

Life-giving Act



Blood donation is like giving somebody a new life. Blood donation day promotes the awareness to the people to donate their blood. The slogan for 2023 world blood donor day is "Give blood, Give plasma, Share life, Share often". It focuses on patients requiring life-long transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma.

Blood donation is a major concern to society as donated blood is lifesaving for individuals who need it. There is a shortage of active blood donors to meet the need for increased blood demand. Donating safe blood can become a reality only when replacement donors are phased out and focus is shifted to increasing blood collection through voluntary donation to meet over 95% of blood requirements. This can be done through increased awareness, providing appropriate facilities for people to donate blood, and

improved donor retention. We are trying to increase blood donation drives and reduce dependency on blood replacement so that 100% voluntary blood donation can be achieved. It can be achieved by making one time donors donate 2 to 4 times in a year.

Any individual who belongs to 18 to 65 years with haemoglobin count of more than 12.5gm% and weighing more than 45kg can donate blood. First time donors should not be over 60 years. The donor should be a healthy person and should not have any active illness. Interval between two donations should be 3 months for males and 4 months for females. A preliminary health checkup of the donor is done before accepting for blood donation. The actual blood donation takes less than ten minutes. After donation it is advised to promote drinking more liquids than usual in the next 4 hours and to avoid strenuous activities for next 24 hours.

Regular blood donation improves blood flow and reduces the risk of heart attack or stroke. Also it will balance the iron level in the body. It gives an opportunity to reveal any potential health problems. Giving blood may reduce the risk of developing cancer. This kind of regular, altruistic interaction has major psychological benefits. Getting out of the usual environment to do something good for someone else is stimulating in the best kind of way.

So come forward and be a part of voluntary blood donation. Spare only 15 minutes to save three to four lives. Bring life back to power. Make blood donation your responsibility. Donate your blood for a reason, let the reason be a life.

June 14th, world blood donor day is celebrated in Iqraa Hospital by conducting a blood donation camp in Muslim Orphanage College, Cheruvatta with the co-ordination of blood donors Kerala organization at Calicut. Students and staff from Iqraa hospital also participated in a voluntary blood donation programme making the event successful. About 100 donors came for blood donation and some of them were not able to donate due to some medical illness, low haemoglobin and underweight. Many of the students were first time donors and they got a chance to become repeat voluntary donors. Students with negative and rare blood groups tend to avoid donating blood thinking that they should donate only to their near and dear ones.

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A Case Report on Fulminant *Clostridium difficile* Colitis Managed with Vancomycin Administered through Ileostomy



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Abstract:

Clostridium difficile (CDF) is a widespread nosocomial infection, usually presented as diarrhea. In fulminant cases, paralytic ileus is common.

In postoperative patients with a functioning ileostomy, it is rare. Here, we describe a patient who was admitted with features of septic shock secondary to ileal obstruction and perforation. Since the patient was in sepsis, not responding to broad-spectrum antibiotics and antifungals, and computed tomography (CT) showed edematous bowel loops, we suspected CDF. Investigations confirmed pseudomembranous enterocolitis and responded to treatment which included oral vancomycin along



with intravenous (IV) metronidazole and vancomycin as retention enema through rectum, and ileostomy downwards using Foley's

catheter. This case report is a newer insight to prompt decision-making and intervention than those described in the conventional treatment algorithm of Clostridium difficile infection (CDI).

The Indian Journal of Critical Care Case Report (Volume 2 Issue 3 May–June 2023) has published a case report by our doctors and clinical pharmacists. The link to read the Read the report online: rb.gy/d16v3

The new CT scan machine has been commissioned



The second CT scan machine in the hospital has been commissioned. The new state-of-the-art machine is located on the ground floor of Iqraa Kidney Care.

With the arrival of the new machine, it will be possible to reduce the congestion and more people can make use of the diagnostic system.

How Much Do You Know About Giving Blood?

1. How much blood can one person donate at a time?

- One cup
- One pint
- One quart
- One gallon

2. What blood type is most in demand?

- Type A
- Type B
- Type AB
- Type O

3. True or false: Everyone can donate blood

- True
- False

4. What blood components can be donated?

- Blood cells
- Plasma
- Platelets
- Blood cells, plasma and platelets

5. How many lives can one donation potentially save?

- One
- Three
- Five
- Seven

6. After donating blood, you might experience this side effect:

- Shortness of breath
- Feeling faint
- An upset stomach
- Fever



1. One pint

A pint equals 16 liquid ounces, and that might seem like a lot of blood to lose in the 15 minutes it takes to actually donate. But it's only a tenth of the total amount of blood circulating through your system. Afterward, your body begins to replenish it quickly: Plasma, the largest component of your blood, is replaced within 24 hours, while red blood cells need four to six weeks to regenerate. This is why blood banks require donors to wait at least eight weeks before donating again.

2. Type O

Both O negative and O positive are the most sought after. Though only 7% of the population is O negative, this blood can be used for people

with any blood type. The need for O positive is also high because it's the most common blood type; 38% of the population is O positive.

3. False

For starters, there are age and weight requirements: Donors must be at least 18 years old and weigh 45 kg. Health status matters as well. People with certain infectious diseases, such as HIV or hepatitis B or C, are also ineligible, as are survivors of blood cancers (like lymphoma or multiple myeloma). And if you've travelled to a malaria-risk country, you'll need to wait at least three months before you're cleared to donate.

4. Blood cells, platelets and plasma

Blood donation is a collective term, but there are actually four different types of donations involving various parts of blood. Whole blood donation is a term that encompasses every component of blood: red cells, white cells and platelets, suspended in plasma. Whole blood donation can be done every eight weeks.

5. Three

That might sound like a surprisingly high number, but remember, each blood donation equals a pint of blood—which can be transfused into a single person or multiple people. Whole blood can also be separated into platelets, plasma and red blood cells, then given to different people who have varying needs.

6. Feeling faint

Though not everyone experiences it, feeling faint, lightheaded or even a little dizzy is a normal response after giving blood. It's why many blood donation sites typically invite donors to sit for a while in a recovery area and offer a drink and snack, like water and cookies, to help refill their energy before heading home or back to work.

Courtesy: www.jnj.com

Voyage of NABH

National Accreditation Board for Hospitals & Healthcare Providers), abbreviated as NABH, is a constituent board of Quality Council of India (QCI), set up to establish and operate accreditation programmes for healthcare organizations. Formed in 2005, it is the principal accreditation for hospitals in India. The journey of NABH is an on-going process through which the standards are maintained and not a one time achievement.

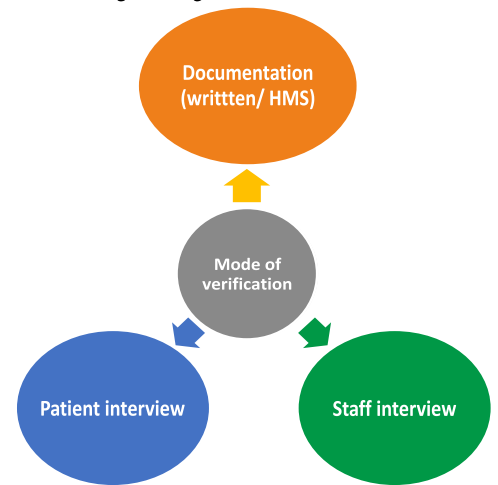


If the organisation meets the criteria listed above, the organisation will be awarded accreditation status for four years and surveillance assessment in 14- 18 months with effect from the date of the Accreditation Committee meeting when the result is formally approved. The standards are designed to measure and support the continual improvement of an organization's operation. Continuing accreditation status will be subject to the outcome of the surveillance assessment and the re-accreditation assessment.

Standards that the organisation should have in place to ensure the quality of care or the safety of people within the organisation is known as core standard. The rest of the standards have been divided into three levels, namely commitment, achievement, and excellence. This has been done keeping in mind the fact that quality is a journey and that accredited organizations need to

improve constantly. Most of the objective elements would be at the commitment level, and these would form the basis for accreditation at the end of the final assessment. The level of compliance with the standards placed at the achievement and excellence level counts continuity and improvement of the organization.

Mode of verification:



IORAA Online Medical Guidance Clinic

The hospital has started a new form of medical service with the intention of directing the patients to the right treatment options. The team will advise the patient with the information like appropriateness of the current treatment, availability of specialist treatment. They, thus, will get help clear doubts related to disease and diagnosis.

Senior consultant physician and our Executive Director Dr. P.C. Anver will lead the team.

The patient will have to produce complete information about his/her current medical condition (last prescription, medical/ social/ family history) and all the documents regarding the diagnosis (blood test results,

scanning reports, X-Ray, MRI etc.) The inquiries will be responded to within 24 hours.

Number: 9207722330



Total No. of Patients : 157
Total amount spent in IMAD: 16,96,637/-

1. CARDIOLOGY	:	11
2. NEUROLOGY	:	17
3. NEPHROLOGY	:	20
4. ORTHOPAEDICS	:	14
5. GASTRO SURGERY	:	9
6. GYNAECOLOGY SURGERY	:	7
7. PEDIATRIC SURGERY	:	6
8. GENERAL SURGERY	:	9
9. GENERAL MEDICINE	:	15
10. PULMONOLOGY	:	7
11. VASCULAR & INTERVENTIONAL RADIOLOGY:	:	6
12. GASTROENTEROLOGY	:	5
13. NEONATOLOGY	:	3
14. ENT	:	1
15. SPINAL SURGERY	:	4
16. HAEMATOLOGY	:	3
17. PLASTIC SURGERY	:	4
18. UROLOGY	:	15
19. Dental	:	1