



JAI SRI GURUDEV

# MILESTONES



A NEWS BULLETIN FROM THE DEPARTMENT OF PEDIATRICS  
ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES  
B.G. NAGARA - 571448



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With the divine blessings of Paramapoojya Jagadguru Sri Sri Sri Padmabhushan Dr. Balagangadharanatha Mahaswamiji and His Holiness Jagadguru Sri Sri Sri Nirmalanandanatha Mahaswamiji, we are bringing out our news letter “MILESTONES” (June 2017- December 2017).

Milestones denote the well being of the child which is essential for the development of the child. It is a great treat to eyes to see the child achieving his/her milestones and similarly it's a great pleasure to see our department progressing towards achievement of its milestones.

This gives a great opportunity for our department to bring out our department activities and also the publication and research work of our faculty members as well as post graduates.

**A hearty congratulations to Dr Swathi Badam who has secured 6<sup>th</sup> rank at Rajiv Gandhi University of Health Sciences PG examination held in May 2017. She is an inspiration to all the students and department wishes her all the best for her future.**

Kindly mail your valuable comments and suggestions at:

[milestones.aims@gmail.com](mailto:milestones.aims@gmail.com).

## BREAST FEEDING WEEK

Breast milk is the best gift a mother can give her child. The newborn baby's first cry signifies none other than its need for the mother's milk. As paediatricians, we have always been privileged to witness once such beautiful bonding process. In order to encourage this phenomenon and to promote exclusive breastfeeding UNICEF celebrates WORLD BREASTFEEDING WEEK, the first week of August every year.

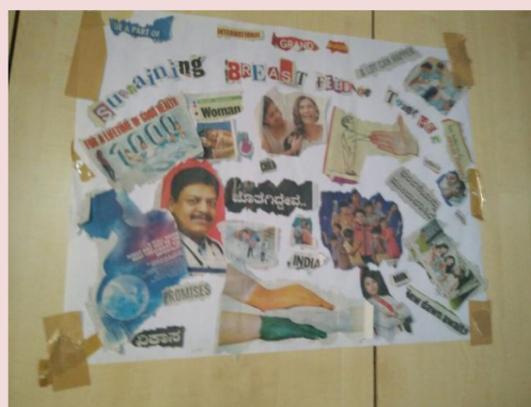
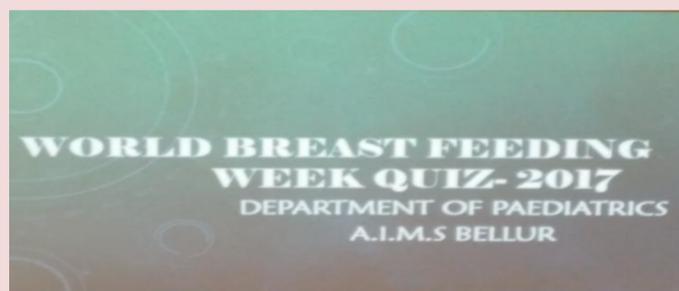
The Grand event began with the primary motto "Sustaining breastfeeding together". The week was celebrated from Aug 1<sup>st</sup> -8<sup>th</sup>. It was inaugurated at Medversity hall by our Medical superintendent Dr Manohar, beloved Head of the department Dr Shivaprakash, and our institute registrar Mr Umesh and other dignitaries.

The week-long event was filled with activities like educating the medical students, mothers, nursing students. Our department also conducted poster presentation, quiz for Undergraduates and postgraduates.

We arranged an awareness programme for the in-patients and the post neonatal care ward mothers about the importance of starting the breastfeeding immediately after birth and how effectively it helps as a long-term beneficial mode.

Our staff visited the nearest Primary Health Centre on the breastfeeding week and educated the personnel and mothers about the motto how to sustain breastfeeding together and the importance of family support in promoting breastfeeding.

The grand week was ended on the valedictory function at lecture hall which was presided by Vice Principal, our department staff Dr Venkatamurthy, Dr Madhav Kamat and others. Prizes for various activity winners were distributed and audience raised to the occasion. Special thanks to Dr. Shruthi our neonatologist with whom the breastfeeding week wouldn't have been a Grand Success.



## INTERESTING CASE REPORT

### **APLASTIC CRISIS IN A CHILD WITH HEREDITARY SPHEROCYTOSIS WITH A STRONG FAMILY HISTORY RESOLVING WITH SUPPORTIVE CARE**

#### **Case report**

A 13-year-old boy, who is a known case of hereditary spherocytosis, with a sick look was presented with fever, vomiting and fatigue since 4 days. On physical examination, he had severe pallor, pulse rate – 96bpm, respiratory rate – 24/min. The spleen was palpable about 6 cm below the left costal margin and the liver palpable 3 cm below the right costal margin. On auscultation, a systolic flow murmur is heard. There is a past history of jaundice on day 3 of life and was treated with exchange transfusion followed by phototherapy. The child had uneventful course until 2 years of life when he was diagnosed to have hereditary spherocytosis at a higher centre when he presented with complaints of jaundice, splenomegaly and was on folic acid supplementation since then. There is a positive family history where his father and grand father are diagnosed to have hereditary spherocytosis.



Figure 1: Known case of hereditary spherocytosis who presented with aplastic crisis

Owing to the abrupt symptoms of fever, vomiting, severe pallor, splenomegaly with known history of hereditary spherocytosis we further investigated for aplastic crisis which occurs in many patients due to infection with parvovirus. Our workup showed hemoglobin of 4.2gm%, RBCs – 1.35million/cumm, WBCs – 2200cells/cumm, platelets – 1lac/cumm and many spherocytes on peripheral smear examination, reticulocyte count – 0.1%. Total bilirubin – 4.1mg/dl and direct bilirubin – 0.4mg/dl. Because of pancytopenia accompanied with a marked decrease in reticulocytes as well as a history of HS, it was natural to believe that the patient in the present case was suffering from aplastic crisis due to viral infection; therefore, we did not perform bone marrow aspiration. The boy received packed red blood transfusion, dobutamine infusion and other supportive care and was recovered in 7 days. Folic acid supplements were started.

#### **Conclusion**

Although the major targets of HPB19 are erythroid progenitor cells, HPB19 induced bone marrow damage does not exclusively involve a single cell lineage. So, here we report a typical presentation of aplastic crisis in known case of hereditary spherocytosis which was transient and the recovery with supportive care happened within 7 days.

## PHOTO GALLERY



*IAP Quiz selection amongst our postgraduates*



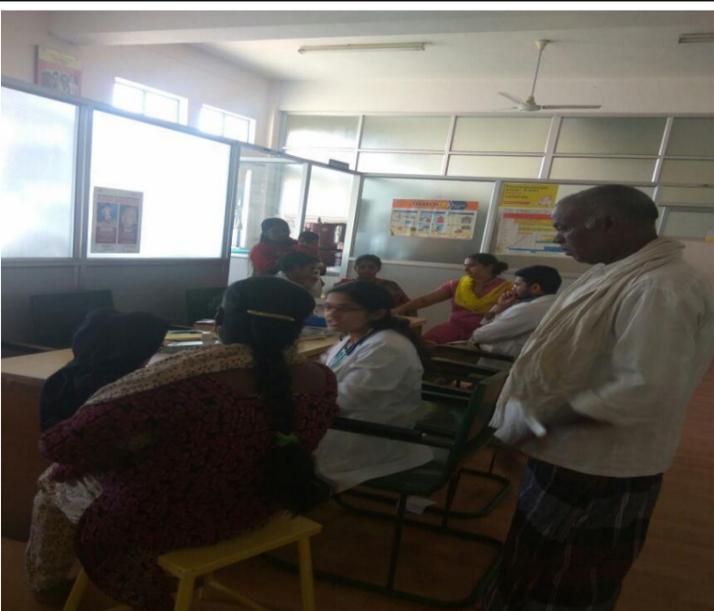
*Abandoned baby which was revived at our NICU handed over to the Hassan child trust*



*Preterm care at our NICU*



*Our Paediatric Intensive care Unit*



*Our OPD and vaccination room set up*



*Our Postgraduates at IAP divisional level quiz who secured 3<sup>rd</sup> place*

## CHILDREN'S DAY

The great Philologist says Fredrick Douglass “ There are some things we cant buy, one of such things is our childhood”. Such was the children day celebrations in our hospital which was held on 14<sup>th</sup> November 2017.

The day was inaugurated by our institute registrar Mr Umesh and our ever enthusiastic Head of the department Dr Shivaprakash. All the paediatric staff and PGs had gathered in the paediatric OPD and celebrated by cutting the cake and distributing sweets and fruits amongst the children.

The cheerfulness of the children made all the adults, a child again. The day was made more memorable by decorating the in-patient wards. The OPD was also beautifully decorated with balloons, flowers and color papers ; chocolates were given to all children visiting OPD. By the end of the day the hidden child in every man was discovered !



## PUBLICATIONS BY STAFF

### **Dr. Shivaprakash: HOD**

1. Balaji MD, Shivaprakash NC, Thangella PK. Case of congenital diastematomyelia type 1: a rare presentation. Int J ContempPediatr 2016;3:273-6.

### **Dr.venkatamurthy M: Professor**

- 1.Venkatamurthy M,Professor, Dr.B.Aditya Kumar. Case report of hereditary spherocytosis affecting mother and child with varied severity.
2. Balaji M.D. professor, Dr.venkatamurthy.M professor, Dr.naresh S. An incidental finding of a vegetative foreign body in left main bronchus in a child presented as wheeze associated respiratory tract infection.

### **Dr.Balaji M.D : Professor**

1. Balaji M.D. professor, Dr.venkatamurthy.M professor, Dr.naresh S. An incidental finding of a vegetative foreign body in left main bronchus in a child presented as wheeze associated respiratory tract infection.

### **Dr.Madhava k Kamath : Associate Professor**

- 1.Ankur gupta., Mahava k Kamath and Vijaya mangalpady shenoy.A study of neonatal thrombocytopenia in maternal pregnancy induced hypertension.

## DEPARTMENT NEWS AND ACTIVITIES

- ❖ Department of Pediatrics wishes the PG Exam going students Dr Sneha, Dr Vishwas Rao, Dr Naresh, Dr Palmurthy, Dr Harsha all the very best for the RGUHS PG examinations 2018.
- ❖ Our staff Dr Balaji M D Chaired the panel discussion on PICU difficulties event at RESPICON, national level conference at Mysuru on October 2017.
- ❖ Our postgraduates Dr Sneha Dr Vishwas represented IAP divisional level PG quiz which was held at JJM, davangere and secured 3<sup>th</sup> place.
- ❖ Our postgraduates Dr Sneha and Dr Vishwas represented our college in ORGAN TRANSPLANTATION QUIZ at Chennai in September 2017
- ❖ Our staff Dr Madhav Kamat postgraduates Dr Manasa, Dr Deepthi, Dr Palmurthy attended the RESPICON national level conference held at Mysuru

### **QUOTE FOR LIFE**

God will help those who help themselves!

