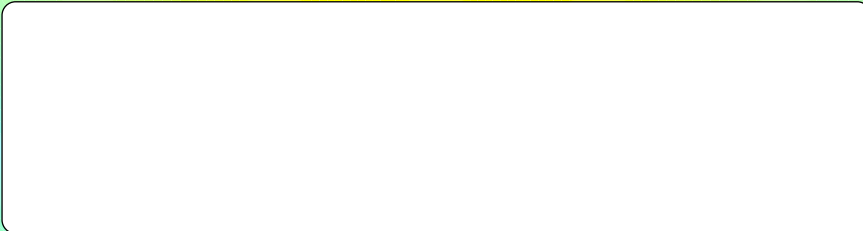


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ANNUAL CONFERENCE OF AHMEDABAD MEDICAL ASSOCIATION

AMACON - 2022

Date

19-06-2022, Sunday

Time

9.00 am to 5.00 pm

Venue

J. B. Auditorium
Ahmedabad Management Association,
ATIRA, Ahmedabad.

Chief Sponsor

Apollo Hospital, Bhat, Gandhinagar

Registration Details

- Registration Fees : Rs. 1000/- Per Delegate
- For registration, contact at office of AMA
in between 2 pm to 6 pm

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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

ESTD : 1902

AHMEDABAD MEDICO NEWS

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DR. DILIP B. GADHAVI
President - AMA



DR. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - **DR. KIRITKUMAR C. GADHAVI**

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ISSUE-1

HIGHLIGHTS

Programme

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26-06-2022	Doctorpreneur Academy Programme	14-06-2022	Blood Donation Camp

Article

Stress among medical students and its management (Part 1) - By Dr. Khyati Mehtalia
Heat Stroke in Children - By Dr. K. M. Mehariya



'SECRET TO SUCCESS IS THE RESULT OF UNITY, HARD WORK AND PERSEVERANCE'

Message From President's & Hon. Secretary's Desk



Dear members,

There has been multiple times talked about the unity on this platform. Many times we have experienced also. But, this has been distinctly evidenced by one & all,

Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.

? Mattie Stepanek

On 8th May 2022, we have a formal meeting with Hon. Chief Minister of Gujarat, Shri Bhupendrabhai Patel. Almost 2500 doctors from all over Gujarat gathered at Chief Minister's Bungalow, Gandhinagar. Our strength exhibited. There was a warm get together. The senior stalwarts of our field were felicitated. The representatives of many organizations & associations of our fraternity greet the CM personally. Every one enjoyed the wonderful hospitality at CM bungalow.

Friends, these days we are facing so many adverse effects as consequences of loosing harmony with the nature. On the world environment day of this year (5th June 2022), our focus shall be on "Living Sustainably in Harmony

with Nature". Let's nurture the nature so that we can have a better future. The environment surrounding us significantly affects our physical health; similarly another surrounding atmosphere, which significantly affects person's physical & mental health is - his or her family. So, to address this important aspect, 15th May is observed as International family day. This year the theme is - "Families and Urbanization", which aims to raise awareness on the importance of sustainable, family-friendly urban policies.

Another wonderful scientific programme on subject of "Asthma" was arranged on 15th May. We are thankful to Dr. Amrish Patel, Dr. Rushi Patel & Dr. Ashish Bhojak for the wonderful presentations. The AMACON 2022 is going be to a vibrant event with lots of scientific learning-sharing opportunities & another big get-together. On annual day of AMA, we are awarding our members, who achieve top ranks on different competitions; we invite your participations in different categories enlisted in present bulletin.

Our lovely wishes to all the miraculous mothers on "happy mothers' day", which we have in month of May; & also to all the fantastic fathers on "happy fathers' day" we would have in Month of June.

Stay blessed, stay healthy

Jay AMA

Jay IMA

Dr. Dilip B. Gadhavi

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association

CM - Doctors meet on 08-05-2022 at Gandhinagar



CM - Doctors Meet on 08-05-2022 at Gandhinagar



Protest Rally by Doctors on 14-05-2022



Protest Rally by Doctors on 14-05-2022



Scientific Programme on 15-05-2022



Ladies Club Programme



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2021-2022

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	IMM. PAST PRESIDENT DR. GADHAVI KIRITKUMAR C. 9998370353

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DR. KAMLESH PATEL	DR. SNEHAL KALE	DR. DHIREN R. MEHTA	DR. VIPUL TURKHIA



AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB SCIENTIFIC PROGRAMME

DATE : 05/06/2022, Sunday
TIME : 10.00 AM to 12.30 PM

Topic & Speakers

1. મોટી ઉંમરે આરોગ્ય ની જાળવણી
Dr. Mahadev Desai
2. Measures to retain memory at old age
Dr. Ruchir Divetia
3. Psycho-Social problems in Elderly
Dr. Himanshu Desai
4. વૃદ્ધ થવું એટલે સમૃદ્ધ થવું
શ્રી રમેશભાઈ તન્ના (આદરણીય લેખક અને પત્રકાર)

Chairpersons

Dr. K. R. Sanghvi

Dr. K. C. Gadhavi

ઉપરોક્ત કાર્યક્રમમાં AMA ના સભ્યો, સીનીયર સીટીઝન ક્લબના સભ્યો તથા સો સભ્યોના spouse ભાગ લઈ શકે છે.

Registration fee Rs. 50/-

(કાર્યક્રમ અંગ્રેજી અને ગુજરાતીમાં છે)

Register at AMA office.

Programme will be followed by lunch.

AMA Senior Citizen Club, Co-ordinators

Dr. Abhay Dikshit

Dr. K. R. Sanghavi

Dr. K. C. Gadhavi

Dr. Ramesh C. Shah

Dr. Dilip Gadhavi

Dr. Gargi Patel

President, AMA

Hon. Secretary, AMA



ANNUAL CONFERENCE OF AHMEDABAD MEDICAL ASSOCIATION AMACON - 2022

Dear members,

This year we have planned a Mega Conference
AMACON - 2022

Date : 19-06-2022, Sunday

Time : 9 am to 5 pm

Venue : J.B. Auditorium,
Ahmedabad Management Association, ATIRA

It will be a whole day programme with excellent scientific feast. We will arrange simultaneous paper & poster presentation to project the research works by various doctors & PG students. The delegates will get attractive gift, kits & many more.

AMACON 2022

Organizing committee

Patrons : Dr. Jitendra B. Patel
Dr. Dhanesh A. Patel
Dr. Bharat Gadhavi

Organizing Chairman : Dr. Dilip Gadhavi

Organizing secretary : Dr. Gargi Patel

Organizing Co-chairman : Dr. Vidhyut Desai

Jt organizing secretaries : Dr. Mukesh Maheshwari
Dr. Deepak Rao

Reception committee : Dr. Kamlesh Saini
Dr. Mahesh Gupta
Dr. Tushar Patel

Scientific committee : Dr. Jignesh Shah
Dr. Urvesh Shah
Dr. Yash Patel

Stall & food committee : Dr. Maulik Sheth
Dr. Deval Panchal
Dr. Kamlesh Naik

Entertainment committee : Dr. Kalpita Dave
Dr. Naitik Patel
Dr. Hetalbhai Shah

Registration committee : Dr. A. K. Maheshwari
Dr. Smit Patel
Dr. Vaibhav Patel
Dr. Alpa Gandhi

Executive committee : Dr. Dhiren Mehta
Dr. Mansi Patel
Dr. Manjit Nayak
Dr. Ashish Bhojak
Dr. Gaurang Patel
Dr. Yogesh Gupta
Dr. R. I. Patel

Advisory committee : Dr. Mahendra Desai
Dr. Yogendra Modi
Dr. Bipin Patel
Dr. Mona Desai
Dr. Mehul Shah
Dr. Jitendra N. Patel
Dr. K. C. Gadhavi
Dr. Devendra Patel
Dr. Brijan Choksi
Dr. Jaswant Darbar
Dr. Smita Shah

Spouse committee : Mrs. Jashna Dhiren Mehta
Mrs. Mayuri Pragadesh Vachharajani

Registration:

- Registration fees : Rs 1000/- per delegate
- Registration is compulsory for poster / paper presentation; but, there is no extra fee for poster / paper presentation.
- For registration, contact at office of Ahmedabad Medical Association in between 2 pm to 6 pm.

Scientific programme :

The Scientific sessions will include interesting topics from different fields including Cardiology, Neurology, Intensive Medicine, Gynecology, Medical / Surgical Oncology & Spiritual.

Rules for abstract submission for Paper / Poster presentation at AMACON 2022

1. Abstract should be in Microsoft word
2. It should be in font style "Times New Roman" with font size 12, written in double spaced text.
3. Abstract should be of 300 – 500 words
4. Abstract should include following headings
 - A. Type of presentation
 - B. Title
 - C. Authors' name / names
 - D. Introduction
 - E. Material & methods
 - F. Result & conclusion
5. Last date for submission of abstract is 12TH June 2022
6. Submit soft copy of abstracts at amagsbima@yahoo.co.in (Please mention the subject of email as "Abstract for poster / paper – AMACON 2022")

7. Please mention mobile no & email IDs of all the authors at the end.
8. The Scientific Committee holds the right to accept/reject or to consider an abstract, either for oral or poster presentation

Dr. Dilip Gadhavi
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA

AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

Dear Members,

This is to inform you that please renew your membership for AMA Senior Citizen Club. Also the members who are 60 years & above can become the member of AMA Senior Citizen Club.

Annual Fees : Couple Member - Rs.500/-

Single Member - Rs.300/-

AMA Senior Citizen Club, Co-ordinators

Dr. Abhay Dikshit
Dr. K. C. Gadhavi

Dr. K. R. Sanghavi
Dr. Ramesh C. Shah

Dr. Dilip Gadhavi
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA

Blood Donation Camp on 14-06-2022

A blood donation camp is organised by IMA, Gujarat State Branch & Ahmedabad Medical Association in association with Red Cross Society, Ahmedabad.

Date : 14-06-2022, Tuesday
 Time : 9.00 am to 1.00 pm
 Place : CREDAI AHMEDABAD GIHED,
 Nr. Maple country
 B/h Ornet Park-2,
 Off. Sindhubhavan Road, Ahmedabad.

Members are requested to participate in noble work

Dr. Dilip Gadhavi
 President, AMA

Dr. Gargi Patel
 Hon. Secretary, AMA

WE WELCOME FOLLOWING NEW LIFE MEMBERS

12177	L	DR. SHAH KHUSHBOO ISHAN
12178	L	DR. PATEL VIRAJ RAJENDRAKUMAR
12179	L	DR. PATEL SAURABH PRAFULCHANDRA
12180	L	DR. PATEL JAY CHANDRAWADAN
12181	L	DR. PATEL CHAITALI JAY
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12185	L	DR. UPERIYA JIGAR VASANTKUMAR
12186	L	DR. PATEL VIKAS DINESHKUMAR
12187	L	DR. KEVADIYA HIREN TULASIBHAI

Doctorpreneur Academy Programme

A unique programme related to healthcare entrepreneurship aimed to empower the doctors to become independent entrepreneurs for all kinds of healthcare management.

Date : 26-06-2022, Sunday
 Time : 10.00 am to 12.00 noon
 Place : Ahmedabad Medical Association, Ashram Road

Speaker : Dr. Pranav Sharma

Moderator : Dr. Mansi Patel

Register your name at AMA office Ph. 079-26588775
 Between 2.00 pm to 6.00 pm

Dr. Dilip Gadhavi
 President, AMA

Dr. Gargi Patel
 Hon. Secretary, AMA

DISCLAIMER

Opinions in the various articles are those of the authors and do not reflect the views of Ahmedabad Medical Association. The appearance of Advertisement is not a guarantee or endorsement of the product or the claims made for the product by the manufacturer.

ANNUAL DAY COMPETITIONS

(1) INDIAN ASSOCIATION OF OCCUPATIONAL HEALTH ESSAY PRIZE

Subject : "Burnout at workplace - diagnosis & management"

(2) DR. RANJAN K. NANAVATY ESSAY PRIZE

(For Family Physicians Only)

Subject : "Antibiotic stewardship in outpatient settings"

* Each candidates shall have to submit three copies typed and double spaced to the office before 30-6-2022 5 p.m. (Maximum 1500 words).

* Candidates should not write their names or addresses on the essay. They should not reveal their identity in the essay. Candidate should write the name and complete address on a separate piece of paper.

(3) DR. PIYUSH SHAH PAPER PRESENTATION PRIZE

(For Family Physicians only)

* The last date for submission of abstract is 30-6-2022. 5 p.m. Complete text of the paper will have to be submitted on the day of presentation.

* All papers accepted by the Scientific Committee will be read few days before our Annual Day function.

* The paper must be original and must not have been published or read previously.

8 minutes will be allowed for presentation and 3 minutes for discussion. Presentation with slides / over head projector / transparencies / video will be appreciated.

(4) DR. B.C. AMIN MEMBERSHIP DRIVE TROPHY will be awarded to the member who has enrolled the maximum number of members in the year 2021-2022.

Other Trophies : The entry fee is Rs. 100/- only.

(5) DR. K. K. SHAH TROPHY For Best Nursing Home.

(6) DR. P. B. HARIBHAKTI TROPHY For Best Consulting Room.

(7) DR. DAHYABHAI SHIVRAM JOSHI TROPHY For

General Practitioner's best Clinic

(8) DR. TANUMATI G. SHAH & DR. GIRISHCHANDRA SHAH Octogenarian prize for the outstanding services to medicine & social services : one for Gentleman & one For Woman Above 80 years.

Those members who want to take part in these competitions, should send the application on their letter pad.

Last date of entry is 30-6-2022. 5 p.m.

Note : The winners of the Trophy in past should not apply again.

AMA Sports Festival

Ahmedabad Medical Association organizes annual sports festival for the members

Date : 1,2,3 July, 2022

**Venue: Ahmedabad Medical Association,
Ashram Road.**

Entries are invited for :

1. Table tennis – single
2. Table tennis – double
3. Carrom – single
4. Carrom – double
5. Chess
6. Badminton - Single
7. Badminton - Double

Register your names with Co-ordinators or
at AMA office on or before 25-06-22

Registration Fees : Rs. 50/- per participants

Coordinators:

Dr. Maulik Sheth M. : 98259 15464

Dr. Rutvij Parikh M. : 98980 97604

Dr. Yash Patel M. : 96870 68399

Dr. Dilip Gadhavi
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA



Report of Scientific programme on 15-05-2022

A CME was organized on "Asthma" by Ahmedabad Medical Association on 15 May 2022; 10:00 AM to 12:30 PM at Ahmedabad medical Association, Ashram road. Dr. Amrish Patel talked on "Clinical presentations & diagnostic modalities of Asthma" & Dr. Rushi Patel talked on "Management of Asthma: How, What & When?". Both the presentations were quite informative. Dr. Ashish Bhojak moderated the programme. Almost 30 members attended the CME.

OBITUARY

May their soul rest in eternal peace.



DR. SUVARNA H. SHAH

L-1097 DGO, M.D.

Date of Birth : 30-03-1946

Date of Death : 10-11-2021



DR. KOKILA K. RAJGURU

L-1722 M.D., PHY.

Date of Birth : 01-09-1945

Date of Death : 19-04-2022



DR. DEVENDRA A. SHAH

L-3855 M.D., (PED)

Date of Birth : 09-08-1963

Date of Death : 05-05-2022

We send our sympathy & condolence to the bereaved family.



Stress among medical students and its management (Part 1)

Dr. Khyati Mehtalia MD (Psych), DPM

“તમે પોતે ડૉક્ટરનું ભણો છો, તમારી તબિયતને તો શું થવાનું ?” One would expect the medical students to be better off than others in maintaining health and to a certain extent that is true when physical illnesses are concerned, BUT... when it comes to mental health, the medical students are at the receiving end of the spectrum. Stress, substance abuse and suicide rates are growing among the medical students.

A review and analysis of nearly 200 studies involving 129,000 medical students in 47 countries found that the prevalence of depression or depressive symptoms was 27 percent, that 11 percent reported suicidal ideation during medical school, and only about 16 percent of students who screened positive for depression reportedly sought treatment, according to a study appearing in the December 6 issue of JAMA, a medical education theme issue.

This shows that the phenomenon of high stress in medical students cuts across all socio-cultural factors, economical status, course status and alike.

Recently, Gujarat has witnessed suicides of five medical UGs/PGs in just last month!! And it is known that Medical profession tops the list of top ten jobs with highest suicide rates!!

Factors leading to high stress :

- **Heavy workload**

Medicine is tough, content is challenging, and the contact hours are seemingly unending and the degree itself is one of the longest.

Competition

You were a topper in your school and when you enter college, all around you are also high-achieving toppers. It can come as quite a shock to be thrown into a room with hundreds of other people who are ‘just like you’ and you have to compete with them!

Lack of control

Students can feel a lack of control in different ways, such as not having control of their schedules, needing to take in more information than they can process in a given time, and working in unpredictable clinical settings.

- **Strenuous clinicals**

Students often have to do clinicals while balancing regular coursework and labs. During these clinicals, students may have to deal with a large volume of patients with myriad health issues as well as potentially chaotic dynamics with interns, residents, supervisors, and other students.

- **Exposure to illness and infection**

Getting sick can derail a student's academics, especially with the heavy workloads involved in medical and healthcare programs. However, students must work directly with a lot of sick patients. Fear of contracting illness or infection can be extremely stressful.

- **No time to address physical and mental health**

Neglecting your health can cause issues in and of itself, but knowing you're neglecting your health because you don't have time makes for an even more stressful situation.



- **Poor sleep cycles**

Compensating for crammed schedules by foregoing sleep is common, but it typically just makes stress worse. A bad sleep schedule can lead to more physical and mental health issues, and in turn, more stress.

- **Death and dying**

As students progress, they may start to think about or directly deal with patient mortality. Knowing firsthand that your patients are dying can take a toll on your mental health.

- **Disillusionment**

Medical students often reach a point where they realize that the college or their career choice wasn't what they expected, and they feel negatively about it. Disillusionment can be caused by stress and exacerbate it as well.

- **Stigma**

What is even worse is that medical students fear seeking help for their depression or suicidal thoughts thinking it could hurt their future. Additionally, many campus resources may be staffed by classmates and professors, making treatment feel inaccessible to some.

- **Pressure to put patients first**

Students may feel that their patients' issues are greater than their own or may stress that putting themselves first makes them a bad healthcare professional.

- **Feeling inadequately trained for necessary tasks**

Particularly during clinics, students may have to contend with issues they do not have enough training to handle. Fear of harming a patient and not giving them proper care can be a huge stress.



- **No time for hobbies, friends, and family**

When students don't have time to do things they enjoy, they lose important outlets for stress. Feeling like medical studies takes up all their time can make things feel even worse for students.

- **Social isolation**

Between the competitive nature of studies and the amount of time poured into studies, medical students often spend a lot of time alone. Having nobody to talk to or interact with can make the life extra stressful.

- **Feeling of insecurity for future**

After putting 5½ years of one's life in medical training, future again depends on a highly competitive entrance examination that decides the future of the graduate.

These are over and above the general stresses of a college/hostel life, like relationships issues, homesickness, managing things on own, budgeting, etc

Few telltale signs that students are under stress:

Procrastination: Lack of energy or willpower to get the assignments/tasks done

Muscle aches, tension, fatigue

Endless feeling of being worried all the time

Prolonged inability to concentrate

Frequent anger spells, impatience

Absenteeism

Consumption of alcohol/other substances

Psychological effects of stress:

The inability to feel reasonably happy,

Over-worry, constantly feeling under strain,



Feeling unhappy and depressed,
 Inability to concentrate,
 Inability to enjoy normal activities,
 Losing confidence in one's self,
 Inability to overcome difficulties,
 Inability to face up to problems,
 Inability to make decisions,
 Inability to play a useful part in things, and
 Believing oneself to be worthless.

Physical effects of stress:

These symptoms are provoked by long working hours and the tension of completing the courses with good grades. They include:

Disturbances in appetite
 Nausea, diarrhoea, constipation
 Insomnia or hypersomnia
 Fatigue, headache, bodyache
 Palpitations, discomfort in chest
 Breathlessness, tremors
 Tingling, numbness in body
 Skin diseases like acne, dermatitis and psoriasis
 Heart burns and stomach ulcers

The students may end up having frank depressive or anxiety disorders as well as suicidal ideation.

Stress management strategies, Identification of common psychiatric disorders and their management will follow in PART 2.....

(To be continued.....)

Heat stroke in Children

Dr. K. M. Mehariya M.D (Ped.)
 Professor of Pediatrics
 Dr.M. K. Shah Medical College, Ahmedabad.

These days India faces severe environment changes in form of High Temp (40°C) and high humidity. Triad of High temperature, High Humidity and poor air flow/ventilation does lead to detrimental effect on Human Body.

Children are also highly vulnerable to such high temperature because of few unique characteristics like High metabolic rate. High Body surface area, Blunted Thirst response. All these factors contribute to higher turnover of fluid and solutes. So infants and children require PROPORTIONATELY greater volume of water to maintain fluid and Electrolyte equilibrium.

It is divided in 3 categories.

- 1) Heat cramps :- Older children and adolescents complaints OF leg cramps especially after exposure to bright sunlight and high temperature usually after exposure of for more than 1 hr. It is due to excessive fluid and sodium loss due to heavy perspiration. Oral fluids, electrolyte solution including ORS are very useful for relief.
- 2) Heat exhaustion:- When children are exposed to high temperature (37.7 - 39.4 °C) for longer period then they complains of Headache, fatigue, vomiting, nausea, piloerection and redness. There may be CNS involvement in form of dizziness and sometimes syncopal attacks. Here cooling under Fan, removing extra clothes, oral fluids with sugar and salt, soft drinks and rest will be very helpful. In some case like playing

heavy outdoor games for longer period (football, cricket and marathon etc) may require medical care and IV fluids. In majority of cases, It will revert the symptoms. Avoiding further exposure to heat and rest advised.

3) Heat stroke :- This is very dangerous. It is also divided into 2 clinical conditions.

1. Danger :- Heat exhaustion due to prolonged exposure to high temperature Between 41°C - 54°C.

2. Extreme danger :- It is life threatening, occurs with temperature more than 54° degree and does lead to multisystem involvement, vital organs are also affected. There is tachycardia and lowering of B.P, Renal failure will occur. Respiration become rapid and sometime shallow in terminal stages. CNS become highly vulnerable that causes sensorium disturbances starting from lethargy, convulsion and coma. Hyponatremia adds to further deterioration. Death may ensue due to cardiorespiratory failure.

Neonates also are affected especially those who are staying in small, poorly ventilated rooms, shelters with steel coverings, congested localities, poorly ventilated houses (chhapara and chawls). Mismanaged feeding also adds for further deterioration. Babies will have lethargy, dullness, poor breast feeding, reduce urine output. Sometime excessive crying and convulsion. Some of the neonates with develop Hypernatremia which leads to cerebral cell oedema interrupts blood supply and convulsion. Few cases are reported with intracranial Haemorrhages, thromboembolic phenomenon on MRI studies also.

Children with systemic disease like CHD, CKD, chronic lung disease, blood dyscrasia are more vulnerable to get

rapid deterioration.

There are few unusual conditions observed in some of the cases like...

1. Heat oedema :- Mild oedema over hands and feet with initial exposure to heat but resolve with acclimatization.
2. Heat Tetany :- Carpopedal spasm / tingling caused by heat related Hyperventilation. Respond to moving to cooler environment with respiration by rebreathing into a bag.
3. Heat syncope :- Fainting after prolonged exercise (Adolescent) due to poor vasomotor tone, Reduce Intravascular volume. It responds to IV fluids, cooling and supine position.

Management :-

Prevention is the best rather than better. For Neonates Exclusive breast feeding practice (every two hourly) are strictly followed. No food other than mother's milk is allowed for six months. In hot days frequent breast feeding every 1.5 - 2 hours must be ensured.

Next very important and cost effective care is putting wet cotton cloth covering over cradles frequently especially in homes with steel roofs and poor ventilation. It acts as good coolers keeping the room cool. Cotton clothings are very useful for better cooling of the body. Coolers, wet mattresses outdoors and windows are also very useful to keep the room and baby cool. Air conditioners are also useful for keeping the area cool.

Infants and younger children are not to be allowed to go out of homes. Frequent water intake and liquids are very useful. Parents are also strictly advised not to go outside from 11 am to 6 pm strictly. Avoid social functions with lot of

gathering and poorly ventilated places. Those who are working at factory and construction sites are taught to feed their children frequently. Avoid sunlight facing cradles also.

Outdoor game must be avoided daytime in hot weather. Early morning and late evening are better for football, cricket and other outdoor games. Lots of liquid especially with Salt and glucose are encouraged. Cooling under fans are very essential when they have some symptoms of headache, nausea and lots perspiration and dizziness. Rest for 24 hours and avoiding further exposure is very much essential.

Children with vomiting and lethargy associated diarrhoea in younger children should attend medical care on emergency bases. PICU care with normal saline and lactated ringer are sufficient for better outcome. Strict monitoring with multipara monitors with rectal temperature recording are also required in critical children.

Those with symptoms of Sunstroke are to be shifted to PICU case on emergency basis. Multi disciplinary approach is required for management of renal, cardiac and respiratory involvement.

Some younger children have been recorded Hypernatremia (S.Na more than 150 mg per/ dl) children require PICU care. (Normal) S.Na is 130-150 mg/dl). Gradual correction of sodium is required within 72 hours. Daily Vital monitoring, fluid and electrolyte management are essential to save life. Early medical care usually causes reversal of worsening and better outcome.

It is estimated that in condition like late Hospitalization, poor medical care and multiorgan failure can lead to 50% of mortality.

Public awareness by government authorities with

alarming signs of weather changes must be strictly followed. "Reporting of heat related illnesses". Must be done by Central Reporting authorities. At places water provision and ORS centers are kept for people moving outside for work, business and public places.

ORS must be used under medical guidance and supervision only. Over use of ORS can lead to Hypernatremia especially in younger children.

People should also follow govt. guidelines of colour coded alerts like Yellow, Orange and Red.

1. "Yellow" means *watch*
2. Orange means *to be prepared*
3. Red means *warning to take action*.

The best way to avoid sunstroke is avoid going out during Red alert. Allow to take lots of Fluid, fluid and fluids.

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