



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20220825

Medical Education

Parts of Sagar College of Nursing, located in Lidhora Hat village, which started five years ago, are still under construction and the campus appears deserted. Records show that it has 60 nursing students as well as a hospital within its campus. HT PHOTO

For nursing colleges, hospitals without patients (HindustanTimes: 20220825)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=258bea31332&imageview=0>

In Athakheda village of Jabalpur, 350km east of Bhopal, stands the Mahakaushal University. The structure is imposing, painted white, with three floors, and a green campus. Started in 2021, the university offers 55 courses across 11 streams, and has a total of 250 students. One of the courses is a Bachelor's course in nursing. To fulfil government regulations, the university also has a 100-bed hospital, complete with an OPD, operation theatre, and a 10-bed intensive care unit – all at least on paper. There is just one problem. The hospital is deserted, no people are allowed to enter, and all the rooms, including the ICU, are all locked.

The Madhya Pradesh Nursing Sikshan Sansthan Manyata Adhiniyam 2018 has prescribed guidelines which say that all nursing colleges in the state must have at least a 100-bed hospital to get recognition. According to rule 4(3), the minimum requirement for both a General Nursing and Midwifery course and a BSc (Nursing) course is a 100-bed hospital. Clause 3(c) of the rules, however, provides relaxation from this provision if the colleges are in notified Scheduled Tribe (ST) areas in the state, spread across 89 development blocks in 10 districts of Madhya Pradesh.

On January 11, 2022, Vishal Baghel, president of the Law Student Association, approached the Madhya Pradesh high court alleging widespread fraud in nursing colleges in Madhya Pradesh. Specifically mentioning the lack of hospitals in nursing colleges in contravention of the rules, Baghel said that 70% of nursing colleges in the state were operating without hospitals. On May 12, based on directions of chief justice Ravi Malimath and justice Purushendra Kumar Kaurav of the high court, the Madhya Pradesh Nursing Council was asked to produce records of all 453 nursing colleges in the state.

In the second part of a three-part investigative series on the spread of nursing colleges in Madhya Pradesh, HT's on-ground reporting found at least 12 nursing colleges in the state

seemingly operating without an attached and functioning hospital across the districts of Sagar, Jabalpur, Gwalior and Morena.

On August 5, HT visited the Mahakaushal University Hospital and found it locked, with no patients and no doctors. The person in-charge of the nursing college and hospital, Shirish Tiwari, said, “There is a hospital present inside the university but I will show you later as today the vice chancellor has come on a visit.”

And so HT went back, on August 18, and found the hospital’s doors open – but just that. There was a reception, a general ward, an operating theatre, and an ICU. There were monitors and beds. The OT had beds, but no lights. All the rooms, however, were locked.

In the building, there were four people, all residents of a neighbouring village, working as a caretaker, sanitation worker, and guards. There were no patients and no doctors. Asked if there was anybody other than them in the hospital, a guard, who did not want to be named, said, “What hospital? A hospital needs doctors and many other things. This is just a dummy structure.”

Confronted with this information on August 18, Tiwari said, “The hospital is located in a rural area so hardly any patients come, which is why the hospital is not operational. We have staff and doctors, but in the absence of patients, they are not being summoned. In the first batch (2021-22), 22 students enrolled and online classes are being conducted. The students are being sent to private hospitals and government hospitals for practice. I cannot tell the name of every hospital where they are going. There is a doctor we have, whose hospital is in the city, and we are converting it into a 100-bed hospital.”

Rampant problem

It’s a story that’s common – 514km away from Jabalpur, in Baraua, which has nine nursing colleges in a 5km radius, 23-year-old Ranjeet Singh, who has lived in the village all his life, said there are buildings, but no hospitals. “We do not know what happens in these closed buildings, but there is no hospital here. We go to the Morar district hospital or GRMC for treatment if anyone falls unwell in our village, which are 17km and 23km away respectively.”

The owner of the Awadh Nursing college in Baraua Anand Singh said that they do have a hospital inside the building but it is not functional, and students go to the district hospital, and a PHC (primary health centre) in Dabra to practice. The other functional college in town, VIPS Gwalior, which has more than 200 students and runs three courses of nursing including a post graduate degree, also said it has no “parent hospital.” Principal Dileep Singh Parmar said, “The college doesn’t have any parent hospital. The students practice at the district hospital in Morar.”

HT found one hospital in Baraua, on AB road with a board that says “SBM Hospital 24x7”. The hospital, which has 100 beds, and trauma and emergency facilities, is deserted. It is owned by Jitendra Singh Bhadoriya, and was opened in March. The manager of the hospital, Brijesh Singh, said that it was this hospital that served two nursing colleges together, Aditya School of Nursing and MPS College, both of which he owns. MPS College lost recognition of the state Nursing Council earlier this month.

“The hospital is for the practice of nursing students but they are not willing to come as they are practising on their own so it is closed,” he added.

Singh also said that there was a staff crunch. “We are not getting enough staff to run the hospital. We started hiring in April this year but hardly anyone has shown interest.”

A private hospital owner from Gwalior, whose hospital is attached to a private nursing college to provide training and equipment, told HT: “Nursing colleges tie up with us for money – ₹8 lakh to ₹10 lakh for a year. The students never come to our hospital, but we are attached to them so they get recognition. Some colleges even take machines, beds and other materials on rent for 10 to 15 days.” He asked not to be named.

HT found several colleges that claim they use the government district hospital as their attached hospital. This is not against the rules; according to a letter released by the registrar of MP Nurses Registration Council on October 12, 2021, beds in government hospitals can be allocated for training to nursing colleges, if they are available. But there is an important caveat – none of these colleges can claim they are solely dependent on government institutions for their affiliation. They still need attached hospitals.

Only, these often exist only on paper.

Violations unchecked

At Lidhora Hat village in Sagar, the two-floor campus of Sagar College of Nursing, which started five years ago, seems deserted and parts of it are still under construction. Records and the college website show that it has 60 nursing students as well as a hospital within its campus. HT, however, found no hospital building on a visit on August 2. College director, Colonel RSP Selvan, said, “I don’t have any hospital. Our students practice at the Sagar district hospital.”

Sagar district hospital civil surgeon Jyoti Chouhan denied this claim. “Only students of one college, Ojaswani College, are allowed to practise in the district hospital. Whoever told you that students of any other college practise here is lying,” she said.

Sagar district collector Deepak Arya said, “The nursing colleges come under the medical education department. If they direct us to inquire or we receive any complaint, only then do we take action. As of now, we haven’t received a complaint against Sagar Nursing College.”

Former president of the state private colleges association and owner of four nursing colleges, JN Chauksey, said, “A large number of bogus nursing colleges have been created in Madhya Pradesh. They neither have staff nor do they have an attached hospital. This is important because in the nursing syllabus, 80% is practical training, but these colleges only provide degrees.”

Amulya Nidhi, health expert and convener of Jan Swasthya Abhiyan, said, “Where are the parent and affiliated hospitals of these registered nursing colleges? What is the health department doing about these bogus hospitals? District Chief Medical and Health Officers (CMHOs) who give recognition to these hospitals must be probed. This is a scam that should be probed by a central agency.”

MP Nurses Registration council and medical education department director, Jiten Shukla, said, “The council experts hold inspections regularly but now we will change the way we conduct it. We will also hold the inspection committee responsible if any irregularities are reported.”

Health minister Prabhuram Choudhary said, “Our teams inspect these hospitals. If we find any problem as you are saying, we will take action.”

Choudhary added that after the death of eight people in a fire at the New Life Multispeciality Hospital in Jabalpur on August 1, the health department had decided to inspect all hospitals before August 31. “We will cancel the recognition in case of any violation of rules.”

Dementia

Sitting for long periods may increase risk of dementia Risk is lower for those who are active while sitting, says study (The Tribune: 20220825)

<https://www.tribuneindia.com/news/health/sitting-for-long-periods-may-increase-risk-of-dementia-424900>

According to a recent study, individuals aged 60 and more who sit for a long period of time watching TV or engaging in other passive, sedentary behaviours may be at an increased risk of developing dementia.

The study also showed that the risk is lower for those who are active while sitting, such as when they read or use computers.

The study was published in the journal Proceedings of the National Academy of Sciences. It also revealed that the link between sedentary behaviour and dementia risk persisted even among participants who were physically active.

“It isn’t the time spent sitting, per se, but the type of sedentary activity performed during leisure time that impacts dementia risk,” said study author David Raichlen, professor of biological sciences and anthropology at the USC Dornsife College of Letters, Arts and Sciences.

“We know from past studies that watching TV involves low levels of muscle activity and energy use compared with using a computer or reading,” he said. “And while research has shown that uninterrupted sitting for long periods is linked with reduced blood flow in the brain, the relatively greater intellectual stimulation that occurs during computer use may counteract the negative effects of sitting.”

Researchers used self-reported data from the UK Biobank, a large-scale biomedical database of more than 5,00,000 participants across the United Kingdom, to investigate possible correlations between sedentary leisure activity and dementia in older adults.

More than 1,45,000 participants aged 60 and older—all of whom did not have a diagnosis of dementia at the start of the project—used touchscreen questionnaires to self-report information about their levels of sedentary behaviour during the 2006-2010 baseline examination period.

After an average of nearly 12 years of follow-up, the researchers used hospital inpatient records to determine dementia diagnosis. They found 3,507 positive cases.

Then, the team adjusted for certain demographics (e.g., age, sex, race/ethnicity, employment type) and lifestyle characteristics (e.g., exercise, smoking and alcohol use, time spent sleeping and engaging in social contact) that could affect brain health.

The impact of physical activity, and mental activity on the risk

The results remained the same even after the scientists accounted for levels of physical activity. Even in individuals who are highly physically active, time spent watching TV was associated with an increased risk of dementia, and leisure time spent using a computer was associated with a reduced risk of developing dementia.

“Although we know that physical activity is good for our brain health, many of us think that if we are just more physically active during the day, we can counter the negative effects of time spent sitting,” said study author Gene Alexander, professor of Psychology and Evelyn F. McKnight Brain Institute at the University of Arizona.

“Our findings suggest that the brain impacts of sitting during our leisure activities are really separate from how physically active we are,” said Alexander, “and that being more mentally active like when using computers, maybe a key way to help counter the increased risk of dementia related to more passive sedentary behaviours, like watching TV.”

Knowing how sedentary activities impact human health could lead to some improvements.

“What we do while we’re sitting matters,” Raichlen added. “This knowledge is critical when it comes to designing targeted public health interventions aimed at reducing the risk of neurodegenerative disease from sedentary activities through positive behaviour change.”

Heart issues

Don't ignore early signs of heart issues: Cardiologist (The Tribune: 20220825)

<https://www.tribuneindia.com/news/amritsar/dont-ignore-early-signs-of-heart-issues-cardiologist-424340>

Ignoring early signs of heart trouble and failure to seek timely medical help increase the chances of a person succumbing to sudden cardiac arrest (SCA), warns Dr Parminder Manghera, cardiologist at Government Medical College, here.

Some typical symptoms of sudden cardiac arrest which people ignore are chest pain or chest discomfort, shortness of breath, nausea, and abdominal pain or heartburn. -- Dr Parminder Manghera, Cardiologist, GMC

He said some of the typical symptoms of SCA, which people often ignore, were chest pain or chest discomfort, shortness of breath, nausea, and abdominal pain or heartburn. "To prevent sudden cardiac arrest, it's important to get screened for diabetes, high cholesterol, and high blood pressure and to stop smoking, especially if you are over 35 years of age and have a family history of coronary artery disease," he alerted.

The Government Medical College Hospital cardiologist said cardiac arrest occurs when the rhythm of the heart stops, resulting in ineffective pumping and a severe drop in blood pressure. Subsequent significant decrease in blood flow to the brain results in loss of consciousness.

He said through implantable cardioverter-defibrillator insertion, the life of such a patient can be saved. "It is a small battery-powered machine like a pacemaker that is designed to correct arrhythmias (irregular heartbeat). It detects and then corrects the heart rate. It constantly monitors the heart rhythm," he added.

Menopause

Does menopause affect blood sugar levels, especially in diabetics? (Indian Express:20220825)

<https://indianexpress.com/article/lifestyle/health/doctor-i-have-diabetes-menopause-affect-blood-sugar-levels-8108285/>

Does menopause affect blood sugar levels, especially in diabetics?

Diabetes, according to WHO is a chronic, metabolic disease characterised by elevated levels of blood glucose (or blood sugar) which, over time, leads to serious damage to the heart, blood

blood sugarBlood sugar levels during menopause tend to fluctuate (Source: Getty Images/Thinkstock)

To keep their blood glucose levels in check, diabetics are often advised to restrict the consumption of some foods, increase the intake of some others, maintain a sleep routine, and also exercise regularly, as not doing so can adversely affect their health. But, did you know that menopause can also affect blood sugar levels, especially in diabetics?

Monkeypox

How to protect against monkeypox as school starts

Monkeypox is not spread as easily as COVID-19 or common childhood illnesses, said Dr. Ibukun Kalu, a pediatric infectious diseases specialist at the Duke University School of Medicine. It typically requires direct contact with an infected person's rash (Indian Express:20220825)

<https://indianexpress.com/article/lifestyle/health/how-to-protect-against-monkeypox-as-school-starts-8109654/>

As children around the country head back to school for the third time since the COVID-19 pandemic began, a different infectious disease is now spreading globally: monkeypox. (Photo: Kayla Reefer/The New York Times)

Written by Knvul Sheikh and Catherine Pearson

Cardiovascular diseases?

Can eating more processed food, despite exercise, increase the risk of cardiovascular diseases?

According to a Bstudy, a high-quality diet was determined to be one that included at least 4½ cups of fruit or vegetables per day and at least two servings of fish per week (Indian Express:20220825)

<https://indianexpress.com/article/lifestyle/health/more-processed-foods-exercise-can-increase-cardiovascular-risk-cancer-bmj-study-8067463/>

unhealthy food Eating too much processed foods despite working out is not good for you. Here's why (Source: Getty Images/Thinkstock)

We would like to believe that exercising regularly is our license to indulge in calorie-laden foods, but a recently-released study has burst this bubble by noting that consuming unhealthy food can increase fatal risks like cardiovascular disease risk despite exercise. The study, published in BMJ Sports Medicine, looked at records of 346,627 UK residents from the UK Biobank data that spanned from April 2007 to December 2020. Using the information, the researchers first determined who was eating a high-quality diet and who was not.

‘Tomato flu’

What is ‘tomato flu’ and why has the Centre issued an advisory for it? (The Hindu:20220825)

<https://www.thehindu.com/news/national/tomato-flu-data-advisory-disease-virus-details-explained/article65804174.ece>

The Centre has issued an advisory to States after a paper in the Lancet’s correspondence section warned of a ‘tomato flu’ outbreak among children in India.

The story so far: Days after a paper in The Lancet journal raised concerns over the rise in cases of the “new virus known as tomato flu” among children in India, the Union Health Ministry on Tuesday issued an advisory, asking the States to take measures to prevent its spread.

Health Care Services

Amrita Hospital inauguration | In India, treatment is a service and wellness is a charity: PM (The Hindu:20220825)

<https://www.thehindu.com/news/national/amrita-hospital-inauguration-in-india-treatment-is-a-service-and-wellness-is-a-charity-pm-modi/article65805082.ece>

“India did not face the kind of vaccine hesitancy as seen in other countries also because of the message from spiritual leaders,” says PM Modi

Composite health care

Composite health care for transgenders under Ayushman Bharat scheme; MoU signed (The Hindu:20220825)

<https://www.thehindu.com/news/national/composite-health-care-for-transgenders-under-ayushman-bharat-scheme-mou-signed/article65804928.ece>

Union Health Minister Mansukh Mandaviya said this MOU has laid the foundation for a landmark transformational reform in the society.

Transgender persons will get composite health-care services under Ayushman Bharat- PMJAY with new Memorandum of Understanding (MoU) signed, on August 24, between National Health Authority (NHA) under Ministry of Health and Family Welfare and Department of Social Justice and Empowerment (MoSJE).

Boosting cancer treatment facilities

Boosting cancer treatment facilities a key focus of Modi government, says health officials(The Hindu:20220825)

<https://www.thehindu.com/news/national/boosting-cancer-treatment-facilities-a-key-focus-of-modi-government/article65803255.ece>

Health officials noted that treatment of cancer under 'Ayushman Bharat' has been a prime focus of the central government to safeguard people catastrophic expenditure of cancer treatment. With Prime Minister Narendra Modi set to inaugurate Homi Bhabha Cancer Hospital & Research Centre at Mohali in Punjab on Wednesday, officials said the health facility is significant due to reports of increasing cancer prevalence in parts of the state.

India's sex ratio

India's sex ratio at birth normalises slightly(The Hindu:20220825)

<https://www.thehindu.com/news/national/indias-sex-ratio-at-birth-normalises-slightly/article65802744.ece>

Study says it fell from 111 boys per 100 girls in 2011 to 108 boys per 100 girls in 2019-21. The latest study by Pew Research Center has pointed out that "son bias" is on a decline in India and the average annual number of baby girls "missing" in India fell from about 480,000 (4.8 lakh) in 2010 to 410,000 (4.1 lakh) in 2019. The "missing" here refers to how many more female births would have occurred.

WHO

Fact check: WHO debunks dubious claims made in fake BBC monkeypox graphic (The Hindu:20220825)

<https://www.thehindu.com/sci-tech/health/fact-check-who-debunks-dubious-claims-made-in-fake-bbc-monkeypox-graphic/article65774671.ece>

Close on the heels of the World Health Organisation declaring monkeypox a 'Public Health Emergency of International Concern', a post containing various dubious claims about the disease has gone viral on social media.

The claims, presented as a graphic, have been attributed to organisations like the BBC, WHO and CDC.

Clinical trials of intranasal COVID vaccine

Clinical trials of intranasal COVID vaccine over; data submitted to regulators (The Hindu:20220825)

<https://www.thehindu.com/sci-tech/health/clinical-trials-of-intranasal-covid-vaccine-over-data-submitted-to-regulators/article65771434.ece>

Bharat Biotech says BBV154 found to be safe, well-tolerated, immunogenic
Clinical trials of Bharat Biotech's intranasal COVID vaccine candidate as a primary (two) dose and a heterologous booster dose have been completed and the data submitted for approval to national regulatory authorities.

Harmful nutrients

Warning label most effective in identifying harmful nutrients: Study (The Hindu:20220825)

<https://www.thehindu.com/sci-tech/health/warning-label-most-effective-in-identifying-harmful-nutrients/article65791568.ece>

Independent study votes against Health Star Rating that is being recommended by FSSAI
A new study in India has found that warning labels on food packets are most effective in helping consumers identify foods high in sugar, saturated fat and sodium as compared to other labelling formats.

Sleep

7-8 घंटे के नींद के बाद भी सुबह रहती है थकान-आलस? ये है रामबाण इलाज(Navbharat Times :20220825)

<https://navbharattimes.indiatimes.com/lifestyle/health/ayurveda-doctor-nitika-kohli-shared-5-easy-tips-for-waking-up-tired-and-no-energy/articleshow/93767715.cms?story=5>

Why do I feel so tired when I wake up: सुबह उठने के बाद थकान महसूस की शिकायत लगभग हर कोई करता है। कुछ लोगों को ये समस्या एक दो दिन ही होती है। वहीं, कुछ लोगों के साथ यह समस्या लगातार बनी रहती है। यह आपके बॉडी को बीमारियों की चपेट में ला सकती है। ऐसे में डॉक्टर नितिका कोहली के टिप्स आपके लिए फायदेमंद साबित हो सकते हैं।

ayurveda doctor nitika kohli shared 5 easy tips for waking up tired and no energy

7-8 घंटे के नींद के बाद भी सुबह रहती है थकान-आलस? ये है रामबाण इलाज

नींद आपके शारीरिक और मानसिक स्वास्थ्य के लिए बेहद जरूरी होता है। यूं मान लीजिए कि दिनभर कि थकान के बाद शरीर को दूसरे दिन के कार्यों के लिए तैयार करना आपकी नींद की जिम्मेदारी होती है। लेकिन कई बार ऐसा भी होता है कि रात में आराम से 7-8 घंटे सोने के बाद भी आप सुबह थका हुआ और आलस महसूस करते हैं। एक-दो दिन ऐसा होना आम बात है लेकिन यदि आप रोज ऐसा महसूस कर रहें तो आपको अपने शरीर की एक्स्ट्रा केयर करने की जरूरत है। नहीं तो आप जल्द ही बीमारी की चपेट में आ सकते हैं।

ग्रैंड गेमिंग डे का आज आखिरी दिन, गेमिंग गैजेट पर 50% तक छूट।

आयुर्वेद विशेषज्ञ डॉक्टर नितिका कोहली ने सुबह फ्रेश उठने और दिनभर एक्टिव रहने के लिए बेहद ही असान और असरदार उपायों को सोशल मीडिया पर शेयर किया है। वह इंस्टा पोस्ट में लिखती हैं कि हमारे आस-पास और दुनिया में बहुत कुछ हो रहा है, वहीं वर्क फ्रॉम होम ने पूरी जिंदगी ही बदल दी है, ऐसा न हो कि हम कोरोनावायरस महामारी की वजह से एक निष्क्रिय अवस्था में चले जाएं। ऐसे में आप हर दिन स्वस्थ और ताजा महसूस करने के लिए अपने रूटीन में कुछ जरूरी बदलाव कर सकते हैं।

दिनभर की थकान और आलस से छुटकारा पाने के आयुर्वेदिक उपाय

View this post on Instagram

A post shared by Dr Nitika Kohli (@drnitikakohli)

सुबह जल्दी उठें

सुबह फ्रेश और एनर्जी से भरपूर के साथ उठने के लिए डॉक्टर नितिका सुबह जल्दी उठने की सलाह देती हैं। वह कहती हैं कि सुबह 6 बजे से पहले उठने की कोशिश करें। यह आपके हेल्दी रखने के साथ आपके दिमाग को फ्रेश और एक्टिव रखने में मदद कर सकता है।

ये भी पढ़ें **Sleeping Position** से पड़ता है आपकी सेहत पर असर, **Ayurveda** एक्सपर्ट से जाने क्या है सोने का सेहतमंद तरीका

हर दिन करें मालिश

यदि आप रातभर आराम से सोने के बाद सुबह उठकर थकान महसूस करते हैं तो रोज 20-25 मिनट तेल से अपनी बॉडी को मालिश करें। ऐसा करने से आपका पूरा नर्वस सिस्टम बेहतर तरीके से काम कर पाएगा। और आपकी बॉडी दिनभर एक्टिव रहेगी।

नियमित योग और प्राणायाम है जरूरी

योग और प्राणायाम आपकी बॉडी को हेल्दी रखने में मददगार साबित हो सकते हैं। यह केवल आपके शरीर को ही नहीं बल्कि मानसिक स्वास्थ्य को भी बनाए रखने में मदद करता है। डॉक्टर नितिका बताती हैं कि योग और प्राणायाम करने से आपके शरीर के मुख्य हिस्सों को सही मात्रा में ब्लड पहुंचाने का काम करता है। जिससे आपकी बॉडी बेहतर तरीके से काम कर पाती है।

ये भी पढ़ें योग के समय को लेकर कहीं आप भी तो नहीं कर रहें ये भूल? फायदे की जगह हो सकता है नुकसान, एक्सपर्ट ने बताया इससे बचाव के 4 उपाय

सुबह ध्यान करने से बनी रहेगी ताजगी