



IMA TELLICHERRY
NEWS LETTER – APRIL 2021

**ORGANIZATIONAL
ACTIVITIES**

16.04.2021: Building Committee Meeting

Building committee meeting conducted at IMA Hall Thalassery.15 members attended the meeting.

22.04.2021: Building Committee Meeting

Building committee meeting conducted at IMA Hall Thalassery.12 members attended the meeting.

24.04.2021: Building Committee Meeting

Building committee meeting conducted at IMA Hall Thalassery.15 members attended the meeting.

28.04.2021: General Body Meeting

Thalassery IMA conducted an GB Meeting on 28.04.21.Topic was “ How to

Handle Covid Tsunami”.Dr.Sajeev Kumar P B (President IMA Thalassery) presided the function. A total number of 60 members attended. Dr.Jayakrishnan Nambiar(Secretary IMA Thalassery) proposed the vote of thanks.



Covid Rapid Response Team

19.4.2021: Covid Rapid Response Team meeting

Following points discussed

1. Vaccination of doctors and family members , if anyone missed the opportunity. Please contact us immediately.

2. Coordination of ICU beds , oxygen , ventilators etc among government and private hospitals.
3. Make separate block for doctors and family members in our member hospitals
4. Corona safety behaviours to be made strict in hospitals/ clinics
5. IMA Thalassery to take lead in conducting mass vaccination camps.
6. To focus on mental wellness of doctors especially those who are burnout because of endless COVID duty.
7. To discuss with state IMA leaders and convey to government authority on strategy to focus more on mass vaccination rather than mass testing.
- 8 Vaccination for bed ridden patients under pain and palliative care will be supervised and undertaken by IMA.
9. To pass a resolution and send to state IMA to restrict mass gatherings after election results.

Dr.Sanjeev Kumar M presided over the meeting and acknowledged the hard work done by our fellow colleagues in

IMA TELlichERRY NEWS LETTER APRIL 2021

Covid fight. Following Rapid Response Team members attended the meeting:-

1. Dr. Dr.Sajeev Kumar PB
2. Dr. Dr.Jayakrishnan Nambiar
3. Dr. Dr.Sarath KE
4. Dr.Sasidharan
5. Dr.Pushparaj
6. Dr.Aravind
7. Rajeevan VK
8. Dr.Bejoy
9. Dr.Ajith
10. Dr.Rejna Dilnath
11. Dr.Amit
12. Dr.Prashanth



SOCIAL ACTIVITIES

11.04.2021: Mega Covid Vaccination Camp at Chokli Medical Centre, Thalassery. Dr. Jayak

Dr. Jayakrishnan Nambiar co-ordinated the function.



BLS Training Programme

05.04.2021: BLS Training Panoor Fire Station

BLS and First AID Class for the Fire and Rescue workers and volunteers at Panoor by Dr. Nadeem Abootty & Dr. Sakkariya P P. The class was organized by IMA Thalassery. Dr. Jayakrishnan Nambiar (Secretary IMA Thalassery) co-ordinated the function.



OBSERVATION OF IMPORTANT DAYS

World Autism Awareness Day

8.04.2021: Dr. Sajeesh Kumar P B, President IMA Thalassery as invited to talk on Autism to Paediatricians of IAP Kannur Branch. Topic: Autism Spectrum Disorder-AN Overview. Venue Central Avenue, Kannur.



**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.

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. 900 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.

**PUBLIC RELATIONS & SOCIAL
INVOLVMENT**

As article about the devastating affects of bomb blasts particularly in northern Kerala was published in leading daily

Mathrubhumi. Secretary
 Dr.Jayakrishnan Nambiar
 discussed his various experiences
 and modes of treatment of blast
 injuries in detail. The article was
 widely appreciated in the whole
 Kerala.

“ ചിന്നിച്ചിതറിയാൽ മുറിച്ചുമാറ്റേണ്ടിവരും



►ബോംബ് സ്ഫോടനത്തിൽ പരിക്കേറ്റ ഒട്ടേറെ പേരെ ചികിത്സിച്ചിട്ടുണ്ട്. മനസ്സ് പൊള്ളിക്കുന്ന അനുഭവമാണ് പലതും. 19-ാം വയസ്സിൽ സ്ഫോടനത്തിൽ കൈപ്പത്തി പോയ യുവാവിനെ തുടർചികിത്സയ്ക്കായി അമ്മ കൂട്ടിവരുന്നത് നീരുന്ന ഓർമ്മയാണ്. ഉഗ്രസ്ഫോടനമാണെങ്കിൽ എല്ലുപൊട്ടൽ, അംഗഭംഗം, ഒടിവ്, പൊള്ളൽ, മുറിവ്, ധമനികളിൽ തടസ്സം എന്നിവയുണ്ടാകും. ബോംബുചീളുകൾ തെറിച്ചുണ്ടാകുന്ന പരിക്ക് ജീവൻ ഭീഷണിയുള്ളതാണ്. കൂടുതലായും ഇത്തരത്തിലുള്ളവയാണ്. എല്ല് പൊട്ടിയതാണെങ്കിൽ കമ്പിവെച്ച് ഉറപ്പിക്കും. തൊലിയും മാംസവും പോയതാണെങ്കിൽ എളുപ്പം ഭേദമാക്കാനാകും. കൈപ്പത്തി ചിന്നിച്ചിതറിപ്പോയതാണെങ്കിൽ മുറിച്ചുമാറ്റും. നേരിട്ടോ അല്ലാതയോ സ്ഫോടനഘാതം ഏൽക്കുന്നത് മൂലം ശ്വാസകോശം, തലച്ചോർ എന്നിവയ്ക്ക് ക്ഷതമുണ്ടാകുന്നു. കേൾവിയെയും കാഴ്ചയെയും ബാധിക്കും.

- ഡോ.സി.കെ.ജയകൃഷ്ണൻ നമ്പ്യാർ
 (കണ്ണൂർ ഓർത്തോ പീഡിക് അസോസിയേഷൻ മുൻ പ്രസിഡൻ്റ്, കൺസൾട്ടൻ്റ് ഓർത്തോപീഡിക് ആൻഡ് ട്രോമാ സർജൻ)