



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**”

Milestones denote well being of the child which is essential for the development of the child.

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.

Kindly mail your valuable comments and suggestions at:

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

## DEPARTMENT OF PEDIATRICS





## BREAST FEEDING WEEK

The Grand event began with the primary motto “Breastfeeding: A key to sustainable development”. The week was celebrated from aug 1<sup>st</sup> -8<sup>th</sup>. It was inaugurated at our lecture hall by our Medical superintendent Dr Manohar, professor Dr Siddaraju M L and other dignitaries.

The week long event was filled with activities like educating the students, mothers and other common people about the significance of breastfeeding.

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. Invocation was done by Dr Sneha, inaugural address by Dr Rugmini, speech was delivered by Dr Mallikarjunaiah and Vote of thanks by Dr Vishwas.

The nursing college students of AHRC were educated about the breast milk and the constituents. The common apprehension mother has about the breastfeeding and how to make the mother comfortable with regard to the above were told to the students. The discussion enlightened the crowd about the breast milk, a key to sustainable development. The event was conducted in the nursing college lecture hall by Dr Divya and Dr Asha and it was interactive talk where the students actively participated.

Like always, we had a successful breastfeeding week awareness programme at our hospital.



## CHILDREN'S DAY

The great Philologist says “ In every real man a child is hidden that wants to play”. Such was the children day celebrations in our hospital which was held on 14<sup>th</sup> November 2016.

It began with making children color the various pictures using the crayons and pencils given by the department .

This was followed by cake cutting by our Medical superintendent Dr Manohar. All the paediatric staff and PGs had gathered in the paediatric wards and distribution of sweets and fruits amongst the children was done.

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 ContempPediater 2016;3:273-6.

### **Dr Siddaraju: Professor**

1. Kamalammal R, Lingappa SM, Rajalu P. Cervical meningocele with tethered cord. Int J ContempPediater 2016;3:1132-4.
2. Kamalamma R, Siddaraju ML, Badam S, Mahankali N. Evans syndrome with severe thrombocytopenia: a rare presentation. Int J ContempPediater 2016;3:1474-6.

### **Dr. Balaji MD: Professor**

1. Balaji M D, Shivaprakash N C, Kumar P. Case of congenital diastematomyelia type 1: a rare presentation. Int J ContempPediater. 2016;3(1):273-276.
2. Kumar Alok MK, Veerabhadraih S, Balaji MD. Clinical profile of pediatric dengue cases in tertiary centre hospital: a retrospective study. Indian J of trauma and emergency pediatrics. 2016 sept-dec:8(3).189-93.

### **Dr.Madhav Kamath: Associate professor**

1. Madhava KK, Philip P, Shetty V, Venkataram R, GiridharBH. Association of Obstructive sleep apnea on surgically treated cleft anomalies. Int J ContempPediater 2016;3:345-9.
2. Madhava KK, Rao SS, RathikaD, ShenoyRD. Assessment of fetal malnutrition by body mass index and intra uterine growth curves: a comparative study, Int J ContempPediater 2016;3.

### **Dr Sunil Kumar: Associate Professor**

1. Kumar PS, Haricharan KR, Venugopala KL. Effect of perinatal asphyxia on thyroid stimulating hormone and thyroid hormone levels in a rural tertiary care center in Mandya district of Karnataka, India. Int J Contemp Pediater 2017;4:78-82.
2. Kumar PS, Haricharan KR, Venugopala KL. A study to analyze the effect of perinatal asphyxia on blood gas analysis of newborns. Indian J of trauma and emergency pediatrics. 2016 sept-dec:8(3).225-7.

## CASE REPORT

### **Evans syndrome with severe thrombocytopenia: a rare presentation** **RugminiKamalamma, Siddaraju ML, SwathiBadam\*,** **NiranjanMahankali**

A 15 year old boy was brought with history of bleeding gums since 21 days after he underwent a minor dental procedure. On examination, he was pale and had minimal bleeding from gums at the site of upper left 1st premolar tooth which was removed 21 days ago. Few petechial lesions were seen around the lips, trunk and upper limbs and a conjunctival hemorrhagic spot. There was no icterus, significant lymphadenopathy or hepatosplenomegaly.

Laboratory investigations revealed severe thrombocytopenia (1000 cells/cumm), moderate anemia (7.8 gm%), reticulocytosis - 4.2% (corrected reticulocyte count 2.1), ESR-52 mm/hr with normal PT and APTT. Direct coombs test was weakly positive and bilirubin levels were normal. There was no history of prior infections nor any family history of bleeding tendencies.

The child was given platelet transfusions along with oral prednisolone (2mg/kg/day) and his condition improved clinically and hematologically within 3 days. He was advised to continue for 2 weeks and tapered off over a period of 2 weeks. Though the child went for remission and he was advised to be under follow up as a relapsing course is expected.

Evans syndrome is defined as the simultaneous or sequential association of autoimmune hemolytic anemia (AIHA) and immune thrombocytopenic purpura (ITP). There is no preferential distribution of this disease by age, gender, or ethnic group. Its chronic course is characterized by recurrent relapses and remissions. The etiology is unknown and immune dysregulation may be involved in the pathogenesis of the disease. Most of the cases of Evans syndrome presents primarily with severe AIHA and mild thrombocytopenia. Total serum immunoglobulin levels IgG, IgM levels may be decreased. Auto antibodies against RBC is diagnostic of this syndrome but presence of antiplatelet antibodies may be inconsistent.

Firstline therapy is usually corticosteroids and/or intravenous immunoglobulin, to which most patients respond. Nevertheless relapse is frequent. Second-line therapy include immunosuppressive drugs, especially cyclosporin or mycophenolatemofetil, vincristine, danazol or a combination of these agents. Splenectomy can be done in cases of resistance to second line treatment. SCT (stem cell transplantation) is the only curative option for Evans syndrome.

## ONGOING RESEARCHES

- Cutaneous manifestations in newborn.
- Clinical, bacteriological and radiological study of pneumonia in children at rural medical college hospital.
- Study of clinical, laboratory profile and outcome of dengue in rural medical college
- To study the prevalence of skin diseases in school going children.

## DEPARTMENT NEWS AND ACTIVITIES

- ❖ Department of Pediatrics wishes the PG Exam going students Dr Aditya , Dr Naveen , Dr Niranjana, Dr Divya Narayan Kutty, Dr Sowmya and Dr Swathi all the very best for the RGUHS PG examinations 2017.
- ❖ Our postgraduates Dr Niranjana, Dr Naveen, Dr Sowmya, Dr Swathi, Dr Asha and Dr Shankar attended the Advanced Neonatal resuscitation program held at JSS Medical College, Mysore in November 2016.
- ❖ Our postgraduates Dr Swathi, Dr Sowmya, Dr Naveen and Dr Palmurthy attended the South Pedicon 2016 in October 2016 at Shimoga.

### **Quotes for life:**

As you sow, so you reap.