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President - AMA



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Hon. Secretary - AMA

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ISSUE - 1

HIGHLIGHTS
Programme

04-06-2023 Clothoon on World No Tobacco Day

05-06-2023 to Basic Air Rifle/Pistol Shooting Course

11-06-2023

17-06-2023 AMA Senior Citizen Club Prog.

18-06-2023 Scientific Programme

Articles

1. Prevention of Surgical Site Infections (SSIs)
2. Mindful Meditation - An answer to Stress Reduction and Improved Wellbeing By : Dr. Purav Thakkar



Special Membership Drive June 23
For details visit inside the bulletin

World Environment Day



Save Water



Save Trees



Save Earth



Please Save Mob. No. : 97268 88775 of AMA to get regular updates on WhatsApp

'TOGETHER WE CAN, TOGETHER WE WILL'

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



Dear members,

It is wisely said, "The best what we can do for our next generation is to save environment for them." People across the globe observe 5th June of every year as world environment day. The aim is to create the awareness amongst the people about importance of nature & how we can conserve it. The world environment day will keep reminding us what wrong we did to our environment & what good we need to do now.

"Let's nurture the nature so that we can have a better future."

There are lots of the things we need to do for - whether we are talking about the physical environment (nature) we have around us or a socio-psychological virtual environment prevailing surrounding us (in terms of human mentality for medical profession). Medical profession has always been a most noble profession & it will remain the same in future too. No matter it is being turned in a healthcare business; the nature of work we do for the business is noble, it's associated with human life & wellness. Perhaps due to many reasons the gap between doctors & patients / with general public is increasing. To preserve virtue of our profession, we shall work on reducing this gap. Aon Gaon Chale is one of the most effective way - what our leaders of IMA have identified as to serve the purpose of

closing the gap between us & community. This month on 25th June 2023, there will be a grant re-launching of programme. Every local IMA branch will be adopting a village. The Ahmedabad Medical Association being the largest association of state, will be adopting few couples of villages. There will be try to have a holistic approach for health of the people of those villages - By means of education, awareness, diagnostic camps & helping them to get better advantages of various government schemes for their health related issues. We expect maximum support of our members to participate in those activities.

Parallel we will be continuing our other activities too. The scientific programme conducted on 7th May was really good, where a common urological problem - BPH was very well covered. The medical field is growing very fast; the regular updates regarding knowledge & technologies are mandatory to give maximum benefits of those to our patients.

The monsoon season will be starting very soon. The incidences of various infectious diseases usually rise during this season. So, during this time we could have opportunities to do something better for both kinds of environments encircling us. Firstly, for nature, do the plantation & preserve them; & another, to build healthy environment between us & community, take opportunities to serve the people & better patient doctor interactions.

"Give with compassion today & to get better with gratitude tomorrow"

Jai AMA

Jai IMA

Dr. Jitendra Shah

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association

Spiritual talk by SHIVANIDIDI at AMA on 21/04/2023



Spiritual talk by SHIVANIDIDI at AMA on 21/04/2023



Spiritual talk by SHIVANIDIDI at AMA on 21/04/2023



PM SHRI NARENDRABHAI MODI'S MANN KI BAAT, 100TH EPISODE LIVE STREAMING AT AMA, 30TH APRIL 23



SCIENTIFIC PROGRAMME ON 07-05-2023



LADIES CLUB PROGRAMME



A.M.A. BULLETIN INDEX

Content	Page No.
» Message From President's & Hon. Secretary's Desk	2-3
» AMA Programmes Photos	4-6, 15-17
» IMA Membership Drive June 2023	9
» Scientific Programme.....	10
» AMA Senior Citizen Club Programme	11
» Reports of Programmes.....	12-13
» New Life Members.....	14
» Basic Air Rifle/Pistol Shooting Course.....	18
» World No Tobacco Day - Cyclothon	19
» Ladies Club Programmes	31
» Articles	32-38
» Advertisements.....	38

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IMA Membership Drive June 2023

The special offer for Membership of IMA, Ahmedabad
Effect from 01-06-2023 to 30-06-2023

There's 25% reduction in membership fees.

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Existing Rate	Rs. 16500 + 2970 (GST) = 19470-00 (Payment by Cheque Only)
Special Rate for June 2023	Rs. 12375 + 2228 (GST) = 14603-00 (Payment by Cheque Only)

Couple Life Membership Fees

Existing Rate	Rs. 27000 + 4860 (GST) = 31860-00 (Payment by Cheque Only)
Special Rate for June 2023	Rs. 20250 + 3645 (GST) = 23895-00 (Payment by Cheque Only)

Office Time : 2.00 p.m. to 6.30 p.m. Phone : 26588775

Requirement for membership:-

- * 5. Photo copy of registration number of M.B.B.S. of Gujarat Medical Council and Original registration copy required for verification. For other degree only two
- * Photo copy of Registration, For Couple Life Membership, 2 copy of Marriage Certificate.
- * After filling the form please make 3 photocopy of this form.
- * Payment by cheque in favour of " AHMEDABAD MEDICAL ASSOCIATION "

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- * Social Security Scheme (S.S.S.),
- * National Social Security Scheme (N.S.S.S)

PRADUT R. THAKOR SCIENTIFIC PROGRAMME

Ahmedabad Medical Association is organizing a Scientific Programme in Association with College of GP, IMA GSB

Date : 18-06-2023, Sunday

Time : 10.00 am to 12.30 pm

Venue : Hotel Radisson Blue, Law Garden

PROGRAMME DETAILS

Topic : First line investigation of fever on day 1 day 3 and day 6.

Speaker : Dr. Swati Gohel,
Infectious disease specialist, Ahmedabad

Topic : Hepatic serology- what test to be done?

Speaker : Dr. Kartik Desai
MD, DNB Gastroenterology
Consultant Gastroenterologist
KD hospital, Ahmedabad

Topic : Use of Topical steroids in family practice

Speaker : Dr. Bhavik Bhavsar MD (Skin), DVD

Panel Discussion

Topic : Evaluating a case of Anaemia - Role of automation generated reports of Haemogram.

Panelists : Dr. Hardik Modi
Haemato-pathologist, Sterling Accuris Laboratory
Dr. Umang Patel
MD (Pathology), Green Cross Laboratory

Moderator : Dr. Mehul Shelat

Co-ordinators : Dr. Kalpita Dave Dr. Kamlesh Naik

Register your name at AMA Office
between 2.00 to 6.00 pm. on Ph. : 079-26588775

Dr. Jitendra Shah
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA

AMA SENIOR CITIZEN CLUB &
AHMEDABAD MEDICAL ASSOCIATION HAS
ARRANGED A MOVIE SHOW

Date : 17-06-2023, Sunday
Time : 9.00 pm
Venue : R.M. Fozdar Hall, AMA House
Movie : Unchai - ઉંચાઈ
Star Cast : Amitabh Bachchan, Anupam Kher,
 Dany Denzongpa, Boman Irani,
 Parineeti Chopra, Sarika

- Registration Rs. 50/- on first cum first basis.
- Register your name between 10-06-2023, Saturday to 14-06-2023, Wednesday during 2.00 to 6.00 p.m. at AMA Office.

Light refreshment during interval

Co-Ordinators

Dr. K. R. Sanghvi
 Dr. Ramesh C. Shah
 AMA Senior Citizen Club

Dr. Abhay Dixit
 Dr. K. C. Gadhavi

Dr. Jitendra Shah
 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.

Report of Scientific Programme on 07-05-2023

A wonderful CME was organized by Ahmedabad Medical Association in association with Aarna Superspeciality Hospital on Sunday 7th May 2023. Topic of CME was related to Newer techniques in Management of Renal Stones and Urolift technique which is newer technique in Management of BPH; which was delivered by Dr Rohit Joshi. Apart from Medical lectures, there was a lecture on finance in which information was given when and where to invest our money, that was nicely delivered by Dr. Gaurang Kadam. More than 90 participants actively took part in CME. After lecture, there was Q-A session, which lasted for more than 45mins. Entire programme was nicely coordinated by Dr. Sahil Shah. The CME was followed by Lunch.

Report of participation of AMA in celebration of
100th episode of PM's Mann ki Baat Programme

There was a nationwide celebration of 100th episode of PM Shri Narendra Modi's Mann Ki Baat programme on 30th April 2023. A day before (on 29th April) a press conference was arranged at AMA, where around 15 media (Print & electronic media) were present. They were briefed about the programme to be held at various local IMA branches of Gujarat, Medical & paramedical colleges and Hospitals across the state. They did a wide coverage of our programme. INDIAN MEDICAL ASSOCIATION GUJARAT STATE BRANCH took the initiative to coordinate with each Local branches, Hospitals, Clinics and all Medical Colleges and other paramedical institutes of Gujarat State to join in this mission. The coordinators were designated at each of institutes, hospitals & IMA branches. More than 100 different

HOSPITALS of each MAJOR CITY including Ahmedabad participated. Apart from these, total 35 Medical colleges, 13 Dental colleges, 86 Physiotherapy colleges & 235 Nursing colleges also participated. Total 111 Local branches of Indian Medical Association, Gujarat state organized at two different centers in their area. Over all under leadership of IMA GSB, the program was conducted at more than 1244 centers of Gujarat. At AMA, the live streaming was arranged at R M Fozdar Hall. More than 200 members attended the event. Dr. Rajesh Desai, Dr. Sahil Shah, Dr. Atul Gandhi & Dr. Kalpita Dave nicely coordinated the event at AMA. Apart from these, more than 100 hospitals, all medical & paramedical colleges arranged the live streaming at their own premises.



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નારી સમાજસ્ય કુશલવાસ્તુક્વરા ।

"હદ એ શેહર સે નિકલી તો ગાંવ ગાંવ ચલી
કુછ યાદેં મેરે સંગ પાંવ પાંવ ચલી
સફર જે ઘૂપ કા કિયા તો તજુબા હુઆ
વો જિંદગી હી કયા જે છાંવ છાંવ ચલી"

"મધર્સ ડે" ની ઉજવણી ની અહેમિયત અને આનંદ સાથે હવે આગામી કાર્યક્રમની મજા માણીએ.

તા. ૦૬-૦૫-૨૦૨૩ ના રોજ ડૉ. તૃપ્તિ મહેતાએ Non-Surgical Procedure સરસ, સયોટ અને સરળ ભાષામાં માહિતી આપી. સૌ બહેનોએ આ કાર્યક્રમ ખૂબ રસપૂર્વક માણ્યો અને સંતોષ સાથે પ્રશ્નોત્તરી નો આનંદ પણ માણ્યો.

આગામી કાર્યક્રમો આ પ્રમાણે છે

કાર્યક્રમ નં. ૧ :

તારીખ : ૦૭-૦૬-૨૦૨૩
સમય : બપોરે : ૩.૦૦ થી ૫.૦૦ કલાકે
વિષય : (૧) નેચરોપથી એટલે શું ?
(૨) શરીર બોલે છે.
(૩) B12, D3 ની ખામી નેચરોપથીની દ્રષ્ટિએ
વક્તા : મીતા રાકેશ પરીખ (N.D.)
Dietician, Naturopathy Doctor
સ્થળ : એ.એમ.એ. હોલ

ખૂબ માહિતીસભર કાર્યક્રમ છે તો સૌ બહેનોએ હાજર રહી લાભ લેવા વિનંતી.

શ્રીમતી સુપમા નયન શાહ
પ્રમુખ - મો. ૯૩૨૮૦૮૩૩૬૯

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સેક્રેટરી - મો. ૯૭૨૫૩૭૩૩૨૩

ડૉ. જીતેન્દ્ર શાહ
પ્રમુખ, એ.એમ.એ.

ડૉ. ગાર્ગી પટેલ
સેક્રેટરી, એ.એમ.એ.

Prevention of Surgical Site Infections (SSIs)

Recommendations to Prevent Surgical Site Infections (SSIs)

Essential practices
1. Administer antimicrobial prophylaxis according to evidence-based standards and guidelines. (Quality of evidence: HIGH)
2. Use a combination of parenteral and oral antimicrobial prophylaxis prior to elective colorectal surgery to reduce the risk of SSI. (Quality of evidence: HIGH)
3. Decolonize surgical patients with an anti-staphylococcal agent in the preoperative setting for orthopedic and cardiothoracic procedures. (Quality of evidence: HIGH)
Decolonize surgical patients in other procedures at high risk of staphylococcal SSI, such as those involving prosthetic material. (Quality of evidence: LOW)
4. Use antibiotic-containing preoperative vaginal preparation agents for patients undergoing cesarean delivery or hysterectomy. (Quality of evidence: MODERATE)
5. Do not remove hair at the operative site unless the presence of hair will interfere with the surgical procedure. (Quality of evidence: MODERATE)
6. Use alcohol-containing preoperative skin preparatory agents in combination with an antiseptic. (Quality of evidence: HIGH)
7. For procedures not requiring hypothermia, maintain normothermia (temperature > 36.5°C) during the perioperative period. (Quality of evidence: HIGH)
8. Use impermeable plastic wound protectors for gastro-intestinal and biliary tract surgery. (Quality of evidence: HIGH)
9. Perform intraoperative aseptic wound lavage. (Quality of evidence: MODERATE)
10. Control blood glucose level during the immediate postoperative period for all patients. (Quality of evidence: HIGH)
11. Use a checklist and/or bundle to ensure compliance with best practices to improve surgical site safety. (Quality of evidence: HIGH)
12. Perform surveillance for SSI. (Quality of evidence: MODERATE)
13. Increase the efficiency of surveillance by utilizing automated data. (Quality of evidence: MODERATE)
14. Provide ongoing SSI rate feedback to surgical and perioperative personnel and leadership. (Quality of evidence: MODERATE)
15. Measure and provide feedback to HCP regarding rates of compliance with process measures. (Quality of evidence: LOW)
16. Educate surgeons and perioperative personnel about SSI prevention measures. (Quality of evidence: LOW)
17. Educate patients and their families about SSI prevention as appropriate. (Quality of evidence: LOW)
18. Implement policies and practices to reduce the risk of SSI for patients that align with applicable evidence-based standards, rules and regulations, and medical device manufacturer instructions for use. (Quality of evidence: MODERATE)
19. Observe and review operating room personnel and the environment of care in the operating room and in central sterile processing. (Quality of evidence: LOW)
Additional approaches
1. Perform an SSI risk assessment. (Quality of evidence: LOW)
2. Consider use of negative pressure dressings in patients who may benefit. (Quality of evidence: MODERATE)
3. Observe and review practices in the preoperative clinic, postanesthesia care unit, surgical intensive care unit and/or surgical ward. (Quality of evidence: MODERATE)
4. Use antibiotic-integrated sutures as a strategy to prevent SSI. (Quality of evidence: MODERATE)
Approaches that should not be considered a routine part of SSI prevention
1. Do not routinely use vancomycin for antimicrobial prophylaxis. (Quality of evidence: MODERATE)
2. Do not routinely delay surgery to provide parenteral nutrition. (Quality of evidence: HIGH)
3. Do not routinely use antiseptic drops as a strategy to prevent SSI. (Quality of evidence: HIGH)
Unresolved issues
1. Optimize tissue oxygenation at the incision site
2. Preoperative intranasal and pharyngeal CHG treatment for patients undergoing cardiothoracic procedures
3. Use of povidone-iodine sponges
4. Use of antimicrobial powder
5. Use of surgical attire

Quality of Evidence

HIGH	Highly confident that the true effect lies close to that of the estimated size and direction of the effect, for example, when there are a wide range of studies with no major limitations, there is little variation between studies, and the summary estimate has a narrow confidence interval.
MODERATE	The true effect is likely to be close to the estimated size and direction of the effect, but there is a possibility that it is substantially different, for example, when there are only a few studies and some have limitations but not major flaws, there is some variation between studies, or the confidence interval of the summary estimate is wide.
LOW	The true effect may be substantially different from the estimated size and direction of the effect, for example, when supporting studies have major flaws, there is important variation between studies, the confidence interval of the summary estimate is very wide, or there are no rigorous studies.

Based on the CDC Healthcare Infection Control Practices Advisory Committee (HICPAC) "Update to the Centers for Disease Control and Prevention and the Healthcare Infection Control Practices Advisory Committee Recommendations Categorization Scheme for Infection Control and Prevention Guideline Recommendations" (October 2019), the Grades of Recommendation, Assessment, Development, and Evaluation (GRADE), and the Canadian Task Force on Preventive Health Care.

Selected Risk Factors for and Recommendations to Prevent Surgical Site Infection (SSI)

Risk Factor	Recommendation	Quality of Evidence
Attributable, patient-related (preoperative)		
Unmodifiable		
Age	No formal recommendation; relationship to increased risk of SSI may be secondary to comorbidities or immunosenescence.	N/A
History of radiation	No formal recommendation. Prior irradiation at the surgical site increases the risk of SSI, likely due to tissue damage and wound ischemia.	N/A
History of skin and soft-tissue infections	No formal recommendation. History of a prior skin infection may be a marker for inherent differences in host immune function.	N/A
Modifiable		
Glucose control	Control serum blood-glucose levels for all surgical patients, including patients without diabetes.	HIGH
Obesity	Increase dosing of prophylactic antimicrobial agent for morbidly obese patients.	HIGH
Smoking cessation	Encourage smoking cessation within 30 days of procedure.	HIGH
Immunosuppressive medications	Avoid immunosuppressive medications in the operative period if possible.	LOW
Hypocalcemia	No formal recommendation. Though a noted risk factor, do not delay surgery for use of total parenteral nutrition.	N/A
5-aminosalicylic acid (5-ASA) use	Discontinue patients with oral mesalamine or pectin-lactadine prior to surgery.	MODERATE

Preparation of patient		
Hair removal	Do not remove unless hair will interfere with the operation; if hair removal is necessary, remove outside of the operating room by clipping. Do not use razors.	HIGH
Preoperative infections	Identify and treat infections remote to the surgical site (eg, urinary tract infection) in the presence of prior to elective surgery. Do not routinely test or treat for asymptomatic bacteriuria except in urologic procedures.	MODERATE
Operative characteristics		
Surgical scrub (surgical team members' hands and forearms)	Use appropriate antiseptic agent to perform preoperative surgical scrub. For most products, scrub the hands and forearms for 2-5 minutes.	MODERATE
Skin preparation*	Wash and clean skin around incision site. Use a dual agent skin prep containing alcohol unless contraindications exist.	HIGH
Antimicrobial prophylaxis	Administer only when indicated. Select appropriate agents based on surgical procedure, most common pathogens causing SSI for a specific procedure, and local site recommendations. Administer within 1 hour of incision to maximize tissue concentration. Discontinue antimicrobial agents after incisional closure in the operating room.	HIGH
Blood transfusion	Blood transfusions increase the risk of SSI by decreasing macrophage function. Reduce blood loss and need for blood transfusion to greatest extent possible.	MODERATE
Surgeon skill/technique	Handle tissue carefully and eradicate dead space.	LOW
Appropriate gloving	All members of the operative team should double glove and change gloves when perforation is noted.	LOW
Asepsis	Adhere to standard principles of operating room asepsis.	LOW
Operative time	No formal recommendation in most recent guidelines; minimize as much as possible without sacrificing surgical technique and aseptic practice.	HIGH
Operating room characteristics		
Ventilation	Follow American Institute of Architects' recommendations for proper air handling in the operating room.	LOW
Traffic	Minimize operating room traffic.	LOW
Environmental surfaces	Use an Environmental Protection Agency (EPA)-approved hospital disinfectant to clean visibly soiled or contaminated surfaces and equipment in accordance with manufacturer's instructions.	LOW
Sterilization of surgical equipment	Sterilize all surgical equipment according to the device manufacturer's validated parameters: cycle type, time, temperature, pressure, and dry time. Minimize the use of immediate use steam sterilization.	MODERATE

*Baclofen and tetracyclines can be given 2 hours preincision.

Ref. : Michael S. Calderwood *et al*, Infection Control & Hospital Epidemiology

Mindful Meditation – An answer to Stress Reduction and Improved Wellbeing

Background

Depression continues to be a major health issue for older adults. It affects about 20% of adults especially the age of 65 years and older.¹ Moderate to higher levels of depression and anxiety (DAS) were also observed among approximately 45% of Indian youth especially after COVID-19. DAS was significantly higher among youth preparing for competitive examinations. Collegegoing students showed significantly higher levels of depression and stress. It can also lead to suicidal thoughts and behaviours which are important public health concerns across the globe.²

These findings indicate the need for a multispectral approach to cope up with stress and to improve psychological well-being among youth.

There are many ways to treat depression. Antidepressants and psychotherapy are the usual first-line treatments, but ongoing research has suggested that a regular meditation practice like Mindful Based Meditation (MBM) practices can help by changing how the brain responds to stress and anxiety.

MBM can improve neuroplasticity (change in brain structure) and can facilitate the process of emotional regulation which is a key component of suicidal risk in some disorders. There is evidence that MBM have a positive effect on mediating and precipitating factors of suicidal behaviour which could potentially make them a preventive intervention for suicide risk.

What is Mindful Based Meditation (MBM)³

Mindfulness is a state of intentional, non-judgmental focus on the present moment. Mindfulness techniques are often incorporated into other practices, such as yoga or meditation. It is often thought to include the following elements:

- Awareness – Being tuned in to what is happening in the present moment, including sights, sounds, smells, or physical sensations we might usually ignore.
- Focus – Paying attention to the present moment, without thinking about past or future events.
- Acceptance – Accepting whatever we might be feeling or thinking,

without judging it or trying to change it or our reactions.

- Observation – Recognizing unpleasant sensations, thoughts, and feelings as temporary and fleeting, observing them objectively without reaction or judgment.

How Meditation impacts our brain¹

Meditation has been found to change certain brain regions that are specifically linked with depression. For instance, scientists have shown that the medial prefrontal cortex (mPFC) becomes hyperactive in depressed people. The mPFC is often called the "me center" because this is where we process information about ourselves, such as worrying about the future and ruminating about the past. When people get stressed about life, the mPFC goes into overdrive.

Another brain region associated with depression is the amygdala, or "fear center." This is the part of the brain responsible for the fight-or-flight response, which triggers the adrenal glands to release the stress hormone cortisol in response to fear and perceived danger.

These two brain regions work off each other to cause depression. The "me center" gets worked up reacting to stress and anxiety, and the "fear center" response leads to a spike in cortisol levels to fight a danger that's only in our mind. Research has found that meditation helps break the connection between these two brain regions. When we meditate, we are better able to ignore the negative sensations of stress and anxiety, which explains, in part, why stress levels fall when we meditate.

Another way meditation helps the brain is by protecting the hippocampus (a brain area involved in memory). One study discovered that people who meditated for 30 minutes a day for eight weeks increased the volume of gray matter in their hippocampus, and other research has shown that people who suffer from recurrent depression tend to have a smaller hippocampus.

Common myths around Meditation practices

There are many myths or misconception around meditation practices. Especially like, it requires sitting long time in silence with eyes closed to remove the negative thoughts from the mind. The aim of meditation is not to push aside stress or block out negative thinking, but rather to notice those thoughts and feelings, all the while understanding that we don't have to act on them. This could be as simple as closing our eyes or even keeping our eyes open and

repeating a single phrase or word or counting breaths for just 5-10 minutes to begin with. This helps provide some distance from those negative thoughts or stressful feelings, allowing us to recognize that, although they affect us, but they are not us. There are many techniques of meditation, one of the highest researched and proven one is Mindful Based Meditation.

Few common Mindfulness practices³

Here are brief descriptions of a few common mindfulness exercises. We can try many of these anywhere, at home or on the go, in a few moments of quiet.

- Mindful breathing – One of the simplest exercises is mindful breathing. Simply spend a few minutes focusing your awareness on the movement of your thoughts and your breath in and out, without trying to change them in any way. This can be practiced even while driving the car to clinic or during day-to-day household work.
- Body scan – While seated or lying down, gradually focus your attention on one body part at a time, noticing any physical sensations without judging or reacting to them. A typical body scan might start with the soles of the feet and then progressively move awareness to the knees, hips, back, belly, chest, neck, and head.
- Mindful eating – This exercise involves eating very slowly and deliberately while paying attention to the sensations of holding the item, smelling, tasting, chewing, and swallowing it.
- Loving kindness meditation – An exercise in which you direct positive thoughts and wishes first to yourself, then to your close family and friends, then to more distant acquaintances, and finally to all humanity.
- Mindful movement – While walking or rolling, pay close attention to your breathing, your body movements, and your surroundings. You can also practice mindfulness while doing familiar exercises, such as yoga, focusing on the physical sensations as you enter and hold each pose.

In summary, Meditation trains the brain to achieve sustained focus, and to return to that focus when negative thinking, emotions, and physical sensations intrude — which happens a lot when we feel stressed and anxious. This has been endorsed by Dr. John W.

Denninger, director of research at the Benson-Henry Institute for Mind Body Medicine at Harvard-affiliated Massachusetts General Hospital.

1. <https://www.health.harvard.edu/mind-and-mood/how-meditation-helps-with-depression>
2. Vaidya R, Kaza SK, Gupta P, Weine SM, Nooyi SC, Chaudhury N. Depression, Anxiety, and Stress among Indian Youth during the COVID-19 Lockdown – A Cross-Sectional Survey. J Mental Health Hum Behav [serial online] 2021 [cited 2023 Apr 23];26:153-60.
3. University of Washington. (2017). How to Reduce Stress Through Mindfulness [Factsheet]. Aging Well with a Physical Disability Factsheet Series. Healthy Aging & Physical Disability RRTC, <http://agerrtc.washington.edu>

Disclaimer : This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

By : Dr. Purav Thakkar

હિરેન શાહ મો. ૯૯૭૪૦ ૬૩૭૨૪

ધરની શોભા વધારો

ગણેશ કન્સ્ટ્રક્શન

ફ્લેટ, બંગ્લોગ, ઓફિસમાં તમામ પ્રકારનું રીનોવેશનનું કામ વ્યાજબી ભાવે અને સંતોષકારક કરી આપવામાં આવશે.

- POP, કલર, ઈલેક્ટ્રીક, બાથરૂમ, કીચન, બારી દરવાજા, વેધર સેડ, MS ગ્રીલ
- દરેક રૂમમાં પ્લાસ્ટીક પેઈન્ટ કલર સાથે બધા રૂમમાં એક દિવાલ સ્ટ્રક્ચર પ્રીન્ટ કરી આપવામાં આવશે.
- ગ્રોનાઈટની ફેમમાં બારી અને દરવાજા વુડન ફ્લેટ ડોર
- એલ્યુમીનીયમ સેક્શન બારી
- કમલેટ નવા બાથરૂમ C.P. ફીટિંગ અને સેલેટરી આઈટમ સાથે
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- ઈંધણી ટ્રીટમેન્ટ સાથે
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- ૨૫ Sq.foot ના માપ મુજબ
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