

The Community Medicine
CHRONICLE
E-NEWSLETTER



2023 Volume 2 Issue 1 Q1
Mail : communitymedicine@jssuni.edu.in



JSS Medical College



Message from the Editor

Dear readers,

We are delighted to present the Q1 edition of "The Community Medicine Chronicle," a quarterly e-newsletter from the Department of Community Medicine at JSS Medical College, JSSAHER, Mysuru. We aim to promote community medicine while highlighting our department's activities and accomplishments. This issue covers our department's achievements and milestones from January to March, featuring sections on Outreach & Extension Activities, Awards and Achievements, Public Health Updates, Mind Benders, And Beyond, and Press and Media.

In the Outreach and Extension Activities section, we showcase our medical exhibition at Suttur Jathra 2023, where JSS Medical College won the 2nd prize for making a difference in the lives of the people we serve. The Public Health Updates section provides readers with the latest advancements in the field, featuring articles on the DIAGURU app, a tribute to John Snow, and this year's Marburg disease outbreak, written by our eminent faculties. The Mind Benders section features crossword puzzles from the nutrition section to enhance readers' understanding and stimulate their cognitive skills.

The And Beyond section showcases the extracurricular talents of our department members, including painting and photography by our creative faculties, fostering community and connection among our readers. Lastly, the Press and Media section provides updates on media coverage and press releases related to our department during the first quarter, including CME on TB, our Volume 1 newsletter release, Women's Day celebrations etc.

We hope this issue provides informative and valuable insights into community medicine. We welcome any feedback or suggestions to improve our newsletter and look forward to bringing you more updates in the coming issues.

Thank you for being a part of our community.

Best regards,

Dr Sunil Kumar D

(Chief Editor)

Professor & Head

Dept of Community Medicine

JSS Medical College, JSSAHER.

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About Us

JSS Academy of Higher Education & Research

JSS Academy of Higher Education & Research (JSSAHER) formerly known as JSS University, is Deemed-to-be University located in Mysuru, Karnataka. It was established in 2008 under Section 3 of the UGC Act 1956 and is part of JSS Mahavidyapeetha, which runs a variety of educational institutions. This deemed-to-be university is recognized by the Ministry of Education and accredited by NAAC with A+ Grade. JSS AHER has been graded as Category-I Deemed-to-be University by UGC. It has been focusing on teaching, research and health services since its inception.

JSS AHER comprises of medical, dental and pharmacy colleges at the main campus and a pharmacy college in Ootacamund, Tamil Nadu. With a view to extend the horizons in the field of health sciences, the Department of Water and Health (Faculty of Life Sciences) and Department of Health System Management Studies have been integrated as Deemed-to-be university departments.

JSS Medical College

Established in the year 1984, the institution has emerged as a renowned college in the country by providing medical education of high standards and compassionate health care programs through internationalization, innovation in academic and research studies. The Institution is equipped with state-of-the-art infrastructure, laboratories and modern teaching aids. It is progressing towards greater heights with the ardent support of experienced, qualified and dedicated teaching and support staff. In recognition to the services provided in Medical Education, Research and Health care, the institute is ranked 3rd in Outlook iCARE Rankings 2022 among private Medical Colleges in India and 34th position in the National Institutional Ranking Framework (NIRF), 2022.

Department of Community Medicine strives to produce a breed of primary care physicians with compassion towards patient care, leadership, research and management techniques. The various community outreach programs offered by the department include the School health appraisal program, SMARAN Project, Tribal health check-up camps, Screening camps for non-communicable diseases in urban slums and rural areas, Outreach health education sessions on issues of public health importance. etc. Department is actively taking part in various domains of research like epidemiological studies, vaccine trials, implementation research, operational research, and technological interventions to improve health care outcomes. The best practices we have are Medical Students Social Responsibility Initiative, School health appraisal program, Empowering Faculty with Research Skills through SPSS Workshop and Tribal outreach initiative.

OUTREACH & EXTENSION ACTIVITIES

GLIMPSE OF SUTTUR JATHRA MAHOTSAVA MEDICAL EXHIBITION-2023

About the Exhibition

The Jathra Mahotsava of Adi Jagadguru Sri Shivarathreeshwara Shivayogi Mahaswamigalu was held in Suttur Srikshetra for a duration of six days from January 18th to January 23rd, 2023. The event was organized to encourage and inculcate a scientific and educational temper among rural people. As a part of the Jathra Mahotsava, several programs and exhibitions were organized at the JSS Suttur school grounds.



One of the exhibitions was the medical exhibition, which was inaugurated on January 18th, 2023 by Jagadguru Jayarajendra Swamiji. Dr.C.G. Betsurmamath, Executive Secretary (CEO), Dr. Basavanagowdappa. H, Principal of JSS Medical college, Dr. Suma. M N, Vice-Principal of JSS Medical College were also present during this occasion.

The exhibition had the theme "Nutrition is the best medicine" with the intention to educate the population across the life course on healthy nutrition, which is vital to an individual's health. A total of ten departments of JSS Medical College participated in the exhibition with much enthusiasm. The exhibition was open to the public between 9.00 am to 9.00 pm on all days.

The Department of Community Medicine conducted several activities during the exhibition. One of the main activities was displaying charts related to healthy nutrition across the life course. These charts depict healthy nutrition practices during childhood, adolescence, adulthood, pregnancy, post-delivery, as well as geriatric age in the local language. This was aimed at educating the public on the importance of healthy nutrition practices throughout their lives.

Another activity was displaying models. One model depicted nutritional requirements during pregnancy, the importance of nutrition during breastfeeding, weaning, and the ill-effects of malnutrition on cognition, immunity and intergenerational effects leading to low birth weight. The other model depicted a nutrition plate, which sensitized the public about the right proportion of macronutrients and micronutrients to be consumed. An interactive activity was conducted with the visitors to design their daily dietary consumption using model food items, based on which necessary recommendations/modifications were suggested.

In addition to these activities, pamphlets were distributed to the public across different age groups. These pamphlets had information on the right dietary practices, dos and don'ts in nutrition, the food pyramid, information on seasonal foods, and more. The Diaguru app was also used to provide health education to diabetic patients. The department of Community Medicine also displayed the Karnataka map with locally grown nutritious food and the rainbow concept of nutrition (eating at least one colored fruit or vegetable in a day) at the entrance.

Kids and adolescents learned about good and bad nutrition through fun video games and a nutrition wheel, which was greatly appreciated. Several assessments were made, including assessment of Body Mass Index (BMI), clinical symptoms of micronutrient deficiencies among children and adolescents, assessment of nutrition in the geriatric population, awareness of vitamin D and healthy lifestyle practices among adults, awareness regarding the role of nutrition in cancer prevention, and nutrition awareness among pregnant and lactating mothers. Based on the findings, education and referrals were made.

We also organized a puppet show to provide health education on general health and well-being and emphasis the role of nutrition in health. The puppet show was performed by Mr. Gunduraj and the Team from Hassan. The same team also screened shadow play during nighttime to reach a wider audience. Short movies on nutrition, maternal health, child health, and family planning were screened in a separate movie screening room adjacent to the department stall. Through these innovative approaches, the team successfully created awareness among the public on crucial health issues, empowering them to take charge of their own health and well-being.



“NATIONAL CONTINUING MEDICAL EDUCATION (CME) ON TUBERCULOSIS IN 2023”

Theme: “Yes! We can end TB! - Fundamentals to Advances”



Department of Community Medicine, JSS Medical College, Mysuru, organized one day National CME on Tuberculosis 2023 under the theme "Yes! We can end TB! - Fundamentals to Advances" in hybrid mode, i.e., both offline and online on 18th March 2023.

The chief guest for the CME was Dr Mohammed Shiraz Ahmed, District Tuberculosis Officer, Department of Health and Family Welfare, Mysuru. The President for the CME was Dr Suma M N, Vice Principal, JSS MC, and The Guest of Honors included Dr Praveen Kulkarni, Vice Principal; Dr Manthappa, Vice Principal, JSS MC, and Sri Satish Chandra, Administrative Officer, JSS MC. CME was started at 10:00 am with the inauguration by the chief guests and dignitaries by watering the plant. The Organizing Chairman, Dr Sunil Kumar D, welcomed all the guests and delegates. Dr Mohammed Shiraz Ahmed, Dr Praveen Kulkarni, Dr Manthappa, and Sri Satish Chandra addressed the gathering, followed by a presidential speech by Dr Suma M N.

The chief guest Dr Mohammed Shiraz Ahmed was felicitated by the dignitaries.

The Community Medicine Chronicle, a monthly E-Newsletter (first issue) of the Department of Community Medicine, JSS Medical College, was launched at the event. This monthly e-newsletter aims to promote community medicine while informing readers about our department's activities and achievements. The inauguration was concluded by giving a vote of thanks by Dr Nayanabai Shabadi, organizing secretary of the CME.

The sessions started with a talk by Dr Shazia Anjum, WHO, Medical Consultant-NTEP. She spoke on NTEP- Recent updates, followed by the next session on "Role of Medical Colleges in TB Elimination" by Dr Nirmala A R, Senior Specialist, State TB Centre, Bangalore.

Dr R Balaji, Scientist E (Medical) ICMR, NIRT Chennai, delivered a lecture on "Research in TB- overview of ongoing and prospective opportunities". This session was followed by another online session on "Leverage Real-world evidence for better health decision and better care in TB patients" by Mr Parthiban S, President of OHDSI India Chapter, VP Innovation and Growth Global Value Web, Netherlands.

About 1,130 delegates (both online and offline) from various parts of the country actively participated in this event. The sessions were interactive through the active participation of delegates in the Q & A session. The CME concluded by rendering a vote of thanks by the organizing secretary, Dr Nayanabai Shabadi. Overall, the CME was a grand success.



Observation of International Women's Day

The Department of Community Medicine, JSS Medical College, observed internal Women's Day, Mysuru, in association with the JSS Nursing College, Mysuru at JSS Urban Health Centre, Medar Block, Bamboo Bazar, Mysuru on 08.03.2023.

The Programme was started by flag off by Dr Rama H V, Lady Medical Officer of JSS Urban Health Centre and Mr Ningaragu, Assistant Professor of JSS Nursing College, for an awareness rally from students of JSS Nursing College, Mysuru, on the theme "DigitALL: Innovation and technology for gender equality" around Medar Block, Bamboo Bazar, Mysuru.

Chief guest Dr Sunil Kumar D, Professor and Head, Department of Community Medicine, JSS Medical College, Mysuru, highlighted the importance of Women's Day to the women of Jana Shikshana Sansthan. Followed by felicitation of Mrs Akkamma, Physical Education Teacher of Government Higher Primary School of Medar Block, Mrs Gayathri, Beautician, Mrs Dhakshahini,

Faculty of Jana Shikshana Sansthan, Mrs Nagamma, Vegetable Vendor, Medar Block, Bamboo Bazar, Mysuru. These successful women shared their views and motivated the audience. Dr Amoghashree, Assistant Professor and coordinator-JSS Urban Health Centre, Department of Community Medicine, JSS Medical College, and Mrs Vidya, Assistant Professor and Mr Ningarajaru, Assistant Professor, JSS Nursing College, Mysuru, were Present. Mrs Bharathi Y, Public Health Nurse, Mr Santhosh H B and Mr Sunil Y S, Health inspectors and Mr Mallikarjuna Swamy, Medico social Worker, JSS Urban Health Centre, Medar Block, Bamboo Bazar, Mysuru had coordinated the event.



JSS UHC , BAMBOO BAZAAR, MYSURU

World Tuberculosis Day 2023 at JSS Urban Health Centre

World Tuberculosis Day was observed by the Department of Community Medicine, JSS Medical College, JSS AHER, Mysuru, in association with the JSS Nursing College, Mysuru, at JSS Urban Health Centre, Medar Block, Bamboo Bazar, Mysuru, on 23.03.2023.

The Programme was started by flag off by Dr Rama H V, Lady Medical Officer of JSS Urban Health Centre and Mr Ningaraju, Assistant Professor of JSS Nursing College, for an awareness rally from students of JSS Nursing College, Mysuru, on the theme “YES! WE CAN END TB!” in the area of Medar Block, Bamboo Bazar, Mysuru.

Chief guest Dr Mohammed Shiraz Ahamed, DTO, Department of Health and Family Welfare, Mysuru, Dr Praveen Kulkarni, Vice Principal (Para clinical), JSS Medical College, JSS AHER, and Dr Sunil Kumar D, Professor and Head, Department of Community Medicine, JSS Medical College, Mysuru, along with Mr Ningaraju, Assistant Professor of JSS Nursing college, Dr Rama H V, Lady Medical Officer of JSS Urban Health Centre and Dr Amoghashree, Assistant Professor and Coordinator- JSS Urban Health Centre, Department of Community Medicine, JSS Medical College inaugurated the event by watering the plant.

Dr Mohammed Shiraz Ahamed addressed the gathering about the current scenario, Tb signs, symptoms, and treatment regimen and also briefed about incentives given under Nikshay Poshan.



Dr Praveen Kulkarni created awareness among the audience and students about Tuberculosis.

This was followed by felicitation of Dr Mohammed Shiraz Ahamed for his tremendous work in the field of tuberculosis and other field staff, Mr Santhosh H B, Health Inspector, JSS Urban Health Centre, Mr Sampath V, Senior Treatment Supervisor, DTC and Mr Umesh, TB Health Visitor, DTC, Mysuru for their invaluable contribution towards TB Cure.

Song on Tb, written by Mr Ningaraju, Assistant Professor of JSS Nursing College, was sung by students, and also a skit was performed to create awareness among the audience.

Tb champions shared their experiences, followed by fruit distributions to them by dignitaries and staff of the Department of Community Medicine, JSS Medical College, Mysuru.

Prizes and certificates of appreciation were distributed to Nursing students for participating in a poster competition on the YES! WE CAN END TB.

Dr Shwethashree M, Assistant Professor, Dr Kavya G U, Dr Mythily M R, and Dr Sunitha Singh, Senior Residents, Department of Community Medicine, JSS Medical College, were Present at the event. Mr Santhosh H B and Mr Sunil Y S, Health inspectors and Mr Mallikarjuna Swamy, Medicosocial Worker, JSS Urban Health Centre, Medar Block, Bamboo Bazar, Mysuru, coordinated the event.



Awards & Achievements

JSS Medical College has been awarded the second prize for its medical exhibition, which was based on the theme “Nutritious food is the best medicine“ Dr Praveen Kulkarni, Vice Principal of JSS Medical College, and the nodal officers, Dr Sunil Kumar D, Professor and Head of the Department of Community Medicine, and Dr Pushpalatha K, Professor of the Department of Anatomy, received the prize. The award was presented by Sri Munirathna, Minister for Horticulture & Planning, Government of Karnataka.



DIAGURU



Dr. Sunil Kumar D

About the App

Diaguru is an app that provides users with a simple interface with many features to help them manage diabetes through smartphones. The values of the sugar level, insulin level and the type of food intake are given as input. The app is automated to alert the user if the values are not in the normal range. The prescription given by the Doctor is stored using the app and is programmed to notify the user to take medicines on time.

The caloric value of the food intake is computed when the user selects the type of food he has consumed, which are available under 4 categories: breakfast, lunch, snacks and dinner. Based on his sugar level and caloric count, the user will be advised about the calories he must take in a day.

Reports and graphs can be generated to give them a clear idea of Diabetes, BP and Insulin levels. The app also answers FAQs and provides tips and references.



With the height and weight as user inputs, the app computes BMI and categorizes them as underweight, normal, or overweight.

The app helps in various Analyses useful for both users and doctors using the data collected.

Usage / Features

Daily Input

- The user can enter the sugar level, insulin level and type of food intake.
- These data will be stored in the database and provided to the doctor for the medical examination of the patient and to provide a report of the user in the app.

My Prescription

- This feature displays the prescription given by the Doctor.
- It also helps the user to take medicines on time.

Food Chart

- It gives an image of the food chart, giving the user adequate knowledge about the diabetic diet.

My Reports

- It provides the user with graphs to give them a clear idea of Diabetic, BP and Insulin levels / Checks.

Tips /Reference

- FAQs are provided here.

Calorie Counter

- The user can select the type of food intake and get the calorie count to check if he is eating right.

Reminder

- This is a smart solution for those who forget to take medicines on time. In this feature, the user can set the time they need to take medicines, and they will be reminded of the same through notifications.

BMI Calculator

- With height and weight as user inputs, the app categorizes them as underweight, normal, or overweight.


Analysis

- The app helps in various Analyses useful for both users and doctors.
- Users' data are saved in a Firebase database, a service provided by Google. Doctors will be given access to the database to look into patients' data and analyse results. The Google Cloud platform provides different analytics, making the doctor's job much easier to handle large data.

Conclusion

- Diaguru is an app for all age groups, simplifying their medical life.
- Diaguru provides many features for self-monitoring by users and intervention and analysis by doctors.
- The simple UI helps for easy interaction between people of all ages.
- The app is lite and easy to install

DiaGuru



EMAIL - ID _____

PASSWORD _____

[FORGOT PASSWORD ?](#)

SIGN-IN

Don't have account? **SIGN-UP**

DiaGuru

WELCOME Sunil Kumar D

DAILY INPUTS

MY PRESCRIPTION

FOOD CHART

MY REPORTS

TIPS/REFERENCES

CALORIE COUNTER

DiaGuru

FOOD CHART

MY REPORTS

TIPS/REFERENCES

CALORIE COUNTER

REMINDER

BMI CALCULATOR

DiaGuru

Select a Category

BREAKFAST

LUNCH

DINNER

SNACKS

DiaGuru

Your Question

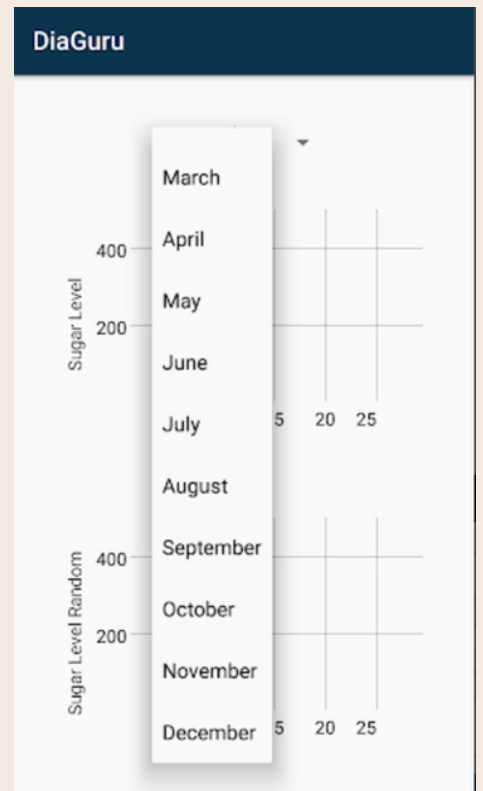
Post a Question

Doctor answer

Dr.xyz will reply soon :)

Ask a question

SEND



DiaGuru	DiaGuru
<p data-bbox="284 488 609 519">DOCTOR'S PRESCRIPTION</p> <div data-bbox="146 542 746 922" style="border: 1px solid black; padding: 5px;"><p data-bbox="146 542 347 577">no prescriptions</p></div>	<p data-bbox="922 501 1241 546">SUGAR (in mg/dL)</p> <p data-bbox="948 568 1401 604">Fasting _____</p> <p data-bbox="948 640 1401 676">Random _____</p> <p data-bbox="922 766 1407 810">BP <u>S(mmHg)</u> <u>D(mmHg)</u></p> <p data-bbox="928 949 1321 994"><u>Insulin (Units)</u> _____</p> <p data-bbox="922 1066 1104 1111">Food Type</p> <p data-bbox="938 1142 1375 1178">1. breads, cereals, rice, p.. ▾</p> <p data-bbox="922 1263 1129 1308">2019/07/24</p> <div data-bbox="900 1384 1433 1473" style="background-color: #007bff; color: white; text-align: center; padding: 10px;"><p data-bbox="1114 1415 1216 1451">SUBMIT</p></div>

The Father of Modern Epidemiology: The Life & Legacy of John Snow



Dr.Shwethashree.M

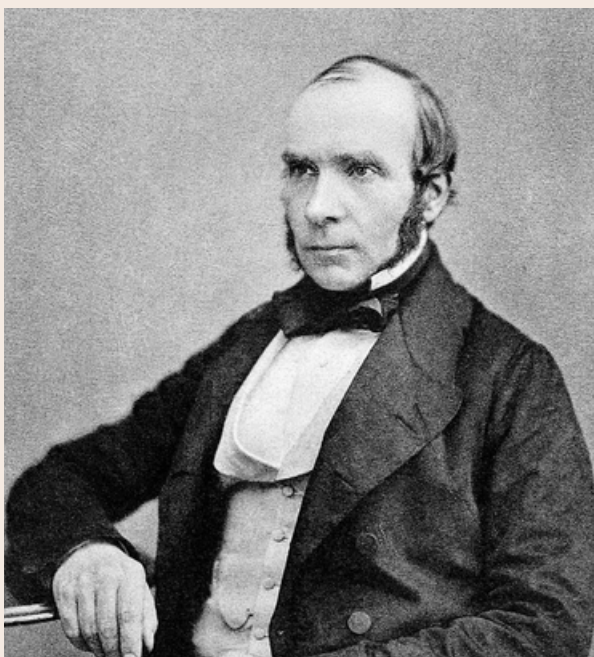
Introduction

John Snow, a British physician, is considered the father of modern epidemiology. His work on the Broad Street cholera outbreak of 1854 is a key milestone in the history of public health. This outbreak occurred in the Soho district of London, where 616 people died from cholera within a few days, making it one of the deadliest epidemics in the city's history. Snow was convinced that the disease was spread through contaminated water, a radical idea when most people believed it was caused by "miasma" or bad air. This article will discuss Snow's life and legacy, focusing on his work on the cholera outbreak and how it influenced public health practices today.

Early Life and Medical Career

John Snow was born in York, England, in 1813. He was the first of nine children in his family. His father was a coal merchant, and Snow was expected to follow in his footsteps. However, Snow had a keen interest in medicine from an early age and began studying medicine at the age of 14. He studied at the Hunterian School of Medicine in London and received his medical degree in 1838.

After completing his medical studies, Snow became a general practitioner in London. He was also interested in anaesthesia and began experimenting with different methods of administering anaesthetics. Snow's work on anaesthesia helped to establish it as a legitimate medical practice and made surgery safer for patients.



Cholera Outbreak of 1854

Snow's interest in cholera dates to his medical studies in the 1830s, when the disease first appeared in England. At the time, most people did not have running water or modern toilets and used communal pumps and wells for drinking, cooking, and washing. Sewage systems were primitive, and waste was often dumped directly into the Thames River or open pits known as "cesspools". Water companies bottled water from the Thames and delivered it to businesses, including pubs and breweries.

Dr Snow suspected that sewage dumped into the river or cesspools near town wells could contaminate the water supply, leading to the rapid spread of disease. He published an article in 1849 outlining his theory, but the medical community largely ignored it.

In 1854, a major cholera outbreak occurred in the Soho district of London. Snow was convinced that the disease was being spread through contaminated water and began investigating the outbreak. Within a few days, 616 people died from cholera.

On September 7, 1854, Dr Snow presented his findings to local authorities, who removed the handle of the Broad Street pump, effectively ending the epidemic. While the medical establishment did not immediately accept Dr Snow's research, it would eventually prove to be a turning point in understanding disease transmission and the importance of clean water and sanitation.

Snow's Spot Map

Snow's spot map was a breakthrough in epidemiology, allowing him to visually demonstrate the correlation between the water pump and the outbreak. He could identify a cluster of cases around the pump by plotting the deaths on a map. At the same time, areas farther away showed significantly fewer cases & provided strong evidence that the pump was the source of the outbreak.

Snow's spot map also helped him to identify several cases that didn't fit the pattern, which led him to investigate further. He discovered that these individuals had not drunk water from the pump but had obtained water from a different source. This allowed him to refine his theory that cholera was transmitted through contaminated water, not air.

Positive Proof

Using a geographical grid to chart deaths from the outbreak and investigating each case to determine access to the pump water, Dr Snow developed what he considered positive proof that the pump was the source of the epidemic. He found that not only did those who lived near the pump contract cholera, but hundreds of cases could also be traced to nearby schools, restaurants, businesses, and pubs.

Dr Snow also investigated groups of people who did not get cholera and tracked down whether they drank pump water. He discovered that a workhouse near Soho had almost no cholera cases because it had its well and bought water from a different source. He also found that the men who worked in a brewery on Broad Street did not contract cholera because they drank the liquor they made or water from the brewery's well, not the Broad Street pump.

Snow's discovery significantly impacted public health, as it led to removing the handle of the Broad Street pump, effectively stopping the outbreak. It also led to the implementation of new public health measures, including the development of better sanitation systems and the establishment of a public health department.

Conclusion:

John Snow was remarkable in epidemiology and public health. His work on the Broad Street cholera outbreak of 1854 was a turning point in the history of public health, and his spot map was a ground-breaking tool that helped to prove the link between contaminated water and cholera. Snow's legacy continues to influence the field of epidemiology today. His emphasis on data-driven public health interventions remains as relevant as ever, inspiring researchers and practitioners today.

References :

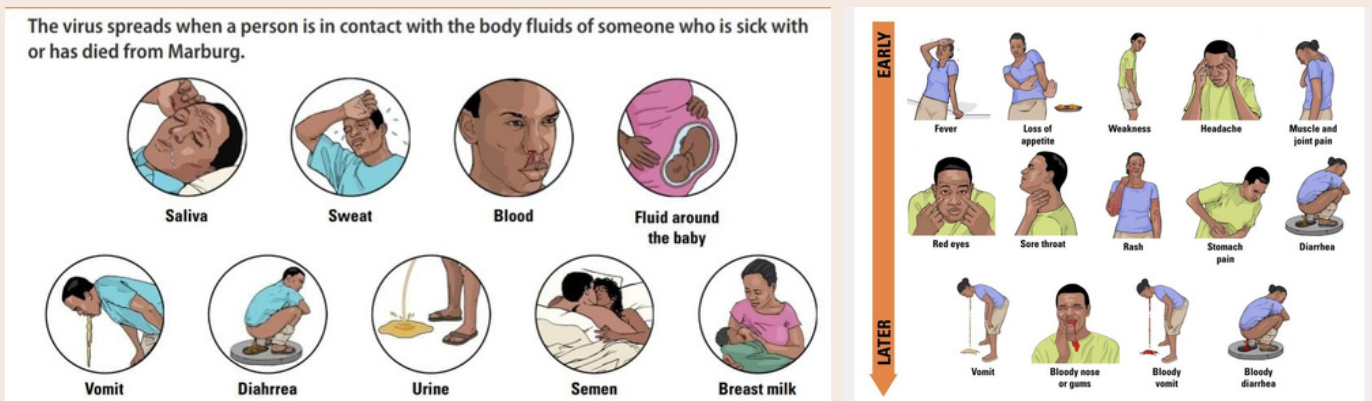
1. *Vandenbroucke JP. John Snow's legacy: epidemiology without borders. Epidemiology and health. 2014;36:e2014013.*
2. *Johnson S. The Ghost Map: The Story of London's Most Terrifying Epidemic—and How it Changed Science, Cities and the Modern World. Riverhead Books; 2006.*
3. *Snow J. On the mode of communication of cholera. John Churchill; 1855.*

Marburg Virus Disease

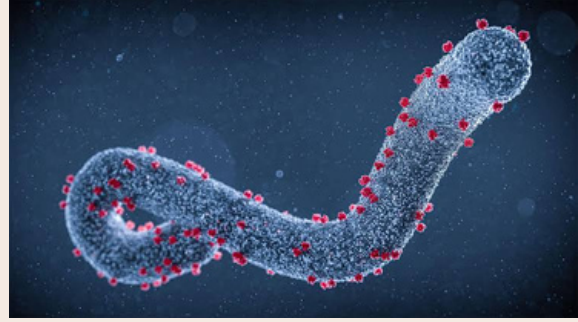


Dr. Amoghashree

The recent outbreak of Marburg virus disease (MVD) was reported in February 2023 in Equatorial Guinea. MVD initially detected in 1967 after outbreaks of haemorrhagic fever occurred in laboratories of Marburg and Frankfurt in Germany and Belgrade, Serbia. The peoples affected were laboratory workers, several medical personnel and family members who had cared for them. The first people infected were exposed to Ugandan-imported African green monkeys or their tissues while conducting research. Marburg virus and the closely related Ravn virus are the causative agents of MVD. The Egyptian Rousette bat (*Rousettus aegyptiacus*) is a cave-dwelling bat found widely across Africa and is the animal reservoir for Marburg viruses. Infected bats transmit the infection to the Man. The incubation period varies from two to 21 days.



MVD is rare but results in severe haemorrhagic fever in humans and non-human primates. In the early course of the disease, the clinical diagnosis of MVD is difficult to distinguish from many other tropical febrile illnesses due to the similarities in the clinical symptoms. Other viral haemorrhagic fevers must be excluded, including Ebola virus disease, malaria, typhoid fever, leptospirosis, rickettsial infections, and plague.



Diagnosis:

Laboratory confirmation is primarily made by *RT-PCR*. Other tests, such as antibody-capture enzyme-linked immunosorbent assay (ELISA), antigen-capture detection tests, serum neutralization tests, electron microscopy, and virus isolation by cell culture, can be used.

Management:

- No vaccines or antiviral treatments are approved to treat the virus
- *Supportive care*: rehydration with oral or intravenous fluids & treatment of specific symptoms improve survival.

Prevention and control:

- Intervention includes case management, surveillance and contact tracing, a good laboratory service, safe and dignified burials, and social mobilization.
- Community Engagement is key to successfully controlling outbreaks.
- Raising awareness on factors like:

Risk reduction: Reducing the risk of bat-to-human transmission from prolonged exposure to mines or caves inhabited by fruit bat colonies. During work or research activities or tourist visits in mines or caves inhabited by fruit bat colonies, people should wear gloves and other appropriate protective clothing, including masks. During outbreaks, all animal products (blood and meat) should be thoroughly cooked before consumption.

Prevention of human-to-human transmission: Direct or close physical contact with infected patients should be avoided, particularly with their body fluids. Gloves and appropriate personal protective equipment should be worn when caring for ill patients at home. Regular hand washing should be performed after visiting sick relatives in the hospital and after taking care of ill patients at home.

Prevention in Community: Communities affected by Marburg should make efforts to ensure that the population is well informed, both about the nature of the disease itself and about necessary outbreak containment

Outbreak containment measures: prompt and safe burial of the dead, identifying people who may have been in contact with someone infected with Marburg and monitoring their health for 21 Days, separating the healthy from the sick to prevent further spread, and maintaining good hygiene and a clean environment need to be observed.

Reducing the risk of possible sexual transmission: WHO recommends that male survivors of Marburg virus disease practice safe sex and hygiene for 12 months from symptoms until their semen twice tests negative for Marburg virus.

Controlling infection in healthcare settings:

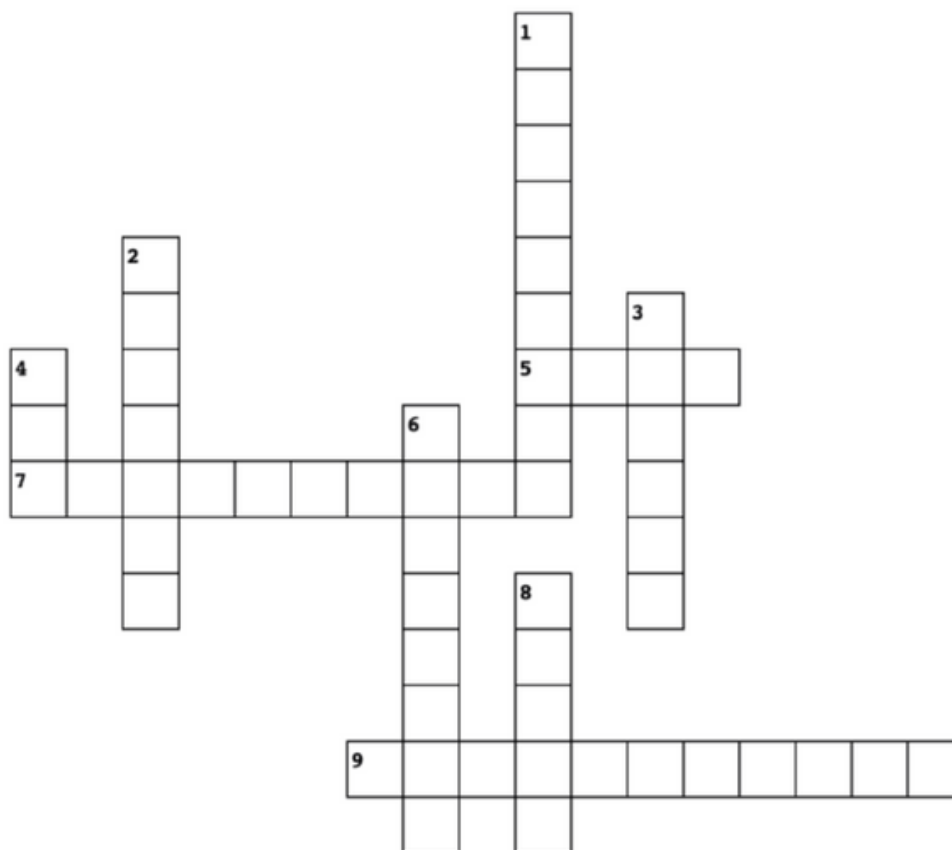
- Healthcare workers should follow standard precautions when caring for patients, regardless of their presumed diagnosis. These include *basic hand hygiene, respiratory hygiene, use of personal protective equipment, safe injection practices and safe and dignified burial practices.*
- Extra infection control measures should be taken while caring for suspected or confirmed cases of MVD. When in close contact (within 1 metre) with a patient, healthcare workers should wear face protection (a face shield or a medical mask and goggles), a clean, non-sterile long-sleeved gown, and gloves (sterile gloves for some procedures).
- Laboratory workers are also at risk. Samples taken from humans and animals for investigation of Marburg Infection should be handled by trained staff and processed in suitably equipped laboratories.

Bibliography:

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2. Marburg (Marburg virus disease) [Internet]. Centres for Disease Control and Prevention. Centres for Disease Control and Prevention; 2023 [cited 2023May3]. Available from: <https://www.cdc.gov/vhf/marburg/index.html>

MIND BENDERS

Cross Word on Nutrition



Across

5. The mineral that is required for the formation of haemoglobin in red blood cells
7. The process by which nutrients are absorbed into the bloodstream from the digestive tract
9. A type of fat that is considered to be healthy for the heart

Down

1. The process by which the body breaks down food to release energy
2. Essential nutrient that is required for the synthesis of thyroid hormones
3. A type of carbohydrate that is found in plant foods and cannot be digested by humans
4. The amount of a nutrient that is recommended to meet the needs of most healthy individuals
6. A group of organic compounds that are essential micronutrients
8. The amount of energy required to maintain the body at rest

Scan to see the answer



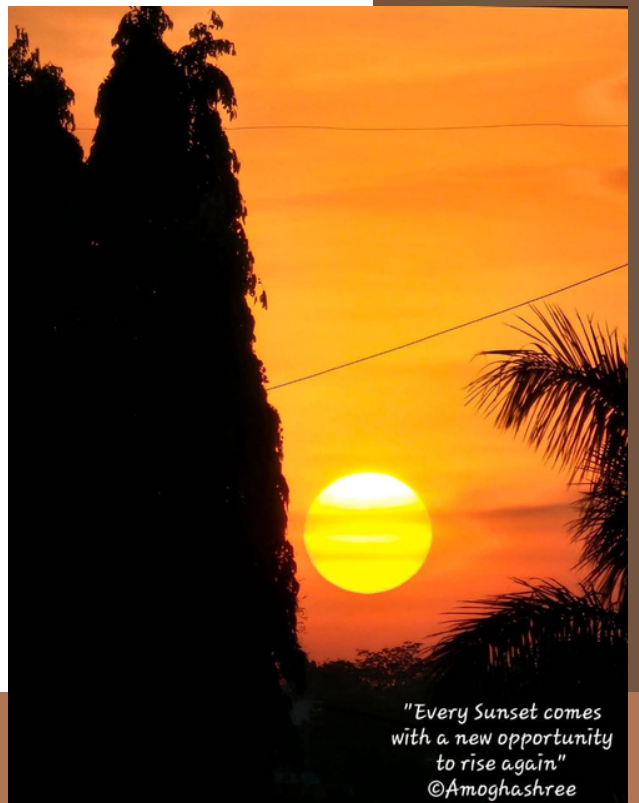
And Beyond !

PUBLICATION LIST DURING 1ST QUARTER

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