



SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



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IIHMR, Delhi works with a mission of improving standards of health through better management of healthcare and related programmes, prepare students for managerial positions with a focus on national and international healthcare management.

In this Issue:

- [Hospital and Health insight](#)
- [World At Glance](#)
- [Recent Researches](#)
- [Reflections](#)
- [Review Page](#)
- [Events at IIHMR, Delhi](#)
- [Quick Facts](#)
- [Upcoming Conferences](#)
- [IIHMR Research findings](#)
- [Articles by IIHMR'ians](#)

HOSPITAL AND HEALTH INSIGHT

India has just 1 doctor for every 1,681 persons: MCI

According to Medical Council of India data, the doctor-population ratio in the country stands at 1:1681. And this too is based on the assumption that 80% of these doctors are available on any given day. This excludes non-allopathy doctors. Governments, both at the Centre and states, have made no significant effort to prevent doctors from migrating or making the atmosphere more conducive to practice in the country. Between April 2013 and March 2016, 4,701 doctors who graduated from India chose to go abroad.

[Read more](#)

Govt. spending on health care “abysmally low”

The Parliamentary Standing Committee on health stated that the National Health Mission has been allocated a “measly 45%” of the funding originally envisaged under the 12th Five Year Plan (2012-2017).

The committee has expressed concern about national health outcomes being “jeopardised” due to budget shortage, noting that to reach the target of investing 2.5 per cent of the Gross Domestic Product (GDP) at the end of 12th Five Year Plan, the Centre would have to increase the health budget by an “implausibly high magnitude”.

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Nearly 7 crore cases of diabetes in India in 2015: Govt

“As per the International Diabetes Federation (IDF), the estimated cases of diabetes in India in the age group of 20-70 years were 6.68 crore and 6.91 crore in 2014 and 2015 respectively, Union Health Minister J.P. Nadda said in a written reply in the Rajya Sabha.

In another reply, he said that an article published in Lancet medical Journal said India is among the top three countries in the world with high diabetic population.

[Read more](#)

Cure for high medicine bills: A generics prescription law

The Central government is considering the introduction of a law to make it mandatory for doctors to prescribe generic drugs so that patients can access affordable medicines provided through state-run Jan Aushadhi stores.

The legal route to counter doctors' preference for branded medicines is expected to be discussed with Prime Minister Narendra Modi at an upcoming meeting to assess the progress made in the plan to set up 3,000 Jan Aushadhi stores across the country this year, a promise made in the Union Budget.

[Read more](#)

WORLD AT GLANCE

WHO declared Europe as the first region free of Malaria in the world

The World Health Organization has declared the **free European continent Malaria**, which makes it the first to have eradicated the local transmission of the virus, which has been in two decades of 90,712 cases detected in 1995 to zero cases in 2015.

[Read more](#)

Yellow fever vaccination essential for Angola, WHO reminds travellers

As efforts to bring an outbreak of yellow fever in Angola under control continue, WHO is reminding all travellers to the country that they are required to receive the yellow fever vaccination and to have a valid certificate of vaccination to prove that they are protected from the disease and to prevent its further spread.

[Read more](#)

NASA-inspired 'miracle suit' saving new mothers from death

Inspired by NASA research on inflated anti-gravity suit or G-suit, "miracle suits" are helping new mothers survive blood loss after birth in developing countries, including India. California-based Zoex Corporation was the first company to develop commercially available pressure garment suitable for treating shock and blood loss in new mothers.

In a recent study by NASA Ames Research Centre and other researchers, the garments saved 13 out of 14 patients in Pakistan who were in shock from extreme blood loss.

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QUICK FACTS

- [How to keep summer illnesses at bay](#)
- [Kidney health: Things to remember](#)
- [4 common health mistakes](#)
- [Food for health](#)
- [Blueberries may help beat Alzheimer's](#)
- [Test your risk of skin cancer with this quiz](#)
- [Night Shifts May Cause Heart Disease](#)

Chinese scientists modify gene to make humans immune to HIV

In a breakthrough in the fight against HIV/AIDS, Chinese scientists have modified a gene in embryos in an attempt to make humans immune to the HIV virus. Guangzhou Medical University used a gene editing technique named CRISPR/Cas to replace the CCR5 gene in 26 human embryos with an HIV—resistant mutation. Only four embryos were successfully edited, while the other 22 cases failed to produce the desired results.

[Read more](#)

RECENT RESEARCHES

Low-fat diet can cut breast cancer risk: Study

The findings showed that women who stayed on a low-fat diet for approximately eight years reduced their risk of death from invasive breast cancers. A diet containing low-fat food items is likely to aid women in their postmenopausal phase to keep away from breast cancer as well as lower the mortality risk rates associated with the deadly disease, finds a study.

[Read more](#)

Study says diabetes can impair hearing Clinicians should include the testing of hearing in managing Type-2 diabetes

Diabetes can damage the auditory system, new research has found, suggesting that clinicians should include the testing of hearing in managing Type-2 diabetes. The findings, published in the journal Current Diabetes Reports, are based on a review of studies of possible linkages between Type-2 diabetes and hearing impairment.

[Read more](#)

Skin cells turned into heart and brain cells

In a major breakthrough, a team of researchers, including an Indian origin scientist, has transformed skin cells into heart cells and brain cells using a combination of chemicals. The team used chemical cocktails to gradually coax skin cells to change into organ-specific stem cell-like cells and, ultimately, into heart or brain cells.

[Read more](#)

How low testosterone ups diabetes risk

Researchers have discovered the mechanism that put males with low testosterone at greater risk of developing the debilitating disease.

Testosterone helps men regulate blood sugar by triggering key signalling mechanisms in

UPCOMING CONFERENCES/ EVENTS

2nd International
Conference on Public
Health: Issues, challenges,
opportunities, prevention,
awareness

(Public Health: 2016)

Date: 21st- 22nd May'2016

Venue- Jawaharlal Nehru
University

Contact-
<http://krishisanskriti.org/publichealth.html>

islets -- clusters of cells within the pancreas that produce insulin. The study could help identify new treatments for Type-2 diabetes in the large number of men with low testosterone due to age or prostate cancer therapies.

[Read more](#)

E-cigarettes may do more benefit than harm: Experts

A team of international tobacco control experts has found that use of e-cigarettes can reduce overall smoking as well as potentially decrease the mortality rates particularly arising out of cigarette smoking.

The findings showed that e-cigarettes have the potential to counteract health risks and may do more benefit than harm.

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REFLECTIONS

Seven-day Training Programme on Hospital Architecture & Structure Design for Ministry of Health and Family Welfare was held during March 29- April 4, 2016. The important issues related to hospital system planning, various considerations for setting up of hospital including regulatory aspects, construction, maintenance, use of different materials and related issues were discussed by eminent guest faculties as well as IIHMR faculty. The field visits were appreciated wherein the participants got a chance to interact with functionaries at different levels and also observed the activities within intra and extramural areas.



International Institute of Health Management Research
Training Programme on Hospital Architecture and Structural Design
March 29-April 4, 2016, Venue:- IIHMR, New Delhi, India



RNTCP – Government of India TB Treatment & Care

The RNTCP in India

The large scale implementation of the Indian government's Revised National TB Control Program (RNTCP) (sometimes known as RNTCP 1) was started in 1997.

The RNTCP was then expanded across India until the entire nation was covered by the RNTCP in March 2006. RNTCP uses the WHO recommended Directly Observed Treatment Short Course (DOTS) strategy and reaches over a billion people in 632 districts/reporting units.

The initial objectives of the RNTCP in India were:

- to achieve and maintain a TB treatment success rate of at least 85% among new sputum positive (NSP) patients
- to achieve and maintain detection of at least 70% of the estimated new sputum positive people in the community



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NEWS IN PIPELINE

Alzheimer's and Parkinson's disease could be cured after scientists reverse symptoms of conditions in new study

[Read more](#)

nutrition tips



1 Get a good-quality knife

Studies have shown that cutting your vegetables with a sharp knife will help to minimise the bruising effect that can cause them to lose more nutrients.

4 Eat protein

'Research has shown that starting the day with a high-protein breakfast can help to improve your appetite control, increase fullness and help you make better food choices throughout the rest of the day,' says Poliquin.

5 Eat meat and nuts

'If you can stomach it, you should eat meat and nuts for breakfast,' says Poliquin. 'The meat will allow for a slow, steady rise in blood sugar levels, while the nuts provide healthy fats that help keep your blood sugar stable for longer.'



Breakfast tips

2 Eat breakfast

'Studies have shown that eating breakfast will help your body to maintain high energy levels and reduce the risk of obesity,' says leading strength coach and MF muscle guru Charles Poliquin.

3 Avoid cereals

'Most breakfast cereals are packed with sugar, salt and high-fructose corn syrup (HFCS),' says Poliquin. 'HFCS is a type of sweetener that has been linked to numerous health problems, including obesity and type 2 diabetes.'

The best food to...

6 Boost your immunity

Spinach and other leafy green vegetables are rich in vitamin A, which boosts the immune system by maintaining the body's mucous membranes, which trap germs as they try to enter the body.



7 Provide instant energy

Honey is a natural sweetener and a rich source of quick-release carbohydrates that boost your blood sugar levels faster, providing a quicker burst of energy when you need it than foods that take longer to digest.

8 Strengthen your bones

Milk contains high levels of calcium, which helps to build strong bones and defend the body against diseases such as osteoporosis.

9 Fight bad cholesterol

Carrots are high in the soluble fibre calcium pectate, which not only fills you up but also binds with acids in the body to reduce the amount of LDL ('bad') cholesterol.

10 Improve your memory

Apples are packed with boron, which studies have found can increase memory test scores by up to 10%.

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