

Bean '23 - The Shape of Hope



More than 1500 have gathered two weeks before at JDT Islam for a noble cause.

Those who have given their half of their lives and those who received it and thus come to a new life were gathered at JDT Islam on March 11 and it has turned into a platform to exchange and share their emotions and feelings. Bean '23 was the gathering of kidney donors and recipients who have undergone surgeries from Iqraa Hospital, Calicut.



Major Sessions in the program were the Launching of I-KARD and honouring the kidney donors.



I-KARD - IQRAA Kidney care - Association of Recipients and Donors

This is a community intended to get help for them from within the community and outside for their further treatment and medicines. The transplant patients of this community will get a discount of 50% for selected lab tests and donors can avail free comprehensive health check-ups annually.



Donors were honoured

The kidney donors, needless to say, are lifesavers and they

deserve any type of salutation from the community. They are well honoured in the function by the dignitaries.

Mr. M. P. Ahamed, Chairman, Malabar Group of Companies has inaugurated the program and launched I-KARD. Ms. Kanathil Jameela MLA was the chief guest of the program. Dr. TP Ahsraf, Mr. MP Abdul Gafoor, Dr. PC. Anver, Dr. Muhammed Aslam, Dr. Anis Jassir, Dr. Jyotish Gopinath, PMA Gafoor, Muhammed Jezeel N, Muhammed Najeeb and Najmudheen V had addressed the gathering. Cultural program was also staged on the occasion.

Free Kidney Screening Camp

In connection with World Kidney Day, we have conducted kidney screening camps at 24 locations in different districts and a total of 2097 people have used the facility.

All programs are jointly organized by the departments of Social Work and Nephology of Iqraa Hospital.



How Communication Works/Doesn't Work



Scenario 1:

A patient was scheduled for a surgery and during induction of anesthesia the Anesthetist verbally ordered for Injection Fentanyl 15 mcg. But the anesthesia technician who was supposed to administer the medication heard it as 60mcg and administered it. After administration of medication, the anesthetist confirmed the dose and identified that the medicine administered was an overdose and it resulted in a delayed recovery of the patient from anesthesia after surgery.

Scenario 2:

Mr. X was assigned as the nursing officer to Mr. John, who was admitted with complaints of Asthma. Mr. X intended medication to the pharmacy and asked the patient party to get the medication from the pharmacy. Patient party went to the pharmacy to get the medication.

When the patient party reached the pharmacy counter for billing, he asked for the medication of Mr. John, billing done and the pharmacist handed over the medication to the patient party. He took the medication to the nurses' station and handed over it to the assigned nursing officer.

Mr. X checked the medication and found that the medicines received were not the same as intended and that medication was of another patient named John. Mr. X informed the relative that the medication was of another patient named Mr. John and an error had occurred during medication dispensing and called the pharmacy and talked rashly to the pharmacy staff regarding the same.

Communication is an exchange of ideas, thoughts and emotions by a sender to receiver. Some of the elements of communication are: source, message, channel, receiver, feedback, environment, context, and interference. Communication is not only for exchanging ideas but it helps in maintaining a good rapport among people also.

In scenario 1; the incident was related to communication gap. The anesthetist and the technician did not follow closed loop communication.

Corrective action and preventive action:

- The person hearing a verbal order is supposed to verbally repeat it back to

the ordering person and confirm it before carrying out the order. This has not happened in this scenario and the technician administered the dose whatever she thought that she heard resulting in overdose.

In scenario 2; the pharmacist failed to identify the patient using proper patient identifiers such as full name and UHID number (unique hospital ID number). Pharmacist billed and delivered the medicine by just asking the patient's name. Mr. X who found that the medication was not dispatched properly should not have informed this to the patient party, as the patient party may think that staff are careless in providing service and share this with others.

Corrective action and preventive action:

- Rather than informing this to the patient party and scolding the pharmacy staff, Mr. X could have called the pharmacy, notified the error and asked them to deal with the scenario without involving the patient party in this. Which shows a good sign of communication for the smooth functioning of the organization and maintaining sound relationships within the organization.

Let's join hands;
TO PROVIDE MEDICAL CARE FOR THE POOR AND EDUCATION FOR ORPHANS

- ▶ 25% seats in all educational institutions under JDT Islam are reserved for orphans for free
- ▶ Iqraa hospital spends INR 25 million every month for charity
- ▶ Please include these firms in your Zakath - Sadaqa in this holy month

For Zakath:
A/C Name: Iqraa International Hospital and research centre
Bank: Union Bank of India
Wellness/Charity Branch
A/C No: 3074202000002
IFSC: UBIN030741

For Donations:
A/C Name: Iqraa International Hospital and research centre
Bank: HDFC BANK, Cheruvu Road branch, Kozhikode
A/C No: 5020079465301
IFSC: HDFC000839

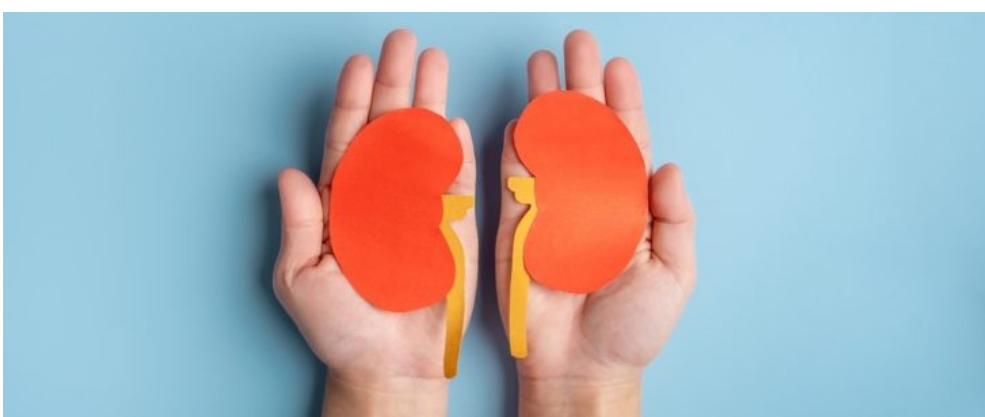
Donations will be eligible for tax exemption under section 80 D
For details, contact: 99 460 130 10 | 98 470 71 367 | 944 70 60 425
JDT Islam Orphanage & Educational Institutions, Wellness/Charity PC, Kozhikode, Kerala, India - 673 012, Email: jdtislam12@gmail.com, www.jdtislam.org



IQRAA Hospital and Yenepoya University signed MoU in medical research

An agreement has been signed between Iqraa Hospital, Kozhikode and Yenepoya University, a deemed to be university in Mangalore, to collaborate on research and development. The agreement is for five years for broad research in the field of medical and allied fields. Dr. P.C Anver, Executive Director of Iqraa Hospital and Dr. Gangadhara Somayaj K.S. have signed the MoU for their respective organisations. Iqraa Hospital, a multispecialty hospital located at Kozhikode, has the NABH and NABL accreditations for quality and SIRO Certification from the central government. Yenepoya University has the courses vary from medical undergraduate, medical postgraduate and other allied medical courses.

Know What Your Kidney Needs



Nutrition plays an important role either in maintaining healthy kidneys or in improving chronic kidney disease outcomes. Unfortunately, misinformation leads to unhealthy nutrition practices that cause malnutrition. The World Health Organisation states that increased sodium or salt intake and reduced potassium intake contribute to high blood pressure, one of the major reasons for kidney failure. Knowing

sodium sources is more important for proper identification while eating. Salt is the major source of sodium along with other sources like Monosodium Glutamate (ajinomoto), cooking soda, sodium containing preservatives etc. It is not only about restricting salt but also about having adequate or more of potassium containing foods like vegetables, fruits, pulses etc. Studies show that keeping sodium to potassium

ratio low in diet is beneficial for maintaining healthy kidneys. Some misperceptions in salt reduction:

- Summer or hot days need more salt: - salt lost through sweat is very minimal, hence there is no additional requirement. Care may be given for adequate water intake.
- Sea salt is not superior to manufactured salt: - it is not the source, it is the sodium present in salt that matters in health outcomes.
- Food does not require salt for appealing/ Food has no flavour without salt:- individuals need some time for their taste buds to adjust. Once the taste buds are accustomed to less salt, the food can be enjoyed as before.
- High salt food tastes salty:- it is always advised to read food labels to

check for sodium load, because salt flavour may be masked with other flavours while processing.

- Only old people need to worry about salt intake:- excess salt intake at any age can trigger blood pressure.

Dietary Approaches to Stop Hypertension (DASH) diet is an approved dietary approach to prevent hypertension, heart disease, and kidney disease and slow progression of heart and kidney disease. The DASH diet looks like a plant-based diet which includes fruits, vegetables, low-fat dairy products, whole grains, fish, poultry, beans, seeds, and nuts. It ensures proper hydration, salt, sugar and fat restriction.

All the more rightly quoting "Nutrition is not about eating less, it's always about eating the best".

Fida Jabir
Dietitian, Dept. of Clinical Nutrition & Dietetics