

ISSUE 2 | NOV '25

SEHATNAMA

PATIENT EDUCATION MAGAZINE BY HIMSR & HAHC HOSPITAL

**IMMUNISATION
MYTHS BUSTED**

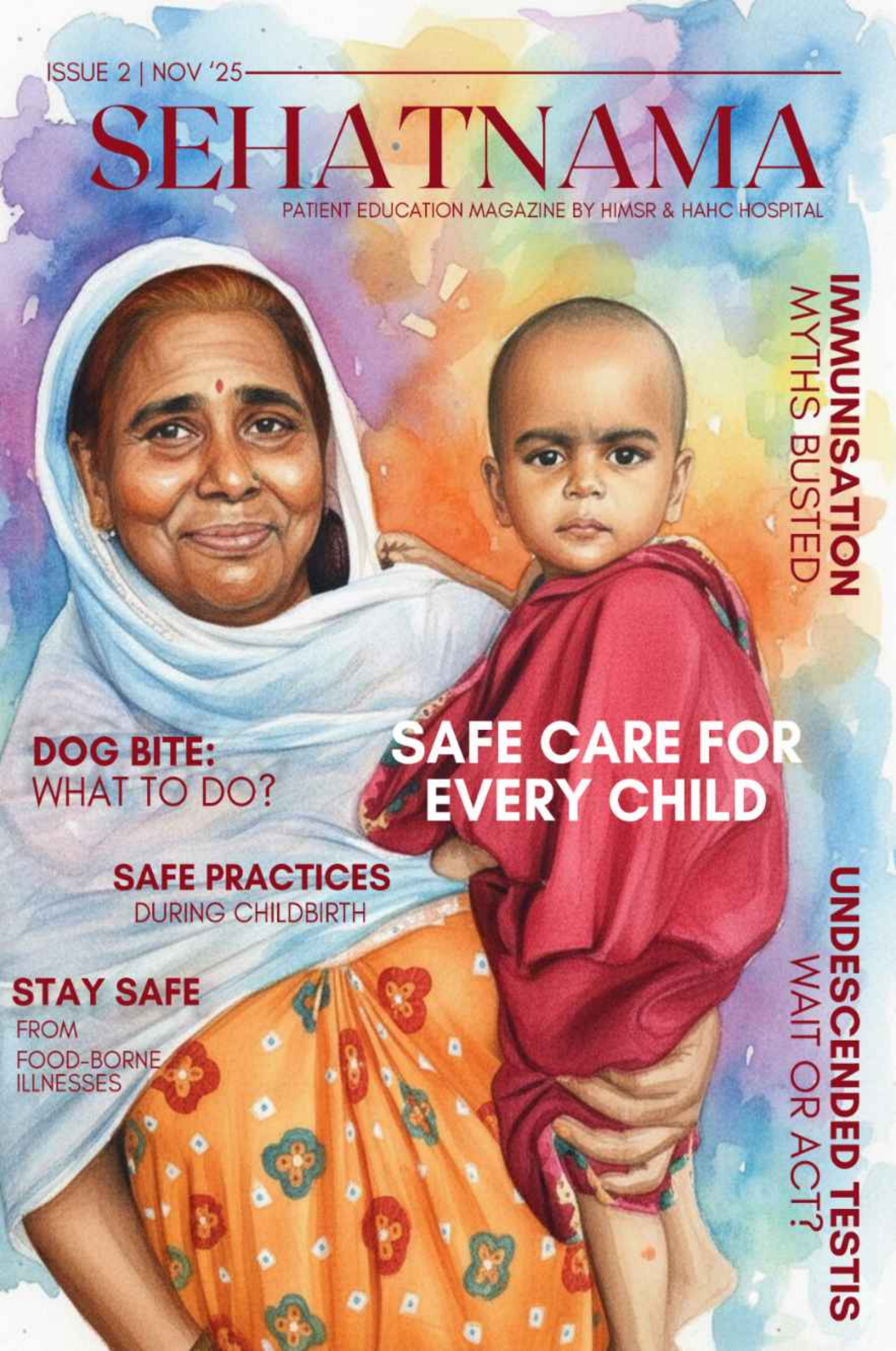
**DOG BITE:
WHAT TO DO?**

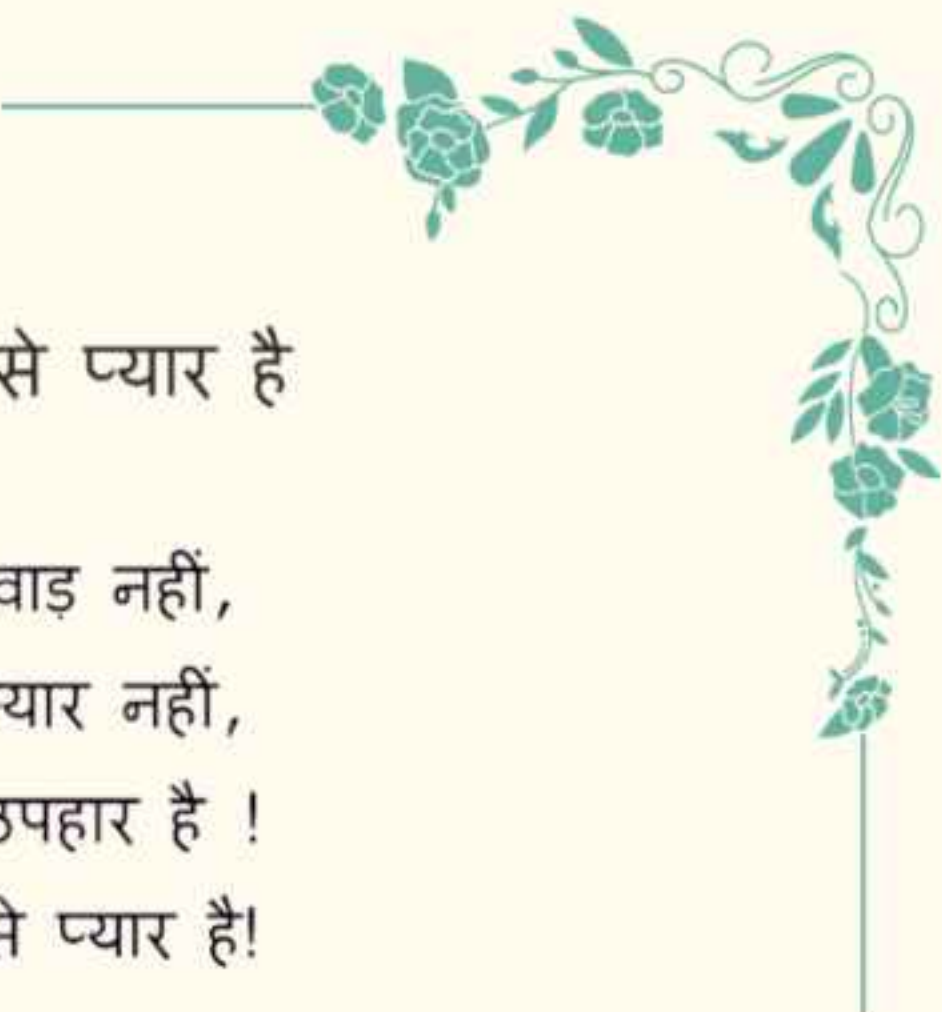
**SAFE CARE FOR
EVERY CHILD**

**SAFE PRACTICES
DURING CHILDBIRTH**

**STAY SAFE
FROM
FOOD-BORNE
ILLNESSES**

**UNDESCENDED TESTIS
WAIT OR ACT?**





कहो कि खुद से प्यार है

सेहत से खिलवाड़ नहीं,
नशे से कभी प्यार नहीं,
निरोगी काया उपहार है !
कहो कि खुद से प्यार है!

चित्त प्रसन्न रखो हर दम,
नमक व चीनी खाओ कम,
जंक फूड में विकार है !
कहो कि खुद से प्यार है!

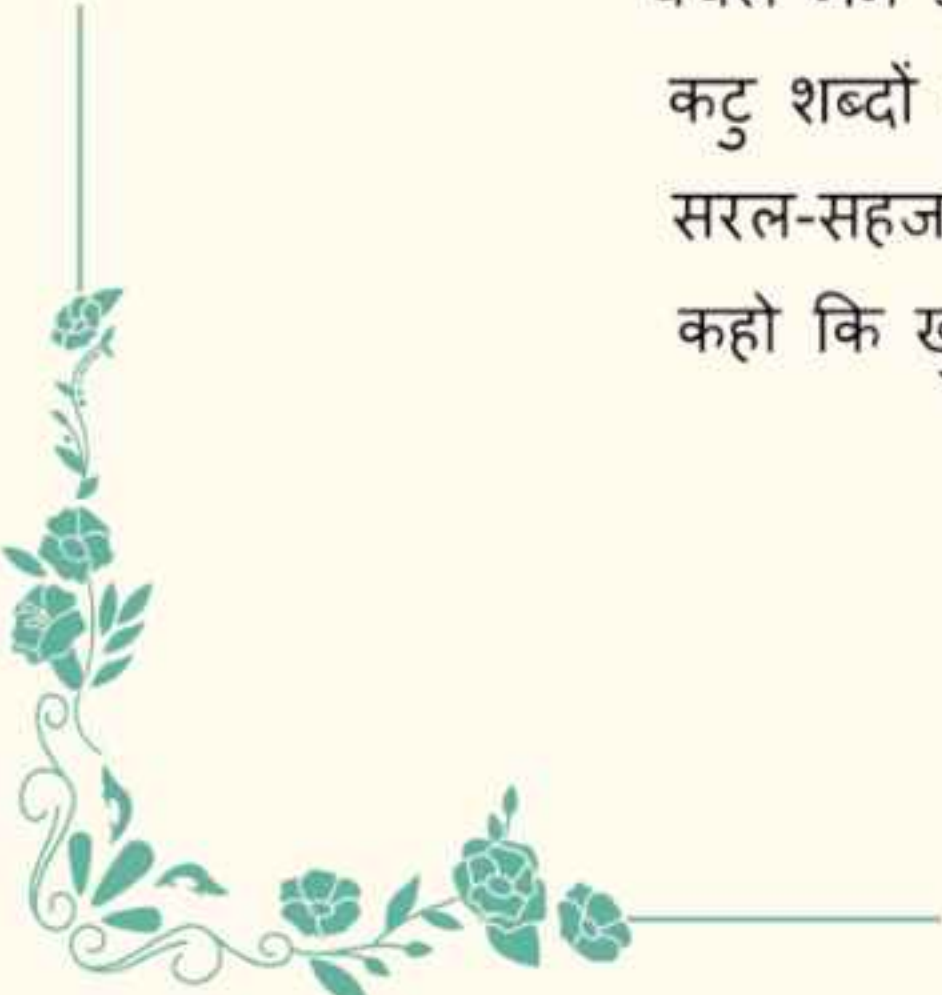
स्क्रीन टाइम से थोड़ी दूरी,
मॉर्निंग वाक भी है ज़रूरी,
पुरसुकून नींद से बहार है!
कहो कि खुद से प्यार है!

चंचल मन और बुरी संगत,
कटु शब्दों से खोये रंगत,
सरल-सहज यह विचार है!
कहो कि खुद से प्यार है!

अब्दुल करीम सिद्दीकी

असिस्टेंट मैनेजर आई० टी०

HIMSR & HAHC Hospital, New Delhi-62





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Message from the Dean, HIMSR

It is my pleasure to introduce SehatNama, a patient education initiative that embodies our institution's commitment to promoting health literacy.

We, at HIMSR, believe that informed patients are empowered patients.

SehatNama embodies this philosophy, providing accurate, reliable, and accessible health information on various health topics, enabling patients and caregivers to make informed decisions about their care.

By bridging the knowledge gap between healthcare providers and patients, we can work together to achieve better health outcomes. I am delighted to see our efforts in spreading health awareness come to fruition through this magazine, I am confident that this endeavour will become a valuable resource for our community.

Wishing you good health and knowledge!

Warm regards,

Prof. (Dr.) Musharraf Husain
Dean



Message from the Medical Superintendent, HAHC Hospital

It gives me immense pleasure to extend my heartfelt congratulations to the editorial team on the successful publication of the second edition of SehatNama - *our patient safety magazine*.

This edition is a testament to the team's dedication, hard work, and unwavering commitment to promoting a culture of safety, awareness, and empowerment among patients and healthcare providers alike.

The thoughtfully curated articles, practical insights, and engaging content not only reflect the high editorial standards but also serve as a valuable tool in enhancing patient understanding of safe healthcare practices.

Sehatnama has already begun to make a meaningful impact by educating patients, encouraging active participation in their care, and strengthening the bond of trust between healthcare professionals and the community we serve. I am confident that this initiative will continue to grow in reach and relevance with each edition.

Once again, I congratulate the entire editorial team for their outstanding efforts and wish them continued success in all future endeavors.

Warm regards,

Prof. (Dr.) Sandeep Kumar
Medical Superintendent



FROM THE EDITOR'S DESK

Dear Readers,

It gives me great pleasure to welcome you to the second edition of our Patient Safety Magazine, *SehatNama*, a HIMSR & HAHC Hospital initiative. This edition is dedicated to World Patient Safety Day 2025.

This year's global theme, "Patient Safety from the Start - Safe care for every newborn and every child" reminds us that the foundations of health and well-being are laid in the earliest moments of life. Ensuring safety in newborn and child care is not only a clinical responsibility but also a moral and social commitment that defines the quality of our health systems.

On this occasion, let us reaffirm our pledge: to protect the most delicate lives with vigilance, compassion, and accountability. By placing safety at the heart of every decision, we ensure not only survival but also a healthier future for generations to come.

I invite you to read, reflect, and most importantly, act.

Together, let us make "Patient Safety from the Start" not just a theme for a day, but a lasting commitment in every ward, every hospital, and every home!

Warm regards,



Dr. Sana Salim Khan

Editor-in-chief

SehatNama

Assistant Professor

Department of Paediatrics





SAFE NEWBORN CARE

1

Safe Sleeping

- Always place your baby on their back to sleep
- Use a firm, flat mattress with no pillows, toys, or loose bedding
- Share the room, not the bed



2

Preventing Infections

- Wash hands thoroughly before touching the baby.
- Limit visitors, especially anyone with cough, cold, or fever
- Keep baby's umbilical cord clean and dry until it heals

3

Safe Feeding

- Exclusive breastfeeding for the first 6 months (if possible)
- Hold the baby upright during feeding to prevent choking
- Check milk temperature before bottle feeding



4

Safe Handling

- Always support the head and neck while carrying
- Never shake the baby
- Ensure clean hands and surfaces when handling

5

Safe Environment

- Keep the baby away from smoke, strong perfumes, and chemicals
- Maintain a comfortable room temperature (26–28°C)
- Use rear-facing car seats for travel



6

Danger Signs



- Difficulty breathing
- Poor feeding or refusal to feed
- Fever or very low temperature
- Yellowing of skin/eyes (jaundice)
- Convulsions or excessive sleepiness

Dr. Sana Salim Khan

Assistant Professor

Department of Paediatrics





IMMUNIZATION

Myths Vs Facts



**My Child gets fever
after vaccination?
What to do?**

Some of the vaccine injections can cause fever, and it is a normal reaction in some children. You can apply wet cold cloth on the site of injection to reduce inflammation. Medicines to reduce fever will be prescribed by your immunization provider. Give that to the child as per the dose recommended.



**Is it necessary to
give vitamin A
to the child every 6
months?**

Yes. Children ages 9 months to 5 years should be given Vitamin A every six months. Deficiency of vitamin A can lead to blindness in children.

**India is now Polio-free.
Do we still need to keep
giving vaccines against
Polio?**

India has been free from Polio for many years. However, in some countries Polio virus is still in circulation. Hence, it's important that Indian children continue receiving vaccination against polio till the world is Polio free.



**I have heard
that vaccines
can lead to
Autism. Is it
true?**

There is no association between vaccination and autism. Some parents assume that the autism diagnosis in their child is due to vaccination as diagnosis typically happens in the age after childhood vaccines are given. The increasing number of known cases of autism may be due to better diagnosis and more awareness.

Dog Bite? Don't Wait—Act Fast, Beat Rabies!

Dr. Bhumika Upadhyay
Assistant Professor
Department of Biochemistry

Most people assume that small dog bites are not dangerous, but this is a serious misconception. Rabies is 100% fatal once symptoms begin, yet it is completely preventable with the right action taken in time. Here's how quick steps, knowledge of warning signs, and proper vaccination can save lives:

Understanding Signs of Rabies

Watch for these signs in dogs:

- Sudden aggression or strange behavior
- Drooling or difficulty swallowing
- Weakness or paralysis
- Jerky body movements or seizures
- Fear of water

Even healthy-looking or vaccinated dogs may sometimes spread rabies. So we never take chances.



Risk Categories and Treatment

- **Category I:** Lick on unbroken skin
→ No treatment
- **Category II:** Scratches without bleeding → Anti-Rabies Vaccine (ARV)
- **Category III:** Deep bite, bleeding, or lick on broken skin → ARV + Rabies Immunoglobulin



"ONE BITE CAN BE FATAL!"

**DON'T WAIT, ACT FAST,
AND BEAT RABIES!"**

Doctor, I was bitten by a dog today. It was sudden, and I'm really scared. What should I do?

You did the right thing by coming here immediately. Rabies is always fatal once it begins, but the good news is, it's preventable with timely treatment.



Is rinsing my wound enough, doctor?

First Aid Steps

- Wash the wound with soap and running water for 10–15 minutes
- Apply antiseptic (e.g., Betadine)
- Cover with a clean cloth
- Visit the hospital immediately



Vaccination Schedule

How many injections will I need, doctor?

Five doses on Day 0, 3, 7, 14, and 28. Never skip or delay a dose. Always carry your vaccination card.



Follow-Up & Safety

Should I still observe the dog?

Yes. If the dog is known and vaccinated, watch it for 10 days. If it stays healthy, it's reassuring but you must finish your vaccination. For stray or unknown dogs, continue treatment without delay.



DOs and DON'Ts

of Commonly Prescribed Oral Anti-Diabetic Medications

Dr. Shreshth Khanna
Assistant Professor
Dept. of Pharmacology

Metformin



- ✓ Take it with meals
- ✓ Stay well-hydrated
- ✓ Monitor blood sugar regularly



- ✗ Don't consume empty stomach
- ✗ Don't ignore severe fatigue, muscle weakness, tiredness
- ✗ Don't mix with alcohol
- ✗ Don't skip doses
- ✗ Don't rely on it alone for weight loss



Glimepiride/Glipizide/Gliclazide



- ✓ Take it before meals
- ✓ Consume meals at a fixed time of the day to avoid hypoglycaemia
- ✓ Continuously monitor blood glucose levels
- ✓ Carry sugar tablets in case of hypoglycaemia
- ✓ Watch for weight gain



- ✗ Don't forget to eat a meal after consuming the drug
- ✗ Don't consume alcohol as both can cause hypoglycaemia
- ✗ Don't ignore signs of hypoglycaemia like sweating, shakiness, dizziness, hunger, confusion, and fast heartbeat
- ✗ Don't skip doses



Vildagliptin/Sitagliptin/ Linagliptin/Saxagliptin



- ✓ Take it at a fixed time of the day
- ✓ Watch for signs of hypoglycaemia (especially if taken with insulin or sulphonylureas)
- ✓ Continuously monitor blood glucose levels
- ✓ Carry sugar tablets in case of hypoglycaemia



- ✗ Don't consume alcohol as both can cause hypoglycaemia
- ✗ Don't skip doses



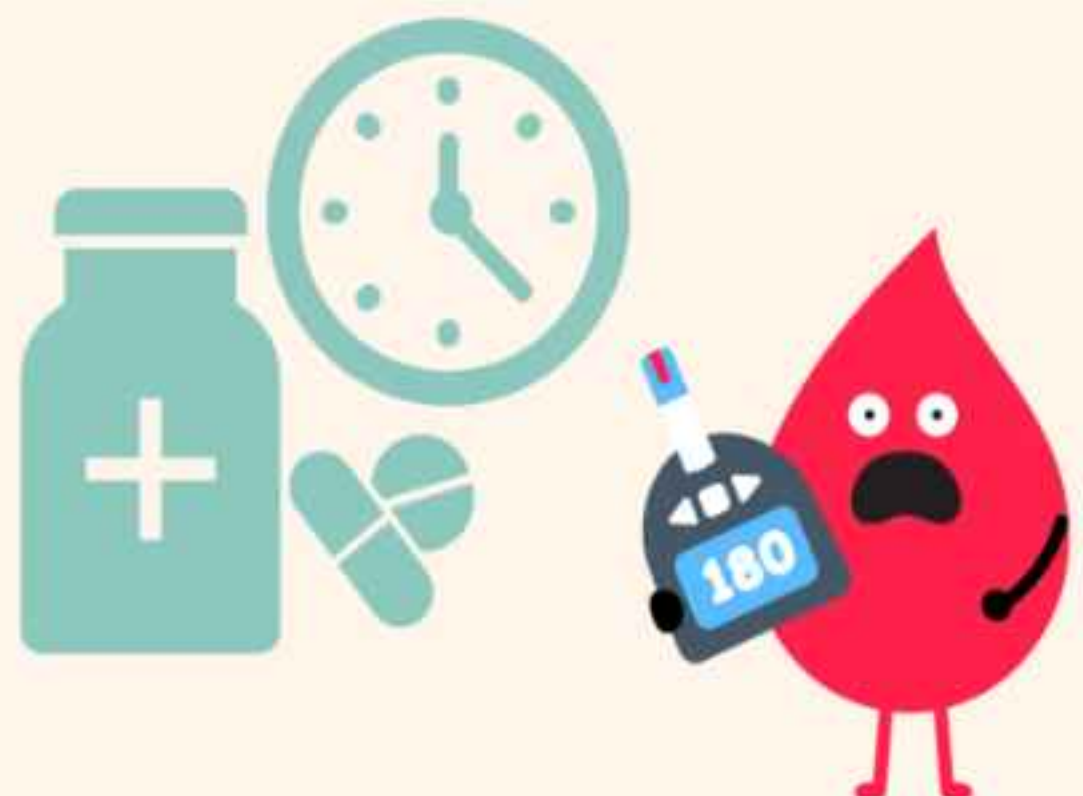
Dapagliflozin/Canagliflozin/Empagliflozin



- ✓ Consume the medication at a fixed time of the day
- ✓ Take the medication in the morning time to reduce the night time urination
- ✓ Watch for signs of UTI like burning micturition, itching, and unusual discharge
- ✓ Consume plenty of water to avoid dehydration



- ✗ Don't ignore genital hygiene





Breaking the Silence: Suicide Prevention & Hope for Healing



Every year, millions of lives are touched by suicide—through personal struggles, losing loved ones, or witnessing community pain. Suicide is not just a statistic; it is a human tragedy often born of overwhelming despair. However, the good news is that suicide can be prevented, and with the right support, recovery is possible.



1 Understanding Suicide

Suicidal thoughts usually arise from a mix of factors—mental health conditions like depression or anxiety, chronic illness, trauma, relationship or financial stress, and substance use.

These thoughts are not a sign of weakness, but rather a symptom of intense suffering, and they require timely, compassionate care.



4 For Families and Caregivers

Stay present and avoid dismissive remarks. Encourage professional help, and if there is an immediate risk, seek emergency services.



2 Recognising Warning Signs

Warning signs include:

- Talking about death, hopelessness, or being a burden
- Withdrawing from loved ones or activities
- Sudden mood changes, especially calmness after deep despair
- Risky behaviour, substance use, or recklessness
- Giving away possessions or unusual goodbyes

5 Message of Hope

Suicide prevention is about creating a world where people feel connected and supported.

Every small step—checking in on a friend, raising awareness, or seeking help—matters. If you are struggling, remember: You are not alone. Help is available. **Your life matters. You are precious!**

3 What Can Help?

- **Conversations:** Talking about suicide does not increase risk—it reduces it. Listening with empathy can be lifesaving.
- **Professional Support:** Psychiatrists, psychologists, counsellors, and support groups provide therapy, medication, and coping skills.
- **Connections:** Family, friends, and community support build resilience. Even small acts of kindness matter.
- **Crisis Services:** Immediate help is available. In India: **TeleMANAS (1800-891-4416), AASRA (91-9820466726), National Suicide Prevention Helpline (1800-121-3667).**
- **Self-care:** Healthy sleep, exercise, mindfulness, and meaningful activities help rebuild hope.

Dr. Nimmi A. Jose
Professor
Dept. of Psychiatry

A GUIDE FOR PARENTS

UNDESCENDED TESTIS



Dr. Sachin Katyal
Associate Professor
Dept. of Surgery

Undescended Testis or 'Cryptorchidism' is a condition where one or both the testicles are not in the scrotum.

They may be located in the groin or inside the abdomen.

It is common in newborn boys (especially in premature babies).



WHEN TO SEE A DOCTOR?

If your child's testis is not in the scrotum by 6 months of age.

Treatment:

- Observation until 6 months (sometimes testis descends on its own).
- Surgery (Orchidopexy): usually done between 6-12 months of age.

Early surgery gives best results for fertility and lowers cancer risk.

WHY IS IT IMPORTANT?

- May affect fertility later in life.
- Increases risk of testicular cancer if untreated.
- Can lead to hernia or testicular torsion.
- Early treatment helps ensure normal development.

PARENTAL ROLE

Check your baby's scrotum during bath/diaper changes.

- Ensure regular paediatric visits.
- Follow up with a paediatric surgeon.



GIFT VISION DONATE EYES!



Dr. Aqsa Shaikh
Professor
Community Medicine

WHO CAN DONATE?

- Anyone can donate eyes, regardless of age, sex, religion, blood group, or caste
- People with diabetes, hypertension, asthma, or who wear glasses can also donate
- Even those who have had cataract surgery or LASIK can donate

WHO CANNOT DONATE?

Corneas from individuals who died from certain infectious diseases like AIDS, Rabies, Jaundice, or Active Hepatitis are typically not used for grafting

WHAT TO DO AFTER A DEATH?

Contact an eye bank immediately:
Eyes must be collected within 6 to 8 hours of death.

Prepare the body:

- Gently close the deceased's eyes
- Place moist cotton swabs over the closed eyes to keep the cornea moist
- Turn off any overhead fans

Eyes can only be donated after death.

Family members can donate eyes of the deceased person— it is legal, ethical, and welcome by most religions.

WHAT HAPPENS DURING DONATION?

- **Quick and simple procedure:** A trained medical team removes the eyes, a process that takes less than 10 minutes
- **No disfigurement:** The procedure does not cause any visible disfigurement and does not interfere with common funeral arrangements
- **Purpose:** The donated corneas are used in corneal transplants to treat corneal blindness and restore vision



Call this number
to donate eyes.



1919

FOOD - BORNE ILLNESSES

DR. AYAN KUMAR DAS, ASSISTANT PROFESSOR, DEPARTMENT OF MICROBIOLOGY

Common Causes

Bacteria: Salmonella, E. coli, Listeria

Viruses: Norovirus, Hepatitis A, Rotavirus

Parasites: Giardia, Entamoeba histolytica, Round worm

Toxins/Chemicals: Pesticides, improperly stored food



1

WHAT ARE THEY?

Food-borne illnesses occur when harmful bacteria, viruses, parasites, or chemicals contaminate the food or water we consume.

SYMPTOMS TO WATCH FOR

- Stomach pain, nausea, vomiting
- Diarrhoea (sometimes bloody)
- Fever and body aches
- Severe dehydration in children & elderly

2



3

HIGH-RISK FOODS

- Raw/undercooked meat, poultry; seafood
- Unpasteurized milk & dairy products
- Street food or unhygienic snacks
- Cut fruits & salads kept outside
- Leftovers stored at room temperature

PREVENTION

- Wash hands with soap before handling food
- Cook meat, poultry & seafood thoroughly
- Wash fruits & vegetables well
- Store perishable foods in the refrigerator
- Drink safe, clean water
- Avoid raw street food during summer/monsoon

4



5

WHEN TO SEEK MEDICAL HELP?

- High fever, persistent vomiting, bloody diarrhoea
- Signs of dehydration (dizziness, dry mouth, less urination)
- Illness in infants, elderly, pregnant women, or those with weak immunity

Remember

Safe food = Healthy family

A little care in food handling, storage, and cooking can prevent most food-borne illnesses.

SCREEN TIME IN CHILDREN: GUIDELINES FOR PARENTS

Screens are everywhere—mobiles, tablets, TV, and computers. While they can be useful, too much screen time can harm a child's growth and health. The Indian Academy of Pediatrics gives clear age-wise recommendations:



1 Below 2 years

No screen time at all
(except for video calls)



2 2-5 years

- Limit to maximum 1 hour per day
- Always co-view with your child and discuss what they watch



3 Above 5 years

- Restrict to less than 2 hours per day (excluding online classes)
- Encourage outdoor play, reading, and hobbies



WHY LIMIT SCREEN TIME?

Too much screen use can cause:

- Obesity and lack of physical activity
- Poor sleep quality
- Behavioral problems and irritability
- Lower school performance
- Less time for family and social interaction



TIPS FOR PARENTS

- Keep mealtimes and bedrooms screen-free zones.
- Be a role model—limit your own screen use.
- Encourage outdoor play and family activities.
- Use screens for learning, not just entertainment.

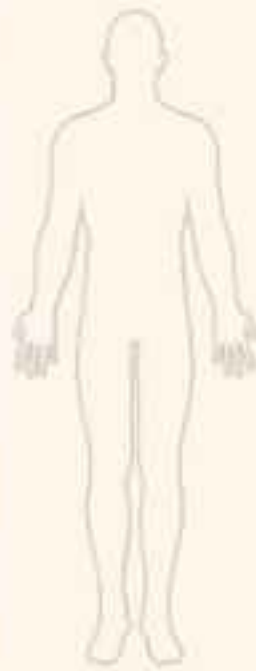
Dr. Iqra Khan, Assistant Professor, Dept. of Paediatrics

BODY DONATION

Deh Daan is the donation of one's body after death for the purpose of medical research and education. It is important for budding doctors and researchers to understand the human body and for advancement of medical science. Any person wishing to donate their body can make prior arrangements with local medical colleges, hospitals or an NGOs who will give the required information for the same. Signing prior consent form is not compulsory but is preferable so that the family is aware of the decision of body donation.

Why is Deh Daan important?

Cadavers are used to teach students bodily anatomy and how it works. It is one of the most important courses in the education of healthcare professionals. Cadavers are used for research in development of life saving surgical procedures. Anyone willing to donate should know that their gift will be greatly valued. It will play a critical role for medical students, the future doctors of India, by providing them with essential tools to help patients in future.



How can I donate my body?

You can enquire from any hospital or medical college about body donation. You can go online and access Pan-India Body Donation and it will guide you where to donate the body. The most important thing is that after your death it's your family, next of kin or guardian who will carry out the process of donating your body. It's important that they are involved in your decision, aware of your wishes, and are comfortable carrying out the entire process.

Are there any limitations or conditions on body donation?

Most institutes accept body donation but there are certain medical conditions in which they might be declined which can be enquired from the concerned authorities. Also, a body that has undergone autopsy is not accepted for donation.

Some renowned Indians who have donated their bodies for medical research are:

Jyoti Basu, the former CM of West Bengal, CPI (M) leader, **Somnath Chatterjee**, and Jan Sangh leader, **Nanaji Deshmukh**.



“मानव बनकर जन्म लिया जब,
जन्म सफल यह करना है।
देह-दान है कर्म सुपावन,
नेक-कर्म यह करना है।”



“**Jeete Jee Rakt Daan,
Jaate Jaate Deh Daan.**”

Dr. Arpita Mahajan
Associate Professor
Dept. of Anatomy

PATIENT SAFETY BEYOND THE HOSPITAL

- COMMUNITY AWARENESS: EDUCATING WOMEN AND FAMILIES ABOUT SAFE BIRTH PRACTICES AND DANGER SIGNS.
- SUPPORTIVE SYSTEMS: RELIABLE REFERRAL NETWORKS, EMERGENCY TRANSPORT, AND BLOOD BANKS SAVE LIVES.
- EMPOWERED PATIENTS: WHEN WOMEN KNOW THEIR RIGHTS AND SAFETY MEASURES, THEY CAN ACTIVELY PARTICIPATE IN THEIR OWN CARE.

1. SKILLED AND SAFE CARE AT EVERY STEP

- Ensure deliveries are conducted by trained doctors, midwives, or nurses.
- Skilled providers recognize complications early and act quickly, reducing risks to both mother and child.

2. RESPECTFUL MATERNITY CARE

- Women should be treated with dignity, kindness, and respect.
- Safety is not just clinical—it also means protecting a woman's emotional well-being, privacy, and right to make informed choices.



3. INFECTION PREVENTION & CLEAN DELIVERY

- Strict handwashing, sterilized instruments, and clean birthing areas prevent life-threatening infections.
- Mothers and babies are safest in hygienic environments where cross-infection is minimized.

KEY PATIENT SAFETY PRACTICES FOR MOTHERS DURING BIRTH

6. POSTNATAL SAFETY & MONITORING

- The first 48 hours are crucial. Regular checks for bleeding, infection, or newborn distress are essential.
- Educating mothers on breastfeeding, hygiene, and immunization strengthens long-term safety.

4. EARLY DETECTION OF COMPLICATIONS

- Monitoring vital signs, fetal heart rate, and labor progress allows timely interventions.
- Rapid response to emergencies like heavy bleeding, high blood pressure, or obstructed labor saves lives.

5. SAFE USE OF MEDICINES & TECHNOLOGY

- Correct and timely use of oxytocin, magnesium sulphate, antibiotics, and resuscitation equipment ensures patient safety.
- Overuse or misuse of interventions, such as unnecessary cesarean sections, should be avoided.

Dr. Sana Salim Khan
Assistant Professor
Department of Paediatrics



Oral Glucose Tolerance Test for Pregnant Females



Doctor, I'm not feeling well. I often feel very tired, thirsty, and go to the bathroom a lot.

01

I understand. These can be early signs of diabetes. To be sure, I recommend a fasting blood sugar test.

Who needs this test?

02

All pregnant women are advised to take it between 24th –28th weeks. Women with risk factors may be tested earlier.

How should I prepare?

You'll need to take a diet of at least 150 gm of carbohydrate/day for 3 days, then fast for 8–14 hours before the test. On the test day, you come fasting, we take your blood, then give you 75 g of glucose orally. We check your blood glucose level again after 1 and 2 hours.

Why is it important during pregnancy?

03

Because gestational diabetes can harm both you and your baby. The test helps us detect it early and manage it safely.

How should I prepare for this test?

You come fasting 8 hrs. and then we will take your blood sample.

Doctor, what should be my blood glucose level?

04

Your blood glucose level should be less than:

What's my result, Doctor?

05

I checked your fasting blood sugar. It is 98 mg/dL, which is above the normal range for pregnancy.

How much should it be?

In pregnancy, fasting blood sugar should be less than 92 mg/dL. Anything above that raises concern for gestational diabetes.

IADPSG Criteria for diagnosing Gestational Diabetes

Fasting	>92 mg/dl (5.3mmol)
1 hour	>180 mg/dl (10.0mmol)
2 hours	>153 mg/dl (8.6mmol)

What if I skip the test?

06

It could put you at risk of difficult delivery, premature baby, or large baby. Your child and you may both develop diabetes later.

Take away message

Risk assessment for gestational diabetes mellitus should be undertaken at the first antenatal visit. Women at high risk (obesity, previous history of GDM, glycosuria, family history of diabetes) should undergo testing as soon as possible. If negative, then retest at 24–48 week. Women at average risk should be tested at 24–28 week of gestation.

Oral Glucose Tolerance Test For Non-pregnant Adults



Doctor, I'm not feeling well. I often feel very tired, thirsty, and go to the bathroom a lot.

I understand. These can be early signs of diabetes. To be sure, I recommend a fasting blood sugar test.

01

Why do I need this test?

Because it tells us how your body manages sugar. It helps us diagnose diabetes or prediabetes before complications start.

02

Doctor, what should be my blood glucose level?

Your fasting sugar level should be.

Criteria for diagnosis of diabetes

according to ADA:

03

What's my result?

04

I've reviewed your fasting blood sugar. Your fasting blood sugar is 121 mg/dl. This means you have pre-diabetes.

Prediabetes? What does that mean?

It means your sugar is not high enough to be called diabetes, but it is above normal. It's an early warning stage.

What do I need to do now?

05

I recommend an oral glucose tolerance test (OGTT) to confirm your prediabetes.

How should I prepare for this test?

You'll need to take a diet of at least 150 gm of carbohydrate/day for 3 days, then fast for 8-14 hours before the test. On the test day, you come fasting, we take your blood, then give you 75 g of glucose orally. We check your blood glucose level again after 2 hours.

How did this happen?

06

Common reasons include family history, being overweight, lack of physical activity, or eating too much sugary and refined food. Sometimes, age and genetics also play a role.

Normal OGTT level of non-pregnant adults at different time intervals

Fasting	< 100 mg/dl (5.5mmol)
1 hour	< 200 mg/dl (10.0mmol)
2 hours	< 140 mg/dl (8.6mmol)

Take away message

✓ Prediabetes = (Warning Stage) Your sugar is higher than normal, this is a chance to take control before it gets worse.

🍌 What can you do? **Eat Smart:** More vegetables, fruits, whole grains; less sugar & fried food.
Regular Check-ups every 3-6 months.

⚠️ If Ignored Prediabetes can turn into type 2 diabetes within a few years. This increases risk of heart disease, kidney damage, eye problems, and nerve issues.

🌟 Good News: Prediabetes is REVERSIBLE! With lifestyle changes, you can return to normal sugar levels and stay healthy.

LIVE | LEARN | THRIVE

Take charge of your health!

