

No Regrets About Today

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly, and pray the Lord, your soul to keep.

If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss, and call you back for one more.

If I knew it would be the last time I'd hear your voice lifted up in praise, I would video tape each word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two to stop and say "I love you," instead of assuming you would KNOW I do.

If I knew it would be the last time, I would be there to share your day, well I'm sure you'll have so many more, so I can let just this one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything right.

There will always be another day to say our "I love you," And certainly there's another chance to say our "Anything I can do?"

But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and I hope we never forget.

Tomorrow is not promised to anyone, young or old alike, And today may be the last chance you get to hold your loved one tight...

So if you're waiting for tomorrow, why not do it today? For if tomorrow never comes, you'll surely regret the day.

That you didn't take that extra time for a smile, a hug, or a kiss and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear, Tell them how much you love them and that you'll always hold them dear.

Take time to say "I'm sorry," "please forgive me," "thank you" or "it's okay." And if tomorrow never comes, you'll have no regrets about today. She has been there, and done that.



Physicians may Overprescribe Antibiotics to Children During Telemedicine Visits

Children are more likely to be overprescribed antibiotics for colds, sinus infections and sore throats during telemedicine visits (52%) than during in-person visits to primary care providers (31%) or urgent care facilities (42%), suggests a study published April 8, 2019 in *Pediatrics*.

ICMR National Ethical Guidelines for Biomedical and Health Research Now Becomes Mandatory

Indian Council of Medical Research's (ICMR) National Ethical Guidelines for Biomedical Research has become mandatory and needs to be adhered to for all biomedical research in the country as per the New Drugs and Clinical Trials Rules 2019 released recently by Ministry of Health and Family Welfare, Government of India. This will be effective after 180 days from the date of publication of Gazette.

- Any institution or organization which intends to conduct biomedical and health research shall be required to have an Ethics Committee (EC) which has been constituted, functions and maintains records in accordance to ICMR National Ethical Guidelines for Biomedical and Health Research Involving Human Participants, 2017. ECs shall review the research before initiation and oversee throughout the duration of the research.
- The EC shall be required to register with the Authority and the registration would remain valid for a period of five years from the date of its issue, unless suspended or cancelled by the authority. The ICMR National Ethical Guidelines will guide the ethical requirements for all institution that are engaged in such research whether it is medical colleges, research institutions, universities, public or private funded institutions, non-governmental organization or others (*ICMR Press release*)