



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Monday

20210927

Third wave

Next two months crucial to prevent third wave: Chandigarh DHS (The Tribune: 20210927)

<https://www.tribuneindia.com/news/coronavirus/next-two-months-crucial-to-prevent-third-wave-chandigarh-dhs-316658>

Avoid overcrowding this festival season to fight Covid, says Dr Kang

“People should follow Covid-appropriate behaviour and avoid overcrowding in the coming festival season. The immunity against the virus will also start waning by October-end and that is the time when we need to remain cautious. The next two months will be crucial for the city to prevent a third wave,” said Dr Amandeep Kang, who is set to retire as the Director, Health Services, UT, on September 30.

Second wave was the biggest challenge

The second wave came in April this year and Dr Kang was confronted with one of the major hardships of her tenure. Speaking about it, she said, “I was really worried for people during the second wave. I was scared that I had to prioritise patients waiting to get ICU beds in queues. We had converted 250 beds for Covid and reserved 20-30 beds at each Civil Hospital. The major challenge was shortage of ICU beds.

We had to ramp up the infrastructure within two to three days. Another challenge was that during the second wave, the number of patients in home isolation had increased and a rapid response team (RRT) was looking after these patients, who were a part of the extended hospital beds at home. Our team even collected blood samples from homes of these patients,” she said.

‘Geared up to tackle a possible third wave’

Asked about the preparations for a possible third wave, Dr Kang said, “From six ICU beds, the infrastructure has been increased to 20 ICU beds at the GMSH-16. There are 15 ICU beds at the Civil Hospital, Sector 45, for paediatric patients. There are an additional 12 ICU beds at the nursing college building of the GMSH. We have provided oxygen concentrators to each Health and Wellness Centre and have 80 more in stock.”

The RT-PCR capacity has been enhanced by all government hospitals in the city. By next month, the GMSH, Sector 16, will also have an RT-PCR machine that will be able to conduct at least 500 tests daily.

“A tele hub for paediatric Covid patients will be launched soon wherein the PGI will be the nodal paediatric centre and will be connected to all government hospitals and healthcare workers (HCWs). Through this digital platform, paediatricians will be able to seek consultation from each other and take better care of the patients,” she said.

Vaccination

Vaccination for kids not important, reopen schools: PGI expert (The Tribune: 20210927)

<https://www.tribuneindia.com/news/coronavirus/vaccination-for-kids-not-important-reopen-schools-pgi-expert-316227>

Vaccination for kids not important, reopen schools: PGI expert

is not imperative for the reopening of schools. This was stated by Dr Arun Bansal of the Department of Paediatrics, PGI.

Their cognitive learning being hit: Doctor

The schools should be reopened immediately, at least for Class V onwards. The cognitive learning, personality and nutrition of kids are being affected as they are not going to schools. The body mass index has increased resulting in obesity. Increased screen time is causing problems. — Dr Arun Bansal, Department of Paediatrics, PGI

Dr Bansal, who is also the Scientific Convener, Association of Paediatricians, spoke to Chandigarh Tribune during the North Zone Pedicon-2021 organised by the Association of Paediatricians of Chandigarh today.

“The schools should be reopened immediately, at least for Class V onwards. The cognitive learning, personality and nutrition of children are being affected as they are not going to schools. The body mass index has increased resulting in obesity. Increased screen time is causing problems,” said Dr Bansal.

“The disease severity is less among children and it has been observed that the proportion of kids infected in the first and second waves remained the same. Children have also been found immune in sero survey. Majority of them were found asymptomatic. Prioritising vaccination for reopening of schools is not the right approach,” he added.

“The vaccine will be rolled out in two-three months for children as well, but before that schools should be reopened. The right way forward is ensuring a safe environment for children where the school staff and adults around them are immunised,” he said.

Dr Piyush Gupta, president, Indian Academy of Paediatrics, said the academy constituted a ‘Task Force on School Reopening 2021’ and shared criterion to be followed at district or local level for reopening schools. He said the decision of reopening schools should be taken at the local level and not on the national level.

MIS-C challenge

Dr Bansal shared that around 100 children with Covid-19 also suffered from multisystem inflammation syndrome in children (MIS-C), a condition where different parts of body can become inflamed, including the heart, lungs and kidneys. “This condition occurs after four to six weeks of Covid-19 in children. This is even more serious than acute Covid-19 disease. We were able to recover the patients.”

Active Covid cases in country

Active Covid cases in country lowest in more than 6 months (The Tribune: 20210927)

<https://www.tribuneindia.com/news/coronavirus/active-covid-cases-in-country-lowest-in-more-than-6-months-315569>

The death toll climbs to 4,46,368 with 318 fresh fatalities

India logged 31,382 new coronavirus infections taking the total tally of Covid cases to 3,35,94,803, while the active cases declined to 3,00,162, the lowest in 188 days, according to the Union Health Ministry data updated on Friday.

The death toll climbed to 4,46,368 with 318 fresh fatalities, according to the data updated at 8 am.

The active cases comprise 0.89 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate was recorded at 97.78 per cent, the highest since March 2020, the ministry said.

A reduction of 1,478 cases has been recorded in the active Covid caseload in a span of 24 hours.

As many as 15,65,696 tests were conducted on Thursday taking the total cumulative tests conducted so far for detection of Covid in the country to 55,99,32,709.

The daily positivity rate was recorded at two per cent. It has been less than three per cent for last 25 days. The weekly positivity rate was recorded at 2.07 per cent. It has been below three per cent for the last 91 days, it said.

The number of people who have recuperated from the disease surged to 3,28,48,273 and the case fatality rate was recorded at 1.33 per cent.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive has exceeded 84.15 crore.

The 318 new fatalities include 152 from Kerala and 61 from Maharashtra.

A total of 4,46,368 deaths have been reported so far in the country including 1,38,725 from Maharashtra, 37,683 From Karnataka, 35,427 from Tamil Nadu, 25,085 from Delhi, 24,191 from Kerala, 22,889 from Uttar Pradesh and 18,703 from West Bengal. PTI

Delta remains most dominant Covid variant

Delta remains most dominant Covid variant as Alpha disappears in Punjab (The Tribune: 20210927)

<https://www.tribuneindia.com/news/coronavirus/delta-remains-most-dominant-covid-variant-as-alpha-disappears-in-punjab-315512>

95% samples test positive for Indian VoC in July, 4% for others

Delta remains most dominant Covid variant as Alpha disappears in Punjab

A health worker takes a sample of a resident for Covid test in Ludhiana on Thursday. Photo: Inderjeet Verma

The government has confirmed that Delta continues to remain the most dominant Covid variant of concern (VoC) and has been spreading fast in Punjab as the United Kingdom's Alpha variant disappeared after dominating the state till March.

A whopping 95.5 per cent of the total Covid samples processed for whole genome sequencing (WGS) in July tested positive for the Indian VoC (B.1.617), which had been christened Delta, the official figures revealed.

However, no fresh case of highly-contagious and dreaded new Covid variant Delta Plus (B.1.617.2), which is a mutated form of Delta and is gradually spreading fast to several other countries, claiming many lives, after being first found in India, has been reported in the state.

Till now, only two Delta Plus cases, one each in Ludhiana and Patiala districts, were reported in June. The data analysed by the Health and Family Welfare Department, available with The Tribune, showed that a total of 2,863 Covid samples were sent for the WGS from January to July, of which 2,539, accounting for 88.9 per cent, were processed, and 2,284, which accounted for 90 per cent, tested positive for the VoCs.

The month-wise break-up of the VoCs suggested that all 90 of the total 108 samples, accounting for 83.3 per cent, processed in July tested positive for the VoCs, of which 86 tested positive for Delta, accounting for 95.5 per cent, while two samples were that of Beta A, 2.2 per cent, and one each sample tested positive for B.1 and B.1.36, which accounted for 1.1 per cent each.

In June, 319 samples were processed, of which 288, which accounted for 90.3 per cent, tested positive for the VoCs. Of these, 277 samples, accounting for 96.2 per cent tested positive for the Delta, followed by four for B.1 (1.4 per cent), two each for Alpha (0.7 per cent), Beta A (0.7 per cent), and only one sample tested positive for the Beta B (0.3 per cent each).

In May, 617 of the total 652 samples, which accounted for 94.6 per cent, tested positive for the VoCs. Of these, 547 cases, accounting for 88.6 per cent, were of the Delta, followed by 41 cases for the B.1 (6.6 per cent), 23 cases of the Alpha (3.7 per cent), and two cases were of the Delta Plus variant (0.3 per cent).

In April, 458 of 493 WGS samples had tested positive for the VoCs, which accounted for 92.9 per cent. Of these, 209 cases, accounting for 45.6 per cent, tested positive for the Delta, 191 cases (41.7 per cent) for the Alpha, and 50 cases (11 per cent) were of the B.1.

In March, 715 of 763, which accounted for 93.7 per cent, samples tested positive for the VoCs. Of these, 678 cases, accounting for 94.8 per cent, had tested positive for the Alpha, four cases (0.5 per cent) for the Delta, two cases (0.3 per cent) for the Beta, one case each (0.1 per cent) for the B.1 and B.1.36.

In February, all 24 WGS samples had tested positive for the VoCs, which accounted for 100 per cent. Of these, 17 cases, accounting for 70.8 per cent, had tested positive for the Alpha and seven cases (29.2 per cent) for other mutations.

In January, 24 of the total 48 samples processed for the WGS tested positive for the VoCs. Of these, seven cases, accounting for 29.2 per cent, were of the B.1, 4 cases (16.7 per cent) of the B.1.36, two cases each (8.3 per cent) of the Alpha and B.1.258.14, and one each (4.2 per cent) of the B, A, B.1.36.19, B.1.36.8, B.1.459, B.1.465, B.1.596, B.1.1, and B.1.216.

Covid climate (The Asian Age: 20210927)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15861351>

Covid, climate top UN agenda

For the fourth time the son of a tea seller addressed the United Nations General Assembly on behalf of India. The enormity of the achievement that reflects the primacy of the people's will in India's democratic foundations does not suffer any because of the relevance of the world forum itself is in question. In fact, Prime Minister Narendra Modi himself questioned the effectiveness and reliability of the United Nations from the podium, as did other world leaders who came to New York in person this September to invest the General Assembly with added significance after the pandemic had rendered the meeting in 2020 more ineffective than usual.

The need for a global institution like the United Nations which succeeded the League of Nations was never in dispute even if a conflict-ridden world is no wiser towards finding solutions and peace among warring nations despite what leaders propound at the hallowed venue. But at least the forum afforded the Indian Prime Minister an opportunity to stress once again that India is willing to be the production house of vaccines the globe needs to quell the pandemic that has not subsided sufficiently for all parts of the world to breathe easier. There may be scope for 20 billion Covid-19 vaccines to be made and India is capable of contributing substantially towards that provided, of course, the wealthier nations are serious about funding the effort.

There are two issues that take precedence in the current scenario and they are those from which consensus is, mercifully, not absent — Covid and climate change. Powerful words have permeated through gatherings in the week of the UNGA about vaccine inequalities and the ravages that climate change have wrought on different parts of the planet. Tagore's sayings that the Prime Minister recounted about "boldly proceeding on your path of good deeds" had a soulful resonance because the two things that must be tackled on a priority for the greater good of seven billion plus people has to do with containing the pandemic and global warming. If the year's UNGA helped convey the urgency of the twin global priorities it would have served its purpose regardless of whether it can do anything at all about the conflicts that rage on and the aggression shown by some members that makes the world even more fraught.

Atopic dermatitis

Atopic dermatitis: Know all about the ‘itch that rashes’ (The Indian Express: 20210927)

<https://indianexpress.com/article/lifestyle/health/atopic-dermatitis-know-all-about-the-itch-that-rashes-skin-condition-7527854/>

The main triggers of AD are dry skin, irritants, stress, allergies, infection, and heat/sweating atopic dermatitis (AD), what is atopic dermatitis, causes of atopic dermatitis, symptoms and treatment of atopic dermatitis, skin disease, skin infection, atopic dermatitis medicines, indian express news AD is characterised by dry, itchy skin that oozes or can weep clear fluid when scratched. (Photo: Getty/Thinkstock)

Eczema is a general term that describes a common skin irritation that may cause the skin to blister, ooze, crust or flake off. Similarly, atopic dermatitis (AD) is the most common form of eczema, which affects at least 2-3 per cent of adults and 25 per cent of children, said Prof Dr Kiran Godse, D Y Patil Hospital, Navi Mumbai.

“It is also known that about 10-15 per cent of Indian population has some form of atopy and manifestation of AD since the first year of their life. Although AD is most often diagnosed in childhood, an estimated 1 in 4 adults with the disease experience the onset of initial symptoms after the age of 18,” the expert added.

ALSO READ | Delhi woman gets Rs 2 crore compensation for wrong haircut, treatment at salon: Know all about hair care

AD is a chronic inflammatory long-lasting disease characterised by dry, itchy skin that oozes or can weep clear fluid when scratched, flaring up periodically. Of those affected, one-third of children and 40 per cent of adults have moderate to severe disease, which is known to negatively impact quality of life (QoL), increasing the risk of anxiety, depression, and even suicide.

Whether AD is mild, moderate, or severe, itch appears to be the most burdensome symptom overall. Even in severe cases, with widespread skin involvement and extensive oozing and crusting, pruritus or itch is still the major concern and a significant burden of the disease. Some researchers have also called atopic dermatitis as “the itch that rashes”.

“In the absence of biological markers for AD, the frequency and severity of itch is assessed with questionnaires that use a numeric rating scale (NRS), visual analogue scale, verbal rating scale (VRS), and other measures. According to Indian researchers, only 40 per cent of AD cases are diagnosed and most patients end up using OTC products until they turn severe,” the expert said.

The main triggers of AD are dry skin, irritants, stress, allergies, infection, and heat/sweating. Along with family history, past allergies are one of the key reasons, with the primary risk factor for atopic dermatitis is having hay fever or asthma.

In adults, there are factors like polluted environment, food poisoning, low humidity, long showers, and stress that might trigger AD. The impact can be controlled by getting in touch with your dermatologist as soon as you recognise the symptoms.

Preventive measures

Finding the right treatment is important. Calming the skin by OTC products may reduce stress for short period, but never helps prevent excessive scratching that leads to skin infections and severity of AD, which is up to 10 per cent of total cases. Furthermore, it is a known fact that atopic dermatitis aggravates and impacts not just physical and mental health, but it also leads to development of other diseases.

There is lack of awareness and hence, treatment options vary from over-the-counter skin care, prescription medication, and lifestyle changes. Proper consultation with dermatologist can help the patient lead a better quality of life.

Healthy eating

Healthy eating: Try making this easy salad with horse gram (kulith) (The Indian Express: 20210927)

<https://indianexpress.com/article/lifestyle/food-wine/healthy-eating-try-this-easy-salad-with-horse-gram-kulith-millet-recipes-food-cooking-7535685/>

Here's a simple recipe to make your millet journey more interesting

salad, salad recipes, healthy salad recipe, salad recipe to make at home, kulith salad, horse gram salad, healthy eating, millet recipes, indian express newsKulith (horse gram), with its excellent nutrient profile and plenty of antioxidants, protects against kidney stones and gall stones and also prevents lifestyle disorders. (Photo: Shalini Rajani)

You don't need anything fancy to start your millet journey. Nature has given us more than what we need. The trick is making certain ingredients work. One of my students recently asked me how we can continue to eat beetroot without colouring the dish pink. This got me thinking as a millet coach, especially since I had suggested her recipes with beetroot to help with her health issues. I decided to try something with beetroot myself.

To my millet roti, I usually smear spicy Mexican dip. But yesterday, I topped it up with basic lentil salad and charred beetroot, and raw turmeric slices. I decided on this considering many

of us need adequate protein along with good fibre and other multi-vitamins. I was happy I could attempt this salad bowl with basic ingredients available to me.

Read more for the step-by-step process and refer to the video attached.

Ingredients (serves 4)

- ½ cup kulith (kulath, kulthi or horse gram)
- 1 medium onion finely-chopped
- ½ cup bell peppers finely-chopped
- 10-12 cherry tomatoes halved
- Rock salt
- Black pepper freshly ground
- ½ big size beetroot thinly-sliced
- 3 inch turmeric thinly-sliced
- 2 tsp coconut aminos
- 2 tbsp black olives sliced
- 2-3 tsp extra virgin olive oil (EVOO)

mRNA vaccine

mRNA vaccine manufacturers loath to share know-how (The Hindu:20210927)

<https://www.thehindu.com/sci-tech/health/mrna-vaccine-manufacturers-loath-to-share-know-how/article36670261.ece>

Moderna said it will not enforce patents related to its vaccine during the pandemic, but it is yet to transfer technology to the South African hub

While many low- and middle-income countries have received by far insufficient supply of vital COVID-19 vaccines so far, vaccine inequity has been

Pradhan Mantri Digital Health Mission

PM to launch Pradhan Mantri Digital Health Mission on September 27(The Hindu:20210927)

<https://www.thehindu.com/news/national/pm-to-launch-pradhan-mantri-digital-health-mission-on-september-27/article36679805.ece>

It will create a 'seamless online platform for interoperability within the digital health ecosystem'

Prime Minister Narendra Modi will launch the Pradhan Mantri Digital Health Mission (PM-DHM) on September 27 via video conferencing. Currently, PM-

Corona Patient

11 अस्पतालों में एक भी कोरोना मरीज नहीं (Hindustan: 20210927)

<https://epaper.livehindustan.com/>



यहां कोई कोविड मरीज नहीं

अस्पताल बेड

जीटीबी 600

वल्लभभाई पटेल अस्पताल 500

एम्स झज्जर 400

बुराड़ी अस्पताल 300

हिंदूराव 250

सफदरजंग 210

अंबेडकर नगर अस्पताल 200

राजीव गांधी सुपरस्पेशलिटी 150

दीपचंद बन्धु 100

जनकपुरी 100

राजनबाबू टीबी अस्पताल 100

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी में कोरोना के मामले तेजी से कम हो रहे हैं। दिल्ली के 11 सरकारी अस्पतालों में एक भी कोरोना मरीज भर्ती नहीं है। इनमें गुरु तेगबहादुर अस्पताल, सफदरजंग अस्पताल और हिंदूराव जैसे बड़े अस्पताल भी शामिल हैं। दिल्ली के लेडी हार्डिंग मेडिकल कॉलेज में सबसे अधिक 65 कोरोना मरीज भर्ती हैं, जबकि लोकनायक अस्पताल में पांच कोरोना संक्रमितों का इलाज चल रहा है।

अस्पतालों में सिर्फ 246 कोरोना मरीज : दिल्ली में कोरोना मरीजों के लिए कुल 16,344 बेड उपलब्ध हैं, जबकि वर्तमान समय में सिर्फ 246 कोरोना मरीज ही अस्पतालों में भर्ती हैं। इनमें 240 मरीज ऑक्सीजन सपोर्ट पर और 69 मरीज आईसीयू सपोर्ट पर हैं। राजधानी में कोरोना मरीजों के लिए कुल 16098 बेड अभी खाली पड़े हैं। इनमें 12 हजार से अधिक ऑक्सीजन बेड और तीन हजार से अधिक आईसीयू बेड हैं। कोरोना मरीजों के लिए 1299 वेंटिलेटर बेड खाली पड़े हैं। दिल्ली में कोरोना के 379 सक्रिय मरीज हैं। इनमें से दिल्ली के विभिन्न अस्पतालों में 246 मरीज हैं। वहीं कोविड केयर सेंटर में सात और होम आइसोलेशन में 126 मरीज हैं।

दिल्ली में शनिवार को कोरोना की दिल्ली में तेजी से घटते मामलों के साथ कोरोना हॉटस्पॉट की संख्या घटकर 95 रह गई है।