



IMA TELlicherry NEWS LETTER – MARCH 2020

ORGANIZATIONAL ACTIVITIES

01.03.2020: District Committee Meeting

District Committee Meeting was held on 01.03.2020 at IMA Hall Kannur. Dr.Sasidharan K (Chairman, District Committee) presided over the function. Thassery IMA President Dr.Sajeev Kumar P B welcomed the members. State President Dr.Abraham Varghese addressed the district committee members. He congratulated Dr.Sasidharan for meticulously conducting district committee meeting and said that IMA success is the selfless work of leaders and its members. Every branch should follow strictly the guidelines while taking scheme membership. He congratulated women doctors wing representatives for attending the district committee meeting. Periyar house has got enough space for setting up the offices of schemes. Nevertheless, it has to be utilized in the best way. Regarding schemes, president informed that we need about 1500 more members to reach 1 crore target. Whole hearted involvement of all of us is needed to achieve this. Kerala Medical Council is coming instead of TCMC, our members should stick to guidelines regarding practice. Some people are violating guidelines. Its not good for IMA. Regarding district Convention, he said he is hopeful of a successful district convention.

Regarding NMC and Clinical establishment act, many clauses are against

Modern Medicine. In clinical Establishment act provision of displaying our mobile number and display of price chart cannot be agreed. We are ready to talk with patients regarding price on one to one basis.

Regarding image, although installed capacity of image plant is 37 tones, we are treating 53 tones. Hence new registration cannot be taken. Once new plant becomes operational only, new registration will be taken. He concluded his speech saying that he is eagerly waiting for 266th SWC to enjoy warm hospitality of Thalassery on May 10th.

State Secretary Dr.Gopikumar informed that membership list is emailed to all branch secretaries, scrutinize the list and send back so that discrepancy in the membership list is corrected.

Dr.Gopikumar also spoke on Awaken India Campaign on March 12 at Gujarat.

It will be followed by state level and branch level campaign on March 22 and March 29.

All branches presented their report of activity. Dr.Lalith Sundaram(State Treasurer), Dr.Ajith Bhaskar (North Zone Joint Secretary), Dr.Babu Raveendran (Past National Vice President), Dr.Srikumar Vasudev (Past State President), DR.Mukundan Nambiar, Dr.Mukundan K V, Dr.K V Babu, Dr.Moidu, Dr.Benavon also addressed the committee. Decisions:

1. Conduct District Convention on July 5th.

2. Continue active campaign for IMA and scheme membership.

3. Maximise the participation in Awaken India Campaign

Meeting was hosted by Thalassery branch. About 60 members attended the meeting



04.03.2020: Executive Meeting

Executive committee was held at IMA hall on 04.03.2020. President welcomed the gathering. 35 members attended the meeting. Vote of thanks was proposed by Dr.Jayakrishnan Nambiar.



09.03.2020: Condolence meeting

A condolence meeting was held on the sad demise of Dr. Mohandas K B. A condolence resolution was

passed. After the meeting many members including the IMA members visited his residence and paid homage to the departed soul.

ACADEMIC ACTIVITIES

19.03.2020: IMA Thalassery conducted a COVID 19 Preparedness meeting and COVID 19 Guidelines – An update by Dr. Aneesh K C, Physician, General Hospital, Thalassery. Dr. Sajeev Kumar P B presided over the meeting. 55 members attended the meeting. Vote of thanks proposed by Dr.Jayakrishnan Nambiar.



SOCIAL ACTIVITIES

11.03.2020: Sardar Chandroth Trust for Women Empowerment, along with IMA Thalassery conducted a talk on adolescent health issues to mothers who are members of the trust. Adv.Raveendranath, Convener gave the welcome speech. Mr.Radhakrishnan Master, Secretary co-ordinated the programme. A Class on Adolescent Health Issues taken by Dr.Dhanya Chandran, Treasurer WIMA Thalassery, followed by an

interactive session on the topic. Vote of thanks given by co-ordinator Miss.Keerthana.



MISSION COVID 19

Mission Covid 19 Team of Thalassery which includes Sub Collector, MLA Shamseer, Dr.Sajeev Kumar(President IMA Thalassery) Dr.Jayakrishnan Nambiar(Secretary IMA Thalassery), Dr.Satheesan B (Director, Malabar Cancer Centre,Thalassery) and other few core doctors was formed. Daily Meeting is being conducted between 9.00am to 10.00am and discussed about the fresh cases and to discuss about the day to day activities of the prevention of Corona.All the top officials like police officers,Fire Force Officers, Municipality Officials had to give the reports to this team and the team would discuss the pros and cons of it.Advises, suggestions and criticisms were made and necessary steps were taken in the whole Municipality.Actions were taken for the strict quarantine. Destitutes and other state employees

were given proper shelter and free food under our surveillance.Medicines were supplied to the patient's home with the help of police and other voluntary workers.PPE Kit were supplied to the government hospitals for the treatment of Covid 19 positive cases and money was given for their needs.Twenty percentage of the staff and doctors have been kept in reserve from all private hospitals of Thalassery to face a pandemic of Covid 19.

Corona Awareness Class

13.03.2020:IMA Thalassery in association with Press club Thalassery conducted a press briefing to public on Covid 19 pandemic. Main intention was to give scientific guidance against misleading fake news and reducing unnecessary panic in public. Dr.Sanjeev Kumar, Dr.Bejoy and Dr.Santosh addressed press club members. Importance of personal hygiene ,hand wash with soap and water ,use of alcohol containing hand sanitizers frequently,social distancing all discussed in the event.IMA Thalassery distributed face mask and hand sanitizers to press club members.



17.03.2020: IMA Thalassery conducted an Awareness Class on Corona Virus to Doctors and staff at Tely Medical Centre, Thalassery. Class was taken by Dr.Surendra Babu V P.Presided by Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery)



17.03.2020: IMA Thalassery conducted an Awareness Class on Corona Virus to Doctors and staff at Tellicherry Co-operative Hospital, Thalassery. Class was taken by Dr.Devanand A(Consultant Physician, Tellicherry Co-operative Hospital). Presided by Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery)



17.03.2020: IMA Thalassery conducted an Awareness Class on Corona Virus to Other state workers. Class was taken by Dr.Shabeeb Rahman. Presided by

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Dr.Jayakrishnan Nambiar(Secretary IMA Thalassery)



23.03.2020: IMA Thalassery conducted an Awareness Class on Corona Virus to Nursing staff at Mission Hospital, Thalassery. Class was taken by Dr.Santosh M K(Consultant Pediatrician, Mission Hospital, Thalassery). Presided by Dr.Jayakrishnan Nambiar (Secretary IMA Thalassery).



23.03.2020: Ventilator Class

IMA Thalassery takes up the task of Training Health workers on basis of ventilator procedures. During the stage of pandemic, we may end up in the scarcity of expert health workers who know how to operate the ventilators. We foresee this situation, and covid crisis management team has entrusted IMA Thalassery to train the staff including doctors of all hospitals.

Dr.SanjeevKumar,Dr.Saneer,Dr.Srikumar,Dr .Jayakrishnan Nambiar and team trained more than 200 members in all hospitals in Thalassery. And it is an ongoing process.For the ease of dissemination and training,we have prepared a videos too.



30.03.2020 : Buttermilk distribution to police department who has been taking so much pain to restrict the traffic in the Covid 19 period under the sunby Thalassery IMA



Covid 19 Disaster Preparedness

Census of available ICU Beds, Ventilators, Isolation Beds taken from all hospitals in Thalassery.

Indira Gandhi Co-operative Hospital
ICU Beds 20

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Ventilators 8
Isolation Beds 5

Tellicherry Co-operative Hospital
ICU Beds 28
Ventilators 6 plus BiPAP 8
Isolation Beds 5

Thalassery Mission Hospital
ICU Beds 9
Ventilators 2
Isolation Bed 1

Tely Medical Centre
ICU Beds 5
Ventilators 2
Isolation Beds 3+1 Hall

Josgi Hospital
ICU Beds 8
Ventilators 2
Isolation Beds 2 Plus 2 wards closed can be used

Aster MIMS Kannur
ICU Beds 50
Ventilators 20
Isolation Beds 1

BREAK THE CHAIN

Arranging Hand washing facilities in the entry of all hospitals under IMA Thalassery 's instruction

19.03.2020: Break the chain campaign at Thalassery.Distributed hand sanitizers to the

shops and took awareness class on Covid 19. Dr. Sajeev Kumar P B and Dr. Jayakrishnan Nambiar hand sanitizers to the shops.



20.03.2020: Dr. Saina Sunilkumar (WDW Chairperson), Dr. Sithara Aravind (Past WDW Chairperson), Dr. Sarath K E (IMA Treasurer) and Dr. Neethu handed over a box of sanitizers to Dr. Satheesan Balasubramanian, Director MCC.



23.03.2020: Break the Chain Campaign at PHC Peringalam. Inaugurated by Panoor Municipal Chairperson Mrs. Suvarna. New hand washing facility set for patients in front of PHC. Hand washing technique explained by Dr. Dhanya (Treasurer WDW). Ward councilor Mr. Hareendran attended the function.

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OBSERVATION OF IMPORTANT DAYS

08.03.2020: International Womens Day

IMA Thalassery Branch observed the International womens Day by welcoming our women folk with a red rose. Function was inaugurated by former general secretary of Mathrubhumi Grihalakshmi Vedi. Followed by Seminar on women related awareness classes.

1. Awareness programme for women in society on Health & Hygiene/Breast cancer Awareness/Nutrition by Dr. Mini Balakrishnan, Consultant Gynaecologist, Tellicherry Co-operative Hospital.
2. Talk on Balance between Work and Life. Motivational Talk by Mrs. Rajalakshmi Nayanar.
3. Good Parenting Session by Dr. Sajeev Kumar P B (President IMA Thalassery and Consultant Psychiatrist, Aster MIMS Kannur).
4. Pitfalls in Cyber World by Mr. Soumyendran Kannamvally was an visual activity and demonstration class.

IMA President initiated the project to get daughters of our members above 9 years to get vaccinated against HPV.



8/3/2020-Dr. Mini Balakrishnan, Consultant Gynaecologist, Tellicherry co-op. Hospital, was the chief guest at Malabar gold for their international women's day celebration. A class was given to the staff of Malabar gold, on the topic women's health and Awareness on corona virus.



16.03.2020: World Kidney Day

On World Kidney day, a write up on Kidney diseases was published in Mathrubhumi by Dr. Sandeep S, Consultant Nephrologist, Tellicherry co-operative Hospital.

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16.03.2020: World Water Day/World TB Day & Measles Immunisation Day

Due to Covid19 the days to be observed were clubbed.

Measles Immunisation Day observation at PHC Peringalam. A class on measles and MR Vaccination was given to health staff and Asha Workers by Dr. Dhanya Chandran (WDW Treasurer, Thalassery). On the same day world water day was observed by giving awareness on water borne diseases and world TB day was observed by giving class on prevention of airborne and droplet transmission of communicable diseases. JPHN Mrs. Jessie K Joy explained handwashing techniques.

SPECIAL PROJECTS OF THE BRANCH

IMA Pain & Palliative Care Society & Pain Clinic at Govt. General Hospital Thalassery

This prestigious project of IMA Thalassery is conducted on every Wednesday afternoon with home visits on Wednesdays and Saturdays. Doctors, Volunteers strive to bring solace to the terminally ill patients. The funds are raised from monthly contributions from members and the public.

Pain & Palliative Donation Boxes

The boxes for raising funds for the clinic were placed in all the Private Hospitals in Thalassery and leading Medical Stores in Thalassery.

01.03.2020:

Palliative Care Initiative in Kannur(PIK) decided to conduct a conference of all Palliative Care Volunteers of Kannur under the leadership of PIK. IMA Thalassery will host this mega event. Reception Committee meeting held on IMA Hall on 01.03.2020 at 2-5 pm. Dr.Sajeev Kumar,President IMA Thalassery inaugurated the function.13 committees for the effective implementation of conference is entrusted. Most of the committees are headed by IMA Thalassery members. Dr.Sajeev Kumar is patron. Dr.Pushparaj is selected as the chairman of organizing committee, Dr.Jayakrishnan Nambiar as Vice Chairman, unanimously. Around 100 volunteers from various NGOs ranging from Kasargode to Vadakara participated the meeting.



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01.03.2020:KAITHAANGU HELPING HANDS

IMA Thalassery Pain and Palliative Clinic is functioning for the last 20 years. We are offering weekly OPD services at General Hospital, Thalassery. IMA Volunteers, doctors conduct Pain and Palliative Clinic as well as Morphine dispersal for the needy. We have many volunteers together with doctors and Palliative Care nurses who do home visits regularly.

Major source of fund for the day today expense of this initiative is from IMA Thalassery Doctors, itself. Many doctors regularly donate money on a monthly basis.

For the purpose of fund raising to the clinic, IMA Thalassery is planning to market paper bags, which can be used as a fund raising initiative. Plan is buy cloth bags available commercially from market and sell to hospitals, Supermarkets and the margin from the sale is donated to Pain and Palliative Clinic.

The flagship programme was inaugurated by IMA State President Dr.Abraham Varghese by accepting cloth bag from IMA Thalassery President Dr.Sajeev Kumar P B in presence of IMA Secretary Dr.Jayakrishnan Nambiar and Dr.Pushparaj S R.



Mutual Benefit Scheme

A scheme for members conducted every year, through which members as well as the association is benefited.

MISCELLANEOUS

Nammude Arogyam:

Thalassery IMA has been the largest subscriber for Nammude Arogyam. 1660 copies being ordered this month. These copies are being distributed through various private hospitals and book stalls in Thalassery. Free copies of Nammude Arogyam were given for the participants at various medical camps & during functions conducted by IMA Thalassery.

NEW PROJECT

19.03.2020: New project initiated by WDW Drug bank for the poor patients who are unable to afford medicines. The members of WDW liberally donated their samples medicines. The first batch of medicines were donated to the Drug Bank of Malabar Cancer Centre.



Media

21.03.2020: Press meeting

IMA Thalassery conducted a press meet to address Covid 19 disaster preparedness. Dr. Babu Raveendran, Dr. Surendra Babu, Dr. Sajeew Kumar and Dr. Jayakrishnan Nambiar participated. IMA suggested for complete lockdown of state to contain spread of virus. Instructed our member doctors to shut down individual home clinics and all non emergency OPD. Suggested to postpone all elective procedures. Asked government to stock pile enough protective equipments for health workers. All hospitals are requested to start teleconsultation arrangements.



29.03.2020:Dr.Sajeev Kumar
(President IMA Thalassery &
Psychiatrist, Aster MIMS Kannur)
recorded a awareness video focusing
on Alcohol use and associated
complications. This video is very
important in this time of lockdown
and Bevco closure.It was vastly shared
in social media platforms.

Association with Other Organisations

9.3.2020:Kannur Dementia Care Society
official website inaugurated by Yathish
Chandra IPS.Dr.Sajeev Kumar (President
IMA Thalassery)organized the function.IMA
Thalassery is actively involved in KDCS
from its beginning.Dr.Sajeev Kumar P B is
the medical advisor to the society.

PUBLIC RELATIONS & SOCIAL

INVOLVMENT

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