

# AWACH NEWS

*The latest news, announcements in Ahalia Women & Children's Hospital*

## **ANOTHER PREMATURE MIRACLE**

A newborn baby is called 'premature' if born at less than 37 weeks of pregnancy. When a premature baby is born, organs are also under-developed: including the brain, lungs, heart, kidneys etc, and hence, we have to support the functions of these organs in NICU till the time the baby can manage on his own.

This month also, **AWACH Newborn ICU (NICU)** had another opportunity of treating a miracle premature baby, born at **less than 7 months!**

Our baby could not breathe properly at birth, and required 'Non-invasive Positive Pressure Ventilation' for breathing support. Since the brain was immature, he often forgot to breathe, something called as 'Apnea of Prematurity', which is very dangerous. This was treated with injection Caffeine (Yes, the same component that is present in Coffee!). The kidneys were also so immature that a lot of Sodium (electrolyte) was lost through urine, leading to very low sodium level in blood- this had to be treated too. We carefully gave milk through a tube directly to the stomach, as premature babies cannot suck or drink directly. All steps were taken to ensure that there is no bleeding in the brain, which is common in these babies (intra ventricular hemorrhage). Each and every problem the baby had, was treated and managed in our NICU, and the baby was discharged successfully!

**At AWACH NICU, we focus on providing the same comfort and care a baby would otherwise get inside the womb of a mother. This is called 'Developmentally Supportive Care'.**



Extra-small soft preterm baby diapers



Eye shield to prevent light from continuously passing through thin premature eyelids



"Nesting"- to keep baby in flexed 'fetal' position- just like in mother's womb - to develop normal tone

Long rolled gauze pad for baby to hold to give the feeling of umbilical cord

Soft colourful dolls for neuro-development

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Each baby who receives Level III Care in AWACH NICU is discharged with a small "NICU Graduation Ceremony" to celebrate the fighting spirit of the little miracles, where "NICU Graduation Certificates" are given to the little warriors!

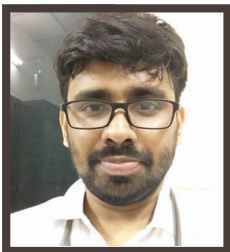


(NICU Graduation ceremony of our little preterm baby with doctors and nursing staff)

## PEDIATRIC NEPHROLOGY OPD IN AWACH (നെഫ്രോളജി OPD)

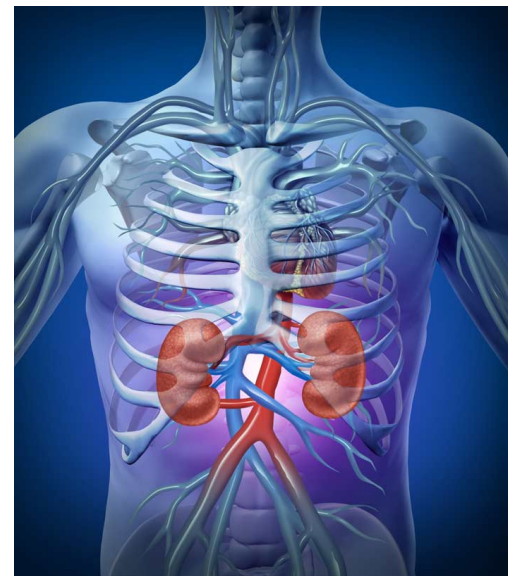
Nephrology is the specialty that deals with the diseases of kidneys. **Dr. Shahin Mohammed (DM Nephrology)** is now conducting a regular Pediatric Nephrology OPD in AWACH on all **Thursdays** from 4-6pm.

Dr Shahin did his post-graduation in Pediatrics, and then went on to do his super-specialty (DM) in Nephrology.



**Dr Shahin Mohammed**  
DM Nephrology  
Consultant Nephrologist

**Pediatric Nephrology OPD in AWACH on  
all Thursdays (4-6 pm)**



### OBSTETRICIANS

Dr Susheela Thampi (HOD)  
Dr Bidisha Biswas  
Dr Jayalakshmi

### PEDIATRICIANS

Dr Lekshmi B (CMO)  
Dr Sanjeev  
Dr Josephine Sahayarani

**R M O** Dr Nithyapriya

### PEDIATRIC SURGEON

Dr V Muthulingam

### NEONATOLOGIST

Dr Padmesh Vadakepat



## THE BOON OF MOTHERHOOD

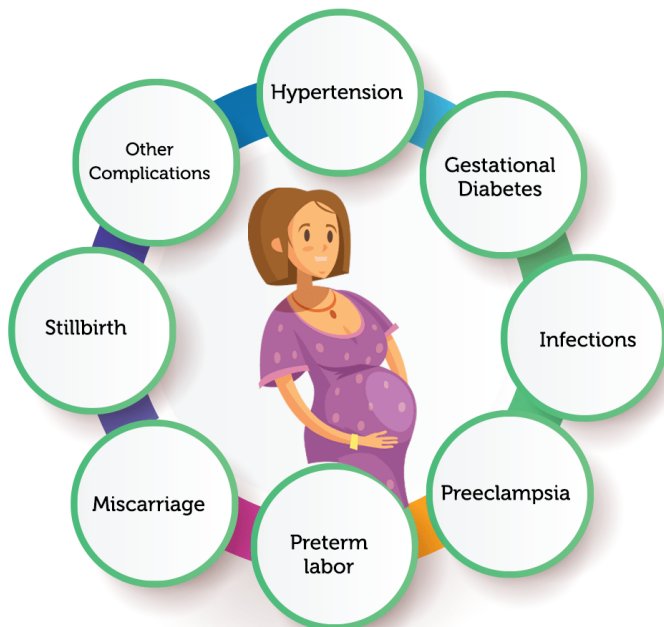
### DELIVERY OF A HIGH RISK MOTHER IN AWACH

During the early days of lockdown, a 31 year old lady visited AWACH with 8 weeks pregnancy. She had **three previous pregnancy losses**. In the first visit, she was found to have **Hypertension** (High BP) - tagging her as a High Risk Mother. She was started on anti-hypertensive drugs and pregnancy-supporting medicines. At 20 weeks, she was diagnosed to have **Gestational Diabetes Mellitus**. After initial dietary therapy, she was started on **Insulin**.

Pregnancy progressed successfully with a multi-disciplinary approach. She gave birth to a healthy female baby at 38+3 weeks gestation by normal delivery.

Hypertension and Diabetes are both nightmares to an Obstetrician. Both can cause a lot of pregnancy related complications like missed abortion, fetal growth restriction, eclampsia, intra-uterine fetal death, intra-partum complications etc. But if diagnosed in time and intervened judiciously, most of these complications can be prevented.

#### Complications During Pregnancy



**Our Department of Obstetrics and Gynecology**, headed by Senior Consultant **Dr Susheela Thampi**, practices all the latest, standard, evidence-based treatment protocols to give the best outcome in patients.

**All doctors are especially skilled in handling high-risk deliveries.**

**All deliveries- both high-risk and normal deliveries (even at night) are always attended by Pediatricians trained in NRP (Newborn Resuscitation Program) who make sure that the baby's transition is safe.**

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## FIRST LAPAROSCOPIC PEDIATRIC SURGERY CONDUCTED IN AWACH!

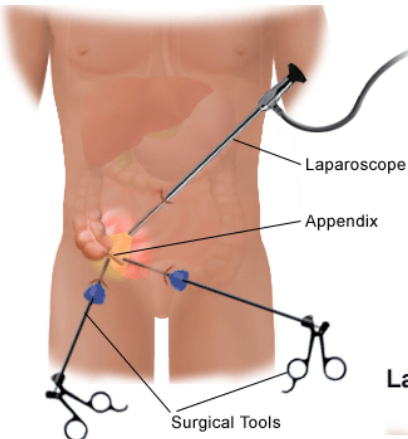


**Dr V Muthulingam**  
Senior Pediatric Surgeon

The Department of Pediatric Surgery headed by Dr Muthulingam, conducted the first Laparoscopic **Appendectomy** (removal of diseased appendix) in AWACH in a 7 year old child. The child was successfully discharged after a very brief stay in hospital.

Ahalia Women & Children's Hospital is the **only hospital in Palakkad with a Pediatric Surgery Department.**

Laparoscopic surgeries have many advantages over open surgeries, including shorter hospital stay, less trauma, less pain, earlier return to school etc.

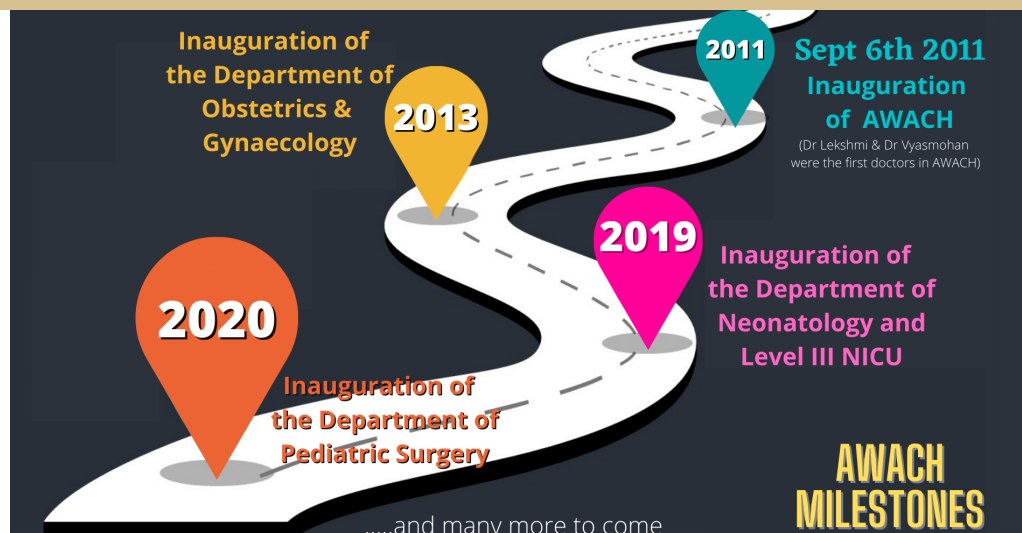


**Laparoscopic Appendectomy**  
(Appendix Removal)

Our Pediatric Surgeon is an expert in the field of laparoscopic surgeries and even complicated thoracoscopic surgeries.

**Pediatric Surgery OPD: Mondays and Thursdays**  
between 4pm & 6pm.

**Emergency Pediatric Surgery cases are taken up on all days.**



*The Best  
Mother & Child  
Hospital in  
Kerala!*

**Contact: 04923-226000**

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