

---

# **Kempegowda Institute of Medical Sciences, Bangalore**

## **Department of Community Medicine**



## **Annual NewsLetter**

(1<sup>st</sup> January to 31<sup>st</sup> December 2020)

Issue-10

---

### **Address:**

Department of Community Medicine,  
Kempegowda Institute of Medical Sciences, Bangalore  
Banashankari – II Stage, Bangalore-70.

Ph: 080-26712791/92; Fax: 080-26712798

Website: [www.kimscommunitymedicine.org](http://www.kimscommunitymedicine.org)

Email: [communitymedicine@kimsbangalore.edu.in](mailto:communitymedicine@kimsbangalore.edu.in)

---

## **I. COVID 19 Helpline Training Services, March, 2020 :**

The Covid 19 activity of the department started from 18<sup>th</sup> March, 2020 as technical assistants for COVID 19 helpline. The post- graduate students were also involved in training and orientation of staff from private companies (TCS and HES) in managing COVID helpline. They were explained and oriented about adequate response and actions to be taken on receiving calls from the public. The students supervised the activity in person and were on call for any doubts.

The entire process was successful in increasing the accessibility of the general public to health related aspects and providing relief in the initial phases of the pandemic.



**Post Graduates with the helpline service**

## **II. COVID – 19 BBMP SPECIAL TASK FORCE TEAM (STFT) CONTACT TRACING AND QUARANTINE, 18<sup>th</sup> March -May, 2020 :**

The staff, PGs and Interns of KIMS were a part of the BBMP special task force for the community surveillance and contact tracing of COVID 19. These activities were from 24<sup>th</sup> March 2020 to May, 2020.

The team visited wards that had reported positive cases and conducted primary and secondary contact tracing along with fever and COVID 19 symptomatic survey. The team also educated the community about the personal protective measures like hand washing, social distancing and wearing mask.

Each team consisted of an average of 20 members. They along with the ASHAs, Anganwadi workers, health workers and other local volunteers

conducted field surveys. A total of 600 households were visited per day. The activities were conducted in wards under BBMP south zone.



**Contact tracing in BBMP, Bengaluru - Staff, Post Graduate and Interns**



**Dr M K Sudarshan** Chairman ,Technical Advisory Committee for Covid-19 ,Government of Karnataka and advisor for RGUHS and former Dean and Principal & Professor of Community Medicine KIMS Bangalore visited the contact tracing team of KIMS,Bangalore in the field and monitored the activity.



### III.COVID-19 CRITICAL CARE SUPPORT TEAM (CCST) April-August, 2020:

For the first time in our country, Govt. of Karnataka launched the 'TELE-ICU Patient Monitoring Task Force', named as Critical Care Support Team (CCST) for COVID 19 patients admitted in ICU.

This activities came into action on 13<sup>th</sup> April , 2020 and Interns from Community Medicine department were a part of the team from the April to August, 2020.

The aim behind this initiative was to ensure quality services to all COVID comorbid and SARI patient admitted throughout Karnataka with special emphasis for critical care patients. Each team from the college consisted of 6 interns and Post graduates working for an average of 15 days in the Health and Family Welfare Office, Bangalore, Government of Karnataka. The team collected 'real time' data of patients from various districts, uploaded to the E-Health platform and analysed by the super specialist team.

Through the video-conferencing our interns were able to create a platform for the regional nodal officers and the super specialist team to monitor COVID-19 patients and interventions regarding the treatment.



**Interns & Post Graduates– Critical care support team, HFWS, Govt. of Karnataka**

### IV. COVID-19 - KIMSH&RC & Ward duty :

All the department staff were involved in management of COVID-19 cases at KIMSH&RC, Bangalore .**Dr.D H Ashwath Narayana** as Medical Superintendent lead the team from front in the crisis at KIMSH&RC. **Dr.Giriyanna G** was nodal officer from November,2020 and **Dr.Anwith HS** was assistant nodal officer between march-may,2020.The other staff were posted in Fever Clinic, Control room,

Logistics ,Central Research Laboratory, etc on rotation. The post graduates **Dr.Sunil MG, DR,Jithin S ,Dr.Divya B** and **Dr.Suhas SR** were posted in the COID19 wards of KIMS Hospital & Research Centre for management of the Covid-19 cases & **Dr.Karsihma SS, Dr.Sharanya K, Dr.Deepthi N , Dr .Soumyashree S** and **Dr.Nidi F** were posted in the COVID-19 control room for a period of 6 months on rotation.



**COVID 19 wards-Post Graduates on duty**

**V. Guest Lecture: COVID-19 an update – Dr. M K Sudarshan, Chairman, Technical Advisory Committee, Government of Karnataka, August, 2020:**

**A** guest lecture on Covid19 in Karnataka: An update was delivered by **Dr. M K Sudarshan**, Chairman, Covid19 Technical advisory committee, Government of Karnataka on 18-08-2020 from 2.30 pm to 4.30 pm at PG seminar hall, Community Medicine, KIMS, Bangalore. The talk was followed by question and answer sessions.



**Dr. M K Sudarshan; Covid-19 update –Staff and Post Graduates**

## **VI. Preventive Medicine Unit , KIMSH&RC ; RHTC , Hosabyrohalli & UHTC Srigandhadakavalu:**

The Preventive Medicine Unit, KIMSH&RC continued their routine activity with 24/7 services during the lockdown and was of immense relief to the patients seeking Anti Rabies Treatment. The RHTC provided routine services with focus on MCH and immunization. The new UHTC Srigandhadakavalu was started in May 2020.



**UHTC, Srigandhadakavalu-Staff & Post Graduates**

## **VII. Research Projects /Clinical trial :**

- ❖ **Dr. N R Ramesh Masthi- TrackCOVID-19** ,Principal Investigator -A digital app developed as a crowd sourced symptom tracker to capture COVID-19 Illness on a map with the granularity of a postcode,May 2020.
- ❖ **Dr. Ravish HS**, Principal Investigator - Phase III Meningococcal pentavalent vaccine (ACYWX) study for healthy volunteers. January 2020.
- ❖ **DR. Ravish HS** ,Principal Investigator - Phase IV study on Rabies PEP with the use of novel monoclonal antibody for animal bite victims, January 2020.

## **VIII. Invited/Guest/Technical Speaker –**

- ❖ **Dr.D H Ashwath Narayana:** Webinar on Twinrab Heralds in a Copernican Revolution in Rabies PEP, August 2020.



- ❖ **Dr.D H Ashwath Narayana:** National Digital workshop on World Rabies Day - Significance and updates on passive immunization in Rabies PEP: A practical approach, Sept, 2020.
- ❖ **Dr.D H Ashwath Narayana:** Online symposium on "Passive immunization against rabies" on the occasion of World Rabies day 2020, September 2020.
- ❖ **Dr.N R Ramesh Masthi.** RGUHS affiliated colleges- Orientation of medical and public health personnel of Karnataka in Community Surveillance for COVID-19, NIMHANS Digital Academy, 31<sup>st</sup> March, 2020.
- ❖ **Dr.N R Ramesh Masthi.-** TOT for RGUHS affiliated colleges - Immunization Services during and post COVID-19 Outbreak, 15<sup>TH</sup> June 2020.
- ❖ **Dr. N R Ramesh Masthi** –Emerging and reemerging diseases-CMC, Chettinad and Rabies –an update -SVMC, Pondicherry, september 2020.
- ❖ **Dr.Ravish H S:** Webinar on Twinrab Heralds in a Copernican Revolution in Rabies PEP, August 2020.
- ❖ **Dr.Ravish H S:** National Digital workshop on World Rabies Day - Significance and updates on passive immunization in Rabies PEP: A practical approach, Sept, 2020.
- ❖ **Dr.Ravish H S:** Online symposium on "Passive immunization against rabies" on the occasion of World Rabies day 2020, September 2020.
- ❖ **Dr.Ravish H S:** Webinar on "PEP & PrEP against rabies", September 2020.
- ❖ **Dr.Ravish H S:** Training of BBMP Medical officers on "Post Exposure Prophylaxis against rabies" at the anti-rabies Clinic, KIMS Hospital & Research centre, Bangalore November & December, 2020 .

## IX. Publications:

1. **D H Ashwath Narayan,** The potential effect of improved provision of rabies post-exposure prophylaxis in GAVI-eligible countries: a modelling study WHO Rabies Modelling Consortium\*. Lancet Infectious Disease 2019; 19: 102-111.
2. **N.R. Ramesh Masthi, Afraz Jahan.** Spatial Mapping of Measles-Rubella Campaign in a Rural Area near Bengaluru, Karnataka, India. International Journal of Tropical Disease 2020;40(3):1-9.
3. **NR Ramesh Masthi, Afraz Jahan.** Junk Food Addiction Across Generations in Urban Karnataka, India. Journal of Communicable Diseases 2020;52(1):65-71.
4. **Ramesh Masthi NR, Sanjay TV, Afraz Jahan, Thenambigai R, Nitu Kumari, Sweta Balappa Athani.** Rabies Case of a Young Adult Male From A Village Near Bellary District, Karnataka. APCRI Journal 2020.
5. **Ramesh Masthi, Nugehalli Raju, Manasa Avverahally Ravi.** Substance use among young adults in professional degree colleges of urban Bengaluru. Indian J CommHealth. 2020;32(3):574-578.
6. **Thittamaranahalli Varadappa Sanjay, Jahnvi Rajgopal, Megha Mahajan.** Psychometric properties of the Geriatric Depression Scale (Kannada Version): A community -based study. Jourl of Geriatric Mental Health 2020;6:84-7.
7. **Thittamaranahalli Varadappa Sanjay, Nimin Hafeez, Yannick Poulouse Puthuserry, Madhusudan Muralidhar, Gangaboraiah.** Geriatric Depression : Prevalence and Associated Factors in a Rural community of Bengaluru. Annals of Community Health 2020;8(3):16-20.

8. **Sanjay T V**, Nandini R C, Thejaswini P, Ramu P, Sowbhayga K, **Saranya K**. A Descriptive Study to Assess Relationship between Body Fat Percentage and Obesity at a Tertiary Level Health Facility. Healthline. 2020; 11(2).
9. **Ravish HS, Nitu Kumari, Ramya MP, Jithin Surendran**. Impact of Health Education on Knowledge and Attitude on Prevention of Rabies Among Medical Professionals: An Interventional Study. APCRI Journal, June 2020;22(1).
10. **Ravish S. Haradanahalli, Nitu Kumari, M.P. Ramya, Jithin Surendran**. Knowledge on Prevention of Rabies among Adolescents in an Urban Poor Locality of Bengaluru. Annals of Community Health, Sep 2020;8(2):52-55.
11. **Ravish HS, Ramya MP, Nitu Kumari, Jithin Surendran**. Out of pocket expenditure for availing rabies post exposure prophylaxis. APCRI Journal, January 2020;21(3):18-25.
12. **Giriyanna Gowda, Ramesh Holla, Balaji Ramraj, Kishore Shettihalli Gudegowda**. Contact Tracing and Quarantine For COVID -19: Challenges in Community Surveillance. Indian j Comm Health. 2020;32(2-special Issue ):306-308.
13. **Giriyanna Gowda, Sunil Maragowdanahalli Gurupadaswamy, Sweta Balappa Athani**. A study on respiratory morbidities among school children post Diwali in Bangalore city. Indian J Allergy Asthma & Immunology 2020;34:107-111.
14. **Ajay Hegde, Ramesh Masthi**. Digital Contact tracing in the COVID-19 Pandemic: A tool far from reality. Digital Health. 2020;6:1-3.
15. **Hegde A, Masthi R** and Krishnappa D (2020) Hyperlocal Postcode Based Crowdsourced Surveillance Systems in the COVID-19 Pandemic Response. Front. Public Health 8:286. doi: 10.3389/fpubh.2020.00286
16. **Deepthi R, Masthi RN**, Nirmala C.J, Manjula R, Vinothkumar S. Personal Protective Equipments (PPE)- Prerequisites, Rationale and Challenges during COVID 19 Pandemic. Indian J comm Health. 2020;32:196-205.
17. **Anusha Rashmi, N R Ramesh Masthi**, Sumit Aggarwal. COVID 19 Quarantine and the way forward. Indian J comm Health. 2020;32:261-263.
18. **Sushma Sharma, Arun Sasidharan, Vrinda Marigowda, Mohini Vijay, Sumit Sharma, Chetan Satyajit Mukundan, Lakshmi Pandit, N.R. Ramesh Masthi**. Indian classical music with incremental variation in tempo and octave promotes better anxiety reduction and controlled mind wandering—A randomised controlled EEG study. EXPLORE xxx (xxxx) 1–7. <https://doi.org/10.1016/j.explore.2020.02.013>
19. **Sahana Vellal, Ramesh Masthi N R**, Sujay Halkur Shankar. Effect of chronic marijuana use on cognition: A cross-sectional study among college students in Urban Bengaluru. RGUHS N J of Public Health 2018;3(3):45-51.
20. **Anantini Pal, Sujay Halkar Shankar, N R Ramesh Masthi**. Correlation of personality and mental well-being with facebook use: Does gender play a role. RGUHS N J of Public Health. 2018;3(1):26-34.

## **X. Conference Presentations:**

### **Oral**

1. **Dr. Karishma P S**: A Comparison Study on Obesity and Associated Factors among Reproductive Age Women at KACHCON 2020(Online)



2. **Dr. Saranya K:** Study on Prevalence of Anaemia among Elderly Population in an Urban Field Practice area of KIMS Bangalore at IAPSMCON 2020 at Mahabalipuram, Chennai.
3. **Dr. Saranya K:** A Hospital Based Study on Low Birth Weight and its Associated Factors at KACHCON 2020. (Online)
4. **Dr. Deepthi Nagaraj:** Assessment of Under nutrition among Anganwadi children in Rural and Urban Field Practice areas of KIMS Bangalore at KACHCON 2020. (Online)
5. **Dr. Sunil M G:** Prevalence of COPD among Adult Population in Urban Field Practice Area of a Medical College in Bangalore at PULMOKARN 2020 Conference, M S Ramaiah MC, Bangalore.
6. **Dr. Suhas S R:** Safety and Clinical Efficacy of Post Exposure Prophylaxis in Animal Exposures at KACHCON 2020 (Online)

### Poster

1. **Dr. Karishma P S:** A Descriptive Study on Nutritional Status of Adolescents in Urban Poor Localities, South Bengaluru at POSHANCON 2020 by IAPSM (Online).
2. **Dr. Karishma P S:** A Rural Urban Comparison Study on Obesity among the Reproductive Age Women at AMRITACON 2020(Online).
3. **Dr. Saranya K:** Prevalence of Malnutrition and its Associated Factors in Urban Elderly Population at AMRITACON 2020 (Online).
4. **Dr. Deepthi Nagaraj:** A Comparative Study on Knowledge of Anganwadi Teachers about ICDS and Malnutrition in Urban and Rural Bangalore at POSHANCON 2020 (Online)
5. **Dr. Deepthi Nagaraj:** A Comparative Study to assess the Nutritional Status of Anganwadi Children in Rural and Urban Field Practice Areas of KIMS Bangalore at AMRITACON 2020 (Online).
6. **Dr. Jithin Surendran:** An Interventional Study on Impact of Health Education on Knowledge and Attitude Regarding Rabies Prevention among Medical Professionals in Bangalore at IAPSM 2020 Conference, Mahabalipuram, Chennai.
7. **Dr. Divya Bharathi G:** Trend Analysis of HIV Positive Case Attending an ART Centre in Urban Bangalore at KACHCON 2020(Online).

### XI. Staff Activities :

#### Dr.D H Ashwath Narayana

- ❖ **Medical Superintendent** - lead the management of COVID19 cases admitted at KIMSH&RC, Bangalore .

#### Dr.N R Ramesh Masthi

- ❖ **Principal Investigator**—Rapid appraisal of district level preparedness and performance of health system regarding management of COVID-19 cases in Bengaluru Urban district, Government of Karnataka, 5<sup>th</sup> -9<sup>th</sup> June 2020.
- ❖ **Member**, BBMP contact tracing- COVID-19 Bangalore south Mar –May 2020.

- ❖ **Member**-BBMP Task force COVID19 Public Health Response, July,2020 till date.
- ❖ **Technical advisor** –Anekal Taluk Covid-19 response ,July-November,2020
- ❖ **Principal Investigator**- A combined model study to investigate the challenges faced by frontline health managers at district level in pandemic of COVID-19 ,Bangalore Urban .Multicentric approach-ICMR-August to September,2020.

### Dr. Sanjay T V:

- ❖ **Member** BBMP contact tracing- COVID-19 Bangalore south Mar –May 2020.
- ❖ **Member**-Modified standard operating procedure on AROGYA BHANDU scheme, Government of Karnataka, December 2020.
- ❖ Co-ordinator for drugs and other supplies for COVID – 19 in KIMSH&RC.
- ❖ AMRITACON – 2020 held on 4th and 5th December 2020.
- ❖ Chaired as Judge for PG oral paper presentation in KACHCON – 2020.

### Dr. Ravish HS :

- ❖ **Expert Group Member** - Finalization of training module for medical officers under NRCP at NCDC, Delhi. January 2020.
- ❖ **Author**- Family Medicine and General Practice: A good career to reach the community. Hand book for Karnataka Medical Council ,January 2020.
- ❖ **CME** on Scope and demand for anti-rabies vaccine at Ahmedabad, January 2020.
- ❖ **TOT** - Training of BBMP Medical officers on "Post Exposure Prophylaxis against rabies" at the ARC, KIMSH&RC, Bangalore November & December, 2020.

### Dr. Jayanthi Srikanth :

- ❖ ICMR project (under STS) undertaken by UG student was completed.
- ❖ **Member**, BBMP contact tracing- COVID-19 Bangalore south Mar –May 2020.

### Dr. Giryantha Gowda :

- ❖ **External Assessor** for Government of India, KAYAKALPA AWARD in Koppal district, Karnataka, January 2020.
- ❖ **Nodal Officer** Covid 19 -Bangalore South of BBMP March 2020 to October 2020
- ❖ **Member**–Rapid appraisal of district level preparedness and performance of health system regarding management of COVID-19 cases in Bengaluru Urban district, Government of Karnataka, 5<sup>th</sup> -9<sup>th</sup> June 2020
- ❖ **Nodal officer** Covid 19 at KIMSH&RC from 1<sup>st</sup> November 2020 till date.

### Dr. Anwith HS:

- ❖ **Principal Investigator**- Evaluation of Mass drug administration for lymphatic filariasis elimination in Bidar district,2020.
- ❖ **External assessor** for Government of India, Kayakalpa awards in Belagavi district, January 2020
- ❖ **Assistant Nodal officer** Covid 19 at KIMSH&RC from March –May,2020.

- ❖ **Co Investigator-** A combined model study to investigate the challenges faced by frontline health managers at district level in pandemic of COVID-19 ,Bangalore Urban .Multicentric approach-ICMR-August to September,2020.

## **XII. Rank holders:**

**Dr.Nitu Kuamri** had secured **2<sup>nd</sup> rank** and **Dr.Thenanbigai** had secured **8<sup>th</sup> rank** in the RGUHS MD exam , Karnataka held on July,2020.

## **XIII. Intensified Mission Indradhanush:**

**Dr. Deepthi Nagaraj, Dr. Jithin Surendran, Dr. Karishma P S and Dr. Saranya K.** Postgraduates from the department were involved in field activity as WHO External monitor for intensified mission indradhanush (IMI) Kanakapura tq. Under Ramanagara dist. in January 2020.

- **Dr.Afraz Jahan, Dr. Sweta Ballapa Athani, Dr. Nitu Kumari, Dr Thenambigai R and Dr Soubhagaya K** have completed the MD Community Medicine course with flying colours.
- **Dr Sowmyasree and Dr Nidhi Fotedar** are the new Post Graduates to have joined the department.



**BBMP COVID-19 Contact tracing & Surveillance -Staff, PGs& Interns, Mar-May,2020**





**BBMP COVID-19 Contact tracing & Surveillance -Staff, PGs& Interns,  
Mar-May,2020**



**Dr.D H Ashwath Narayana**(top right)-  
Panellist – Pedicon20



**Dr.N R Ramesh Masthi**(first from right)-Member,  
BBMP Bangalore Public Health Response with BBMP  
Special Commissioner ,Bangalore, TAC members and  
other members





**COVID-19-Rapid Appraisal,June,2020**  
**Urban DHO Office, Bangalore** **Railway station**



**Staff & Post Gradautes –Visit to Banagalore Dairy ,March,2020**

**X-X-X-X-X-X**