radial artery, respiration with mandibular movement, decreased urine output, Cheyne-Stoke breathing and death rattle.
- Eight additional clinical bedside signs that were highly specific for impending death within three days were nonreactive pupils, decreased response to verbal stimuli, decreased response to visual stimuli, inability to close eyelids, drooping of the nasolabial fold, hyperextension of the neck, grunting of the vocal cords and upper gastrointestinal bleeding.
- In 2013 US FDA reported that olmesartan can produce a "sprue-like enteropathy" characterized by reversible severe chronic diarrhea and weight loss, occurring months to years after initiation of the drug. The corresponding number needed to harm was 12,550 treated to cause one additional case of severe enteropathy. Thus, patients starting olmesartan should be cautioned about the possibility of developing diarrhea and weight loss. The drug should be stopped if these symptoms occur and another cause is not found.
- Ramipril and telmisartan have similar rates of hyperkalemia, defined as a serum potassium >5.5 mEq/L (3.3% and 3.4%), acute renal failure, defined as a doubling of the serum creatinine (1.9% and 2.0%), and syncope requiring drug discontinuation (0.2% with both drugs).

- Multiple studies have demonstrated that patients who are treated with both an ACE inhibitor and an ARB are at higher risk for adverse effects.
- Saturday March 24th was celebrated as “IMA National Telemedicine Day”.
- WHO is coordinating efforts among 16 African countries in an attempt to contain the world’s largest ever Listeria outbreak, a preventable food born illness.
- Almost 200 people are confirmed to have died in the outbreak and almost 1,000 have been confirmed sick with listeriosis, according to South Africa’s health department.
- Listeria monocytogenes causes invasive disease, including central nervous system infection or bacteremia in immunosuppressed patients, individuals at the extremes of age including neonates and older adults, and pregnant women. The most common central nervous system (CNS) manifestation of listerial infection is meningoencephalitis, which ranges from a mild illness with fever and mental status changes to a fulminant course with coma.
- Thoroughly cook raw food from animal sources to a safe internal temperature: ground beef 160°F (71°C), chicken 170°F (77°C), turkey 180°F (82°C), and pork 160°F (71°C).
- According to a notice by the Central Drugs Standard Control Organization (CDSCO) all pharma exporters can continue exporting without having to obtain no-objection certificates from the regulatory authorities.
- The Cabinet has approved the launch of Ayushman Bharat—National Health Protection Mission, (also known as Modicare).
- The government announced increase in the seats reserved for people with disabilities for admission to post graduate medical courses from 3% to 5%.
- US FDA has approved implants for increasing breast size in women (augmentation), for reconstruction after breast cancer surgery or trauma, and to correct developmental defects. Implants are also approved to correct or improve the result of a previous surgery.
- In a study research has revealed that a “few commonly used non-antibiotic drugs” are associated with changes in gut microbe composition. They compiled a panel of 40 species of gut bacteria that are typically found in the human gut and used it to screen more than 1,000 drugs currently on the market. Of the 923 non-antibiotic drugs that were analyzed, 250 had disrupted the growth of at least one of the 40 species of gut bacteria in the panel.
- The US CDC said that 13 people from eight states have been sickened in a *Salmonella typhimurium* outbreak linked to dried coconut.
- Phosphomycin is a safe and efficacious prophylaxis for those undergoing prostate biopsy. (Copenhagen, Denmark Dr. D’Elia, Bolzano General Hospital).
- National Human Right Commission has found doctors at 3 Delhi government hospitals negligent in providing treatment to a 22-year-old young man, resulting in his death on June 12 last year and recommended that the Delhi government pay Rs. 2 lac as compensation to the next of kin of the deceased.
- In a bid to curb quackery in the state, Health Minister C Vijayabaskar introduced the Tamil Nadu Private Clinical Establishments (Regulation) Amendment Act, 2018 in the Assembly recently.
- Transdermal nicotine treatment can decrease depressive symptoms in patients with late-life depression (Jason A. Gandelman, a medical student at Vanderbilt University School of Medicine, Nashville, Tennessee).
- Bio Spectrum: Samsung India has initiated Samsung Smart Healthcare program at King George Hospital in Visakhapatnam to provide affordable and quality healthcare to financially and socially backward patients.
- Money control: The Madhya Pradesh Animal Husbandry Department has signed an MoU with Bharat Financial Inclusion Ltd (BFIL) to roll out an animal healthcare program.
- Economic Times: Healthcare Federation of India NATHEALTH recently said Fortis Healthcare president Daljit Singh has been elected as its president for the year 2018-19. He succeeds Dr Lal PathLabs chairman and MD Dr Arvind Lal, NATHEALTH said in a statement.
- This year, the focus of WNTD 2018 is “Tobacco and heart disease” with the campaign theme of ‘Tobacco breaks hearts’.
- ISA, IAP, FOGSI supported Doctors Mahapanchayat on 25.03.2018 at IGI Stadium, New Delhi.
- Last month, a study published in JAMA reported that many American medical schools don’t offer

the 12 weeks of maternity leave recommended by physicians.

- A yellow fever outbreak that began a year and a half ago in Brazil is spreading further, with additional cases since last July in the Brazilian states of São Paulo, Minas Gerais and Rio de Janeiro, plus several cities in Bahia State.
- 26th CSB (24th Jan 18): MOH have notified rules for manner of Appeal under the PC & PNDDT Rules, 1996 vide no. GSR 492(E) dated 22.05.2017.
- 26th CSB (24th Jan 18): New rules will facilitate the states/ UTs to notify Appellate Authorities who will address the appeals against the orders passed by the States/ UTs Appropriate Authorities. Time lines have been provided for filing and disposal of appeals and requisite formats for submitting the appeal.
- 26th CSB (24th Jan 18): States have also been requested to explore the possibilities of utilizing the sealed ultrasound machines under the PC&PNDDT Act for the benefit of common public in the Government hospitals after seeking appropriate legal opinions from their concerned law departments.
- WP 3412008, Dr. Sabu Mathew George Vs Union of India in 2008 against the search engines- Google, Microsoft and Yahoo and UOI for the violation of Section 22 of the PC&PNDDT Act that prohibits advertisement on sex selection through any medium including internet. The apex gave interim directions on 6.11.2016 to constitute a Nodal Agency to receive complaints against the violations of Section 22 for internet advertisements. Final judgment in the matter was pronounced on 13.12 2017. The apex Court has given final directions to UOI to constitute an inter-ministerial Expert Committee. Google, Microsoft and Yahoo are directed to appear before the Expert Committee for ensuring 100% compliance of the relevant provisions of the PC&PNDDT Act accordingly.

'Bold Action' Needed to End TB, AIDS, Says UN

Claiming more than 4,500 lives daily, tuberculosis (TB) continues to be the top infectious killer worldwide as well as the leading cause of death among people living with HIV. The UN has called on all partners to take unprecedented and bold action to advance efforts to end TB and AIDS by 2030.

"The world has the resources to end the interlinked epidemics of TB and HIV, but political commitment and country action are lacking. Political, religious and civil society leaders need to step up to guarantee everyone

the right to breathe, to live free from TB and AIDS." said Michel Sidibé, Executive Director of UNAIDS.

Tedros Adhanom Ghebreyesus, Director-General WHO said, "While the world has committed to end the TB epidemic by 2030, as part of the Sustainable Development Goals (SDGs), actions and investments do not match the political reality. World TB Day is an opportunity to mobilize political and social commitment for accelerated progress to end TB." (UN, March 23, 2018)

Exposure to Loud Noise at Workplace Increases BP and Cholesterol

According to a study published March 14, 2018 in the *American Journal of Industrial Medicine*, occupational noise exposure is associated with hypertension, elevated cholesterol and hearing difficulty. Hence, it is important to reduce workplace noise levels.

Depression Increases Risk of Atrial Fibrillation

Depression may increase the risk for atrial fibrillation, which increases the risk of stroke, according to preliminary research presented at the American Heart Association's Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions 2018 at New Orleans.

ESC Syncope Guidelines Recommend Filming the Attack and Recovery to Improve Diagnosis

Guidelines on syncope from the European Society of Cardiology (ESC) have been published March 19, 2018 in the *European Heart Journal*. The guidelines recommend a new algorithm for emergency department (ED) to stratify patients and discharge those at low risk. Patients at intermediate or high risk should receive diagnostic tests in the emergency department or an outpatient syncope clinic. The value of video recording in hospital or at home to improve diagnosis has been emphasized. It recommends that friends and relatives use their smartphones to film the attack and recovery.

Poor Dental Health may Herald Risk of Diabetes

Poor dental health may be a sign of increased risk for diabetes, according to a study presented March 19, at ENDO 2018, the 100th Annual Meeting of the Endocrine Society in Chicago, Illinois. A progressive increase in the number of patients with missing teeth was observed as glucose tolerance declined, from around 46% in patients with normal glucose tolerance, to around 68% in those with abnormal glucose tolerance, to about 83% in patients with diabetes.

FDA Expands Use of Tasigna for Ph+ Chronic Myeloid Leukemia in Children

The FDA has expanded the use of nilotinib to treat children aged 1 year or older, with Philadelphia chromosome-positive (Ph+) chronic myeloid leukemia in chronic phase in both the first- and second-line settings.

Older Adults Who Walk Slowly are More Prone to Dementia

Older adults with slower walking speeds, and those who experienced a greater decline in their walking speed over time, were at increased risk for dementia independent of changes in cognition, according to results of the English Longitudinal Study of Ageing published online in the *Journal of the American Geriatrics Society*.

Health Ministry Launches New Initiatives to Combat TB on World TB Day

"We are already aligned with world TB treatment protocols. It has a mission to End TB by 2025, through community participation, involving civil societies and other stakeholders." This was stated by Smt. Preeti Sudan, Secretary (Health) at a function on the occasion of 'World TB Day'.

She further stated that the global target to end TB is 2030 but we will end it by 2025. "This is a tall order but I am confident that if we all work together, if all the partners combine together and we ensure full treatment is given on regular basis we can show the world this can be achieved. I am confident of this and my confidence is backed by our success in eradicating Polio," she added.

At the function, the Health Secretary also released the TB India 2018 Report and National Drug Resistance Survey Report. The NikshayAushadi Portal and shorter regimen for Drug Resistant TB were also launched... (Press Information Bureau, Ministry of Health and Family Welfare, March 24)

Bariatric Surgery Reduces Risk for Premature Heart Disease in Severely Obese Teens

Bariatric surgery is predicted to cut in half the 30-year risk of having a heart disease event, such as a heart attack or stroke in teens with severe obesity, according to preliminary research presented March 23, 2018 at the American Heart Association's Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions 2018 in New Orleans. The reduction

in risk could be sustained every year for up to 5 years post-surgery.

Adjustable Gastric Banding Causes Fewer Fracture than Roux-en-Y Surgery

As per a study presented March 17, 2018 at ENDO 2018, the 100th annual meeting of the Endocrine Society in Chicago, Illinois, patients undergoing Roux-en-Y gastric bypass (RYGB) surgery may be at greater risk for non-vertebral fracture than those having adjustable gastric banding (AGB).

Apixaban is a Safe Alternative to Warfarin During Catheter Ablation of AF

Results of the AXAFA-AFNET 5 trial presented March 20, 2018 at EHRA 2018, a European Society of Cardiology (ESC) congress show that apixaban and warfarin had similar rates of stroke and bleeding and improvement in cognitive function up to 3 months after catheter ablation in patients with atrial fibrillation.

Genetic Screening Advised Before Dapsone Treatment in Asians

A systematic review and meta-analysis reported online March 14 in *JAMA Dermatology* has recommended genetic screening before starting dapsone treatment in Asian populations because of the association of HLA-B*1301 with dapsone-induced cutaneous adverse reactions.

Venetoclax + Rituximab Improves Progression Free Survival in Refractory CLL

Treatment of patients with relapsed or refractory chronic lymphocytic leukemia (CLL) with a combination of venetoclax and rituximab resulted in significantly higher rates of progression-free survival compared to bendamustine + rituximab as demonstrated in a study published in the *New England Journal of Medicine*.

Transmission of Infection in an Airplane is Higher within Two Rows of an Infectious Passenger

A new research published online March 19, 2018 in the *Proceedings of the National Academy of Sciences* shows that passengers seated within one row or two seats on either side of an infected individual are at higher risk of acquiring the infection (80% or greater) compared to less than 3% risk for the remaining passengers.

Five Actions to Advance Efforts to End TB and AIDS by 2030

The UN is calling on all partners to take unprecedented and bold action to advance efforts to end TB and AIDS by 2030. While preventable and curable, persistent challenges remain, many of which are shared by the HIV response, including unequal access to services. Noting that both can be addressed effectively with integrated programs, UNAIDS outlined five important actions for partners.

- Impelling political, religious and civil society leaders to champion the universal right to live free from TB and HIV.
- Communities must be empowered to call on governments to demand their right to health - improving living standards to reduce the burden of TB and HIV.
- Promoting nondiscriminatory service delivery to protect all against catastrophic health expenditures in the context of universal health coverage - extending care beyond health to include safe workplaces and places of detention.
- Finance ministers be engaged to approach health as an investment, not an expenditure, in which returns demonstrate their long-term value to societies and economies.
- Greater public-private sector partnerships to accelerate for innovative new medicines and vaccines.

(UN, March 23, 2018)

Long-term Use of Antibiotics Increases Risk of Death in Women

A new research presented at the American Heart Association's Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions 2018 in New Orleans has said that compared to no antibiotic use, women who take antibiotics for 2 months or longer, especially in late adulthood, are at a higher risk of all-cause mortality (27%) and death from heart disease (58%).

PFO Closure After Stroke Improves Prognosis

Patients who underwent closure of patent foramen ovale (PFO) with a device after a stroke had a better prognosis at 2 years compared to those who were treated with stroke-preventing medications alone as shown in a study presented March 12, 2018 at the American College of Cardiology's 67th Annual Scientific Session in Orlando.

Perimenopausal Vasomotor Symptoms may Improve with Oral Micronized Progesterone

Oral micronized progesterone (OMP) taken every day at bedtime may diminish vasomotor symptoms of hot flashes and night sweats in perimenopausal women, as per a new study presented March 19, 2018 at ENDO 2018, the annual meeting of the Endocrine Society, which concluded recently in Chicago, Illinois.

Frist Trial of Empagliflozin for Treatment of NAFLD in Type 2 Diabetes Shows Promise

Findings of the effect of empagliflozin on liver fat content in patients with type 2 diabetes (E-LIFT) presented March 19, 2018 at ENDO 2018: The Endocrine Society Annual Meeting in Chicago, Illinois show that empagliflozin may help in the treatment of nonalcoholic fatty liver disease (NAFLD).

Activity Status and Cardiac Size Predict Exercise Capacity in Patient with Diabetes

Type 2 diabetes mellitus was associated with reduced exercise capacity, whereas active subjects with type 1 diabetes had preserved exercise capacity relative to healthy controls. In the study published March 23, 2018 in the journal *Cardiovascular Diabetology*, reduced physical activity and smaller left ventricle volumes, rather than subclinical cardiac dysfunction, were associated with impaired exercise capacity.

ACP Ethical Guidance for Individuals Volunteering for Medical Trips

The American College of Physicians (ACP) has published a position paper on ethical decision making surrounding participation in short-term global health clinical care experiences or volunteer medical trips. Besides improving healthcare of the communities they will serve, participants also face several ethical challenges especially pertaining to local culture besides increased awareness of global health issues, practicing in low-technology settings, improved language skills. The position statement published online March 27, 2018 in the *Annals of Internal Medicine* describes five core positions that focus on ethics and the clinical care context supported by case scenarios.

- Physicians' primary ethical obligation in short-term global health experiences is to improve the health and well-being of the individuals and communities they visit.
- The ethical principle of justice requires partnering with local leaders to ensure that the potential

burdens participants can place on local communities abroad are minimized and preparing for limited material resources.

- The ethical principle of respect for persons, including being sensitive to and respectful of cultural differences, is essential to short-term global medical experiences.
- Predeparture preparation is itself an ethical obligation. It should incorporate preparation for logistical and ethical aspects of STEGHs, including the potential for ethical challenges and moral distress.
- Physicians should participate with organizations whose STEGHs are consistent with ethics and professionalism as exemplified in these positions.

Monounsaturated Fats from Plants Reduce Risk of Death from Heart Disease and Other Causes

Diets rich in monounsaturated fats from plants were associated with a lower risk of dying from heart disease and other causes compared to diets rich in monounsaturated fats from animals. The largest reductions in the risk of death were found when healthy fats from plant sources replaced saturated fats, trans fats and refined carbohydrates. These findings were presented March 21, 2018 at the American Heart Association's Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions 2018 in New Orleans.

Study Finds Atypical Brain Development in Preschoolers with ADHD Symptoms

Children as young as 4 years old with symptoms of attention deficit hyperactivity disorder (ADHD) may have significant differences in brain structure, compared to children without such symptoms, according to a study published in the *Journal of the International Neuropsychological Society*.

Higher Waist Circumference before Pregnancy Increases Risk of Autism in Offspring

A new study presented March 19, 2018 at ENDO 2018, the 100th annual meeting of the Endocrine Society in Chicago, Illinois has shown that children born to mothers who had a larger waist size before pregnancy were more likely to have autism than those whose mothers had a smaller pre-pregnancy waist.

ICMR Invites Suggestions on Draft Consensus Statement on Pancreatic Cancers

ICMR has invited suggestions/comments on a draft consensus statement on pancreatic cancers by the 16th April 2018. Suggestions may be sent to Dr. Tanvir Kaur, Scientist 'F' at doctanvirkaur@gmail.com.

High-flow Oxygen Therapy in Infant Bronchiolitis Reduces Chances of Treatment Failure

High-flow oxygen therapy given by nasal cannula to infants with bronchiolitis reduces chances of treatment failure and consequently significantly lower rates of escalation of care by nearly half compared to infants who were given standard oxygen therapy, according to a new study reported online March 21 in *The New England Journal of Medicine*.

Kidney Failure Patients Undergoing Hemodialysis are at Risk of Infections

Patients with kidney failure undergoing hemodialysis are at a greater risk of life-threatening infections and may also spread to others in dialysis facilities. A series of articles have been published online March 22, 2018 in the *Clinical Journal of the American Society of Nephrology (CJASN)* that provide important information on infections and their prevention in patients undergoing hemodialysis.



Rule of 20/10 for Hypertension

- Every rise in 20 mmHg in upper BP and 10 mmHg in lower BP makes a higher grade of hypertension
 - 120/80 Normal
 - 140/90 Stage 1 hypertension
 - 160/100 Stage 2 hypertension.
- For every 20/10 fall of BP, add one drug.
- Do not reduce more than 20/10 mmHg at one time in accelerated hypertension.