

# प्रशमन

Outcome of Medicoz Creativity

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## FACE TO FACE



1<sup>st</sup> December is observed as World AIDS Day. Prevention is the only cure for AIDS. However we can care the patients with best drugs available and patients can live a normal life. One such center engaged in this pious work is ART (Anti-retroviral Therapy) at our BJMC, Civil Hospital, Ahmedabad. PRASHAMAN, e-talked with Dr. Bipin Amin (Professor of Medicine, Clinical Expert and Trainer at ART centre) on HIV/AIDS related facility at this center:

Dr. Amin: The injured person needs to see immediately physician in medical OPD/ Emergency area or the ART medical officer at ART center. As per national guidelines, ART for the purpose of Occupational Post exposure Prophylaxis (PEP) in required case will be advised along with counseling. There is provision of emergency 1<sup>st</sup> dose of ART in certain areas of hospital like emergency, labor room etc.

Prashaman: What is the background of starting this center sir?

Dr. Amin: This center was started in April 2005. Looking to the work potential and capacity of clinicians of our institute this was converted in to regional training center for "HIV care, support and treatment" one of only eight center in India. This center was converted to COE (Center of Excellence) in 2008.

Prashaman: What are the services provided by this center sir?

Dr. Amin : The center provide all services related to Care Support and Treatment to PLHIV(People Living with HIV/AIDS) which includes free Universal Access to ART, Diagnostic services and Standardized combination ARV therapy for adult, adolescent and pediatric patients (1st line, Alternate 1<sup>st</sup> line and 2<sup>nd</sup> line drugs) It also provides PPTCT (Prevention of Parents To Child Transmission) service, ICTC(Integrated Counseling and Testing Centre) services and PEP(Post Exposure Prophylaxis) services. Prashaman: Are these services provided free of cost to patients?

Dr. Amin: All above mentioned services are provided free of cost to the eligible patients

Prashaman: How many such centers are established in Gujarat?

Dr. Amin: Around 18 centers in State and 2 centers in Ahmedabad city itself.

Prashaman: We have heard that this is the centre of excellence, what does it mean?

Dr. Amin: This is specific center with well defined work. There are 10 centers across country and BJMC-COE is one of them. The functions of COE includes Capacity building of good quality, skilled and knowledgeable healthcare providers in chronic patient management, including treatment failures, Training of HIV Care personnel, Operational Research and scientific publications, Fellowship Programs for doctors, Mentoring ART centers in the region / state, Distance Education / consultation: Telemedicine and Repository of information related to HIV/AIDS. The scientific publication produces by COE is presented nationally and internationally.

Prashaman: Suppose there is accidental injury to medical student / intern / staff member, then what is the protocol established to prevent HIV / AIDS for them?

Dr. Amin: There are laid down national guideline for medical practitioner where one can understand how to suspect, diagnose and manage the cases. One can refer the available guidelines.

Prashaman: Are there any special provision for pregnant mother at this centre for prevention of HIV/AIDS in her child?

Dr. Amin: Yes. All ante natal females are screened for HIV status and under the PPTCT program.

Prashaman: How many patients take benefit of this center?

Dr. Amin: This center has registered more than 15000 patients since it starting of services. The patients are benefited with all type of combination ART and other aspect of CST services

Prashaman: What precautions related to HIV do you advice to medical students who come in hospital to learn bed side medicine?

Dr. Amin: Students should know how to take universal precautions and biomedical waste management when they deal with any case. This is important not only for HIV cases but ALL CASES encountered in any hospital setting. In normal bedside teaching sessions where there is no procedure in done there is no risk of acquiring HIV infection. They should be cautious when by chance there is possibility of needle or sharp instruments

Prashaman: Sir, What is your message to students of our college / volunteers for World AIDS Day - 2011?

Dr. Amin: Currently HIV is chronic manageable disease and PREVENTION is best management of this disease. All of us are aware of modes of HIV transmission. Each one should follow universal precautions, timely PEP for occupational exposure and most importantly to spread correct message related to HIV/AIDS so that we can contribute in reduction of new cases of HIV.

Prashaman: Thank you Sir!

Dr. Amin: It's my pleasure.

## Does it click?



Identify the person and put your answer in the drop box.



Names will be displayed in the next issue!

Last month answer - Paris Hilton

## B'JOY

A committee is a group of people who individually can do nothing, but as a group decide that nothing can be done!!

### SOMETHING QUOTED

"There's no end to adventure that we can have if only we seek them with our eyes open."

- Jawaharlal Nehru



## AHO ASHCHARYAM!!

- The origins of the guitar can be traced back as much as 4000 years.
- The guitarron is a large, deep bodied Mexican 6-string acoustic bass played in mariachi bands. It is fretless with heavy gauge nylon strings.
- Jimi Hendrix composed "Little Wings" in only 145 seconds! That's only 2 minutes and a half!
- The Fender Company makes around 90,000 strings per day. This is over 20,000 miles a year, enough to circle the world.



## Campus Live

- The boredom of the Diwali vacation attracted students back to the college.
- Exams are on fire.
- The Department of Urology organized 2<sup>nd</sup> Advanced Live Lapuroworkshop - 2011.
- The Dean Office organized a get-together for the faculty members, on the occasion of the Diwali festival.

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### Stetho Speaks

When we think of a "doctor", an image of a geek, serious-looking guy in white coat develops in our mind. Looking at him you would wonder... Is he a person who looks upon heart as a blood-pump or does he also see to it as an ocean of emotions, feelings and desires!! ? Well... My reply to it is... He is not just "flesh-bones-brain", but he is the one who has deep faith in the strongest emotion - "LOVE"-An expression of joy and the chord that connects every man to every other man. And there are also rare few from amongst us, who had the courage to break the shackles of the stereotyped image of doctor. They let themselves flow into the stream of their passion with the same intensity with which they are dedicated to their humane profession.

Bringing you face-to-face with few such personalities, who had, just like us, chosen a difficult and demanding profession. They are the people of high ideals, indomitable passion and tremendous energy. And their journey through trials and tribulations in life to fight a constant battle against diseases and death of patients led them to the discovery of their true and deeper selves.

1. Dr. Palash Sen (Doctor-turned-singer) He makes no 'bone' about his love for seven notes. He is a man, who is a Pediatrician by qualification and a true lover and a devoted worshipper of music by passion. He actually created a state of feverish excitement amongst the youngsters by creating the first-ever-original-Indian-Pop-Music-band - "Euphoria". This man made entire India dance on the beats of "Dhoom-Pichak-Dhoom" through his albums "Dhoom" and "Phir Dhoom" and again he touched something in everyone's heart through his mesmerizing "Mai ri...". He believes, music is an expression of his personality, his psychiatric disturbances, imbalances or whatever it is. I congratulate him on the release of his latest album "Item", which got released this month.
2. Dr. Ken Jeong (Doctor-turned-actor) During his days of graduation, medical doctorate and internal medicine residency, he developed a following based around his skills in comedy. Then he started regularly performing as a stand-up-comedian and eventually was given the title-"The Funniest Doctor in America". He rode his wave of good fortune and began appearing in TV soaps like "The Office", "Entourage & Curb Your Enthusiasm" and "Two and a Half Men" etc. and also got featured in films like "Step Brothers", "Pineapple Express", "Role Models", "The Hangover", etc.
3. Dr. Eva Bells (Doctor-turned-author) A Gynecologist by profession but a writer and a communicator at heart, Eva had to wait till she finally got off duty at 60 to seriously put pen to paper. Each of them is packed with priceless 'Why didn't I think of that' nuggets of wisdom that will help you learn how to catch your breath without losing pace (or sleep) and achieve your life's objectives effortlessly. Her creations include novels like "Silver Amulet", "When Shadows Flee" and "Lost on the Beach" etc.

નિવૃત્ત ડોક્ટર  
ગૃહસમજ

ગાઇ છે ગીત, ભમરો ફૂલ માટે,  
ને ગુણગુણાટ સમજ બેઠા...  
ફૂલ છે સૂરજ ક્યાંક ઉગવા માટે,  
ને રાત સમજ બેઠા...  
રડે છે આકાશ ધરતી માટે,  
ને વરસાદ સમજ બેઠા...  
હસ્યા એ મારી એક નજર માટે,  
ને અમે પ્રેમ સમજ બેઠા...

MURMUR

Mansi Satasia  
(Third Semester)

Medi Sketch

THE GLIMPSE

Strolling through the crooked street,  
I wonder when you will meet.

Spending time on all things freak,  
I wish to hear the words you speak.

Your presence is what matters most,  
I want to bury all these emptiness' ghost.

Your breath and beats keep me alive,  
Without you, I better die.

THE GLIMPSE of your lavender eyes,  
Keeps me going for all days and nights.

THE GLIMPSE of those luscious locks,  
Melts my life's painful rocks.

But now THE GLIMPSE is hard to find,  
I GOT LOST while you were left BEHIND.

THE GLIMPSE I want for NOW and FOREVER,  
I VOW to MAKE YOU MINE and NEVER LOSE YOU EVER.

Abhijit Yadav,  
Intern Doctor

IRVING WALLACE  
THE PIGEON PROJECT

DISSECTION

The Pigeon Project  
By Irving Wallace

Samarth Patel  
(Third Semester)

The fiction is a sweeping, exciting & entertaining novel by one of America's major best-selling authors. What would happen if every human being presently on the earth could live to the age of 150 or even more? In the remote region of Abkhazia, in Soviet Georgia, a worldwide renowned British gerontologist, Davis McDonald had discovered a method to cruet synthetic genes that could be transplanted to replace ageing genes, after the research worth 12 years. This discovery could double the human life, almost up to 150 years. So, the KGB agents imprisoned Davis and tried to seize the formula, but Davis managed to escape Russia, somehow. With this astonishing and absolutely convincing premise, begins Irving's most original and breathtaking book till date. At the heart of the book lies the question of who will control this formula or whether it'll be useful for profit or politics or for the welfare of the human kind. When the world population has grown passed 7 billion, whether such huge prolongation to human life will be blessing or a curse? After going through the book, I certainly had the right answer.

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