

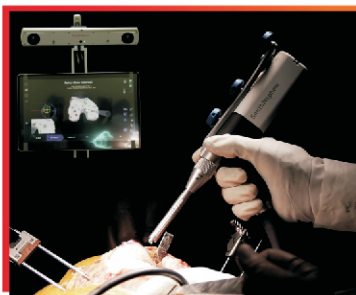
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(Branch of Indian Medical Association)

ESTD : 1902

AHMEDABAD MEDICO NEWS

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President - AMA



Dr. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - **Dr. DILIP GADHAVI**

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HIGHLIGHTS

Programme

21-01-2023 Scientific Programme
22-01-2023 Scientific Programme
26-01-2023 Republic Day Celebration

Article

How to understand and conduct
evidence-based medicine



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

The preceding month was month for “Avsar Lokshahika” for us – the citizens of Gujarat. Many of us have participated; but it is unfortunate, certain citizens still abstained from the voting. It's our constitutional right to vote for our preferred candidate... but, at least **to vote** shall be our moral responsibility... Two members of our own association have secured a great victory in election & have accepted the responsibility to serve the people & society. We congratulate Dr Hasmukh Patel & Dr. Payal Kukrani & wish they will successfully deliver our voice up to the government.

It is very unfortunate to see the young doctors are taking wrong step of ending their life. There could be multiple factors, but we know, stress is among one of those. AMA will like to move forward & in coordination with medical colleges, help to prepare some plan or come up with some way to reduce stress amongst under graduate & post graduate students; which in turn may reduce the incidences of suicide.

This year we have also lost one very noble senior doctor & past president of our association, Dr. Shilin Shukla. We feel very grief on his demise & pray for his divine soul to rest in peace.

“We will all profit from a more diverse, inclusive society, understanding, accommodating, even celebrating our differences, while pulling together for the common good.”

– Ruth Bader Ginsburg

Diversity of thoughts & implementations makes companies or organization successful. We all have blinders but being open to new perspectives challenges and motivates us to be better.

In upcoming months we will come up with some more innovative programmes, We wish to involve more & more young generations to actively participate in different activities. We will also like to involve the members with diverse interest to get the platform for their participation in activities of their passion.

Wishing you all a very Happy New Year 2023!!

Jai AMA, Jai IMA

Dr. Jitendra Shah

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association

Scientific Programme on Date : 04-12-2022



Scientific Programme on Date : 04-12-2022



Scientific Programme on Date : 04-12-2022



Medico Spiritual Conclave Date : 18-12-2022



Medico Spiritual Conclave Date : 18-12-2022





Ladies Club Programmes





SHRADDHANJALI

**We send our sympathy & condolence to the bereaved family.
May their soul rest in eternal peace.**



Dr. SHILIN N. SHUKLA

L-1191 M.D., MEDICINE

Date of Birth : 01-10-1949

Date of Death : 27-11-2022

- Past President of Ahmedabad Medical Association (Year - 1993-94)
- Medical Oncologist
- Former Director of Gujarat Cancer & Research Institute



Dr Pushpaben Multani & Medico-Mitra Mandal Scientific Programme

Ahmedabad Medical Association organizes a
CME in association with ladies club of AMA
on **"How to Prevent Aging?"**

Date : 21 – 01 – 23, Saturday

Time : 02.30 pm to 04.30 pm

Venue : 1st Floor, AMA Hall, Ashram Road.

Subject	Speaker	Time
1) Why ageing ? Actiopathogenesis	Dr. Krina B. Patel , MD,DVD (Prof., HOD, GMERS, Sola)	15 min.
2) Medical Management	Dr. Ranjan C. Raval , MD,DVD (Prof. & HOD, GCS Hospital) Consultant	15 min.
3) Injectors & Others	Dr. Arti N. Shah , MD,DVD (Ex. Asso. Prof., V.S. Hospital) Consultant Cosmetic Dermatologist	15 min.
4) Advance Technology	Dr. Bansari Mahadevia , MD Consultant Cosmetic Dermatologist	15 min.
5) Explore the Power of Breath Detox, Anti Aging along with Profound "Inner Transformation"	Dr. Nilam Raval Sr. Most Faculty of Art of Living Vyakti Vikas Kendra & IAHV	45 min.

Session will be followed by High Tea.

Co-ordinators

Dr. Kalpita Dave

Dr. Jitendra Shah
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA

Smt. Sumitraben Patel & Geetaben M. Desai Scientific Programme

Date : 22 – 01 – 23, Sunday

Time : 10.30 am to 12.30 pm

Venue : **Hotel Fortune Park**,
Near Gujarat College, Ahmedabad

Topic	: Recent Advances in Joint Replacement Surgeries
Speaker	: Dr. Ashish Sheth, Senior Arthroplasty
Topic	: Digital Spine Surgery, Shalby Hospital
Speaker	: Dr. Niraj Vasavada , Head of Spine Surgeries, Shalby Hospital
Topic	: Is it possible to reverse lifestyle disease naturally?
Speaker	: Dr. Gunjit Parmar (health coach) & Dr. Bhumi Patel (health coach)

Session will be followed by Lunch

Supported by

Shalby Hospital

Co-ordinators

Dr. Jatin Sanandia & Dr. Gunjit Parmar

Dr. Jitendra Shah
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA



Republic Day Celebration



Let us celebrate our 74th Republic day & salute our national flag.

આઓ આપણે સહુ મળીને પ્રજાસત્તાક દીનની ઉજવણી કરીએ.

Date : 26-01-2023

Time : 9.00 am onwards

Venue : Ahmedabad Medical Association

Dr. Jitendra Shah
President, AMA

Dr. Gargi Patel
Hon. Secretary, AMA

WE WELCOME FOLLOWING NEW LIFE MEMBERS

12271 L	DR. THAKER SHIVNA KAUSHAL
12272 L	DR. PATEL TRUNALKUMAR JAYANTIBHAI
12273 L	DR. PRAJAPATI PRAYUT BIPINCHANDRA
12274 L	DR. MENGHANT HEMANT PURSHOTTAM
12275 LC	DR. PATEL DHURV BHUPENDRABHAI
12276 LC	DR. PATEL NIRJA PRAKASHCHANDRA
12277 L	DR. PATEL JAYKRISHNABHAI PRAVINBHAI
12278 L	DR. PATEL CHAITALKUMAR RATILAL
12279 L	DR. GUPTA NIDHI SUSHILKUMAR
12280 L	DR. KOLI HIRAL BHARATBHAI
12281 LC	DR. PATEL AKASH PRAVINBHAI
12282 LC	DR. NATHWANI YASHVI PIYUSH
12283 L	DR. PATEL MAYANKKUMAR ISHWARBHAI
12284 L	DR. PATEL VAIBHAVKUMAR BIPINBHAI
12285 L(Transfer)	DR. CHAUHAN DISHANK VASANTLAL
12286 LC	DR. CHAUHAN ANIL GANGSJIBHAI
12287 LC	DR. KUKRANI PAYAL MANOJKUMAR
12288 L (Transfer)	DR. THAKKER GIRISH RATILAL
12289 L	DR. GANDHI CHINMAY RAKESHBHAI
12290 LC	DR. PUROHIT PULKIT BHARATKUMAR
12291 LC	DR. DESAI ANKITA RAMNIKBHAI
12292 L	DR. CHAUDHARI NIMESH JITUBHAI



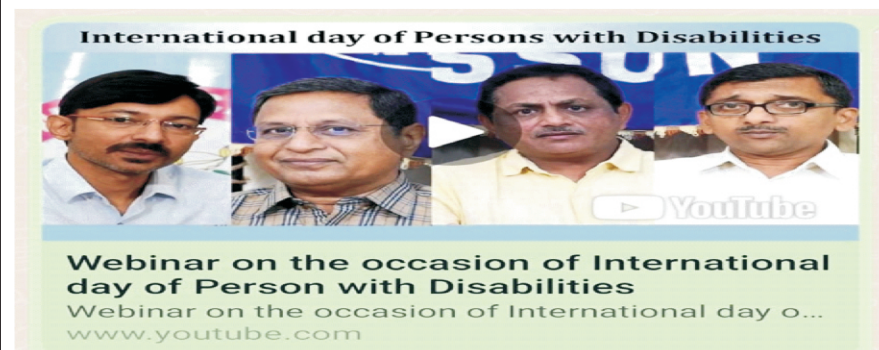
Report of Scientific programme on HIV / AIDS

1st December is observed as “World AIDS DAY”. In reference to that, Ahmedabad medical association organized a CME in association with IMA GSB & Gujarat State AIDS control Society on 4th December, Sunday. Dr. Nidhi Bhatnagar, HOD, IHBT, Dr. Bhargav Prajapati, Dr. Vipul Shah, Infectious disease specialist & Dr. Jhalak Patel & Dr. Anup Amin perfectly covered all the scientific aspects related to prevention & management of HIV infection & safe transfusion practices. Dr. Mahavirsinh Jadeja, President of IMA GSB was felicitated; he also addressed the audience regarding our commitment towards fighting against this monster. Dr. Vishwas Amin nicely coordinated the entire event. The CME was followed by delicious lunch. It was attended by more than 150 participants.

In presence of Presidents & Hon. Secretaries of IMA GSB & the AMA the centurion blood donors who were present in a large numbers were appreciated with standing ovation. At the end Dr. Urvesh Shah thanked all especially Dr. Vishwas Amin & Team of Red Cross Society for their Hard Work to make this event successful & also to supporting this wonderful event.

Report of Public awareness webinar on international day of persons with disabilities 3-12-2022

Every year 3rd December is observed as “International Day of Person with Disabilities”. A webinar was organized by Ahmedabad Medical Association on 03/12/2022. Dr. Bipin K.Amin - Consultant in Internal Medicine & ID ; CA Dineshbhai Shah - Chartered Accountant, Ahmedabad & Adv Vipulbhai Shah - Advocate Gujarat Highcourt were invited as expert speakers. Webinar was co-ordinated by Dr. Rajesh Desai - Associate Professor, Physiology department GMERS Medical College, Gandhinagar. It was very lively, engaging, educative and informative session. The webinar was streamed live on YouTube as well as on association's official Facebook page.



CONGRATULATIONS

1. Congratulation to **Dr. Anil Kulshrestha** (President - APA) for being elected as a Member of Governing Council Body of Association of Physicians of India for Three years.
2. Congratulations to **Dr. Jitendra Anand** (Vice President - APA) for being elected as a President of Association of Physicians of India - Gujarat Chapter for 2022-2023.

OBITUARY**May their soul rest in eternal peace.****DR. HASMUKH B. NAYAK**

L-4139 M.D. T.B. & CHEST

Date of Birth : 03-04-1952

Date of Death : 29-11-2022

**DR. GAURANGBHAI H. BHATT**

L-83 M.B.B.S.

Date of Birth : 02-02-1938

Date of Death : 09-12-2022

We send our sympathy & condolence to the bereaved family.**હિરેન શાહ મો. ૯૯૭૪૦ ૬૩૭૨૪****ઘરની
શોભા વધારો****ગણેશ કન્સ્ટ્રક્શન**

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

- POP, કલર, ઇલેક્ટ્રીક, બાથરૂમ, કીચન, બારી દરવાજા, વેધર સેડ, MS ગ્રીલ
- દરેક રૂમમાં પ્લાસ્ટીક પેઇન્ટ 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. ફીટીંગ અને સેનેટરી આઈટમ સાથે
- ઘરના તમામએરિયાનું નવું ફ્લોરીંગ
- ઉંઘઈની ટ્રીટમેન્ટ સાથે
- મોડ્યુલર કીચન ૬ બાસ્કેટ સાથે (PVC અને વુડન) ૨૫ Sq.feet ના માપ મુજબ
- તમારા મકાનને (Complete રીનોવેશન) કામ માટે મળો.

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.

દોડીઝ-કલાલ**નારી સમાજસ્ય કુશલવાસ્તુક્વરા ।**

"પોતાના મુઠ્ઠીક સ્વપ્ન લઈને આ કાફલા જાય છે,
એની અંતરિયાળ લૂંટ કરવા રસ્તા બધા નીકળે.
દાર ખખડાવીએ છીએ તો દાર ખોલી જુઓ,
અમે કદાચ તમારી ખુશાલી નીકળીએ"

વર્ષ ૨૦૨૨ની ખુશખુશાલી ભરી વિદાય પછી હવે નવા વર્ષ ૨૦૨૩ ને વધાવીએ.

આગામી કાર્યક્રમો

કાર્યક્રમ નં. ૭ : તનિષ્ઠ જ્યેલર્સની મુલાકાત

તારીખ, સમય તથા સ્થળ મેસેજ દ્વારા જણાવવામાં આવશે.

પ્રોગ્રામના સહયોગી : ડૉ. અતુલ ગાંધી

કાર્યક્રમ નં. ૮ : How to Prevent Aging ?

Date : 21 - 01 - 23, Saturday

Time : 02.30 pm to 04.30 pm

Venue : 1st Floor, AMA Hall, Ashram Road.

નોંધ : આ પ્રોગ્રામની વધુ માહિતી પાના નં. ૧૬ પર આપેલ છે.

આ પ્રોગ્રામમાં આપણે એ.એમ.એ. સાથે જોડાઈશું.

કાર્યક્રમ નં. ૯ : પ્રજાસત્તાક દિનની ઉજવણી - પિતૃ સંસ્થા સાથે

તારીખ : ૨૬-૦૧-૨૦૨૩

સમય : સવારે ૯.૦૦ કલાકે

સ્થળ : એ.એમ.એ.

શ્રીમતી સુષમા નયન શાહ

પ્રમુખ

મો. ૯૩૨૮૦૮૩૩૬૯

ડૉ. જીતેન્દ્ર શાહ

પ્રમુખ, એ.એમ.એ.

શ્રીમતી જશનાબેન મહેતા

માનદ્ મંત્રી

મો. ૯૭૨૫૩૭૩૩૨૩

ડૉ. ગાગી પટેલ

માનદ્ મંત્રી, એ.એમ.એ.



How to understand and conduct evidence-based medicine

Evidence-based medicine (EBM) is the conscientious, explicit, and judicious use of current best evidence in making decisions regarding the care of individual patients. As EBM also involves making use of the best available information to answer questions in clinical practice.

Evidence-based medicine (EBM) uses the scientific method to organize and apply current data to improve healthcare decisions. Thus, the best available science is combined with the healthcare professional's clinical experience and the patient's values to arrive at the best medical decision for the patient. There are 5 main steps for applying EBM to clinical practice

- Defining a clinically relevant question
- Searching for the best evidence
- Critically appraising the evidence
- Applying the evidence
- Evaluating the performance of EBM

EBM starts with a clinical question. The clinical question is an issue which the health-care provider addresses with the patient.

Types of clinical questions:

- questions about intervention
- questions about etiology and risk factors
- questions about frequency and rate
- questions about diagnosis
- questions about prognosis and prediction



- question about cost-effectiveness
- question about phenomena

Scientific Evidence :

After the clinical question is formulated, relevant scientific evidence is sought, which relates to the clinical question. Scientific evidence includes study outcomes and opinions. Not all data has the same strength. Recommendations from an expert are not as robust as the results of a well-conducted study, which is not as good as the results of a set of well-conducted studies. Thus in evidence-based medicine, the levels of evidence or data should be graded according to their relative strength. Stronger evidence should be given more weight when making clinical decisions.

The evidence is commonly stratified into six different levels:

- **Level IA:** evidence obtained from a meta-analysis of multiple, well-conducted, and well-designed randomized trials. Randomized trials provide some of the strongest clinical evidence, and if these are repeated and the results combined in a meta-analysis, then the overall results are assumed to be even stronger.
- **Level IB:** evidence obtained from a single well-conducted and well-designed randomized controlled trial. The randomized controlled study, when well-designed and well-conducted, is a gold standard for clinical medicine.
- **Level IIA:** evidence from at least one well-designed and executed non-randomized controlled study. When





randomization does not occur, there may be more bias introduced into the study.

- **Level IIB:** evidence from at least one well-designed case-control or cohort study. Not all clinical questions can be effectively or ethically studied with a randomized controlled study.
- **Level III:** evidence from at least one non-experimental study. Typically level III evidence would include case series as well as not well-designed case-control or cohort studies.
- **Level IV:** expert opinions from respected authorities on the subject based on their clinical experience.

All clinical studies or scientific evidence can be classified into one of the above categories. The clinician must then use their professional, clinical experience to extrapolate the scientific evidence as it applies to the specific patient. Most clinical studies have specific inclusion and exclusion criteria, as well as the specific population studied. More often than not, the patient being treated by the clinician will have one or more substantial differences from the population in the study. The medical provider must then use their clinical judgment to determine how the variations between the patient and the study population are important or not and how they affect applying the study results to the specific patient.

Clinicians using evidence-based medicine must put all of the information in the context of the patient's values or preferences. The patient's values or preferences may conflict with some of the possible options. Even strong evidence supporting a specific treatment may not be



compatible with the patient's preferences, and thus, the clinician may not recommend the treatment to the patient. Also, the treatment might not apply to the specific patient.

As an example, a patient may have a particular form of cancer. Level IA evidence may suggest life expectancy can double from 8 to 16 months with chemotherapy. The chemotherapy has significant side effects. The patient may find those side effects not acceptable and elect not to pursue chemotherapy secondary to the specific patient's preferences and values.

Clinical Judgment :

Once the clinical question is formulated, relevant scientific information is evaluated, and clinical judgment is used to apply the relevant scientific evidence to the specific patient and their values, the outcome must be evaluated. The final step is a re-evaluation of the patient and clinical outcome after application of the applied information. Did the intervention help? Were the outcomes as expected? What new information is obtained? How can this information be applied to future situations and patients?

Evidenced-based medicine starts with the clinical question and returns to the clinical question at the end to see to what effect the process worked. Without continuous re-evaluation, the medical provider will not be sure if their impact is positive or negative. Evidence-based medicine is a perpetual wheel of improvement rather than a one-time linear process.

