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IAPMR BULLETIN

Mail to : Editor - Dr. S. Sunder, Flat No. 9, Block D-1 Anand Apartments,
50, L.B. Road, Thiruvanmiyur, Chennai - 600 041. Phone : 43313333
e-mail : drsunder@gmail.com

FROM THE EDITORS DESK

Dear friends,

Let us ring in the New Year with a lot of optimism and cheer. This issue which I plan to distribute during the conference is different from the earlier bulletins. I have featured articles from our members where they have given form to their creative writing. Dr.Ramachandran discusses problems he had with proverbs, and I have featured my problems with rhymes. There is of course, some focus on PMR in the rest of the articles, but in a non-academic fashion. We have Dr.Biswas sharing his experiences with serving deprived children and Dr.Krishnaprasad, a self professed movie buff recommending us to go and see movies depicting PWD in various genres. Our own committee members Dr.Ganesh and Dr.Koustubh send in their contributions. This is also our first sponsored issue.



So here's wishing all of you a Happy New Year!

Dr.S.SUNDER

EDITOR IAPMR BULLETIN

PRESIDENTS MESSAGE

I am happy to learn that IAPMR Bulletin will hit the stands during IAPMRCON 2014, Chennai. This is possible due to hard work done by our able Editor of the Bulletin. I join IAPMR fraternity to congratulate Dr Sunder; and also those members who contributed to the content of Bulletin. Long live IAPMR Bulletin and long live IAPMR.



DR.KUNJABASI WANGJAM

PRESIDENT IAPMR

FROM OUR SECRETARY'S DESK

It is indeed a great pleasure that IAPMRCON is reaching Chennai after a period of 13 years. As the Honorary Secretary of the IAPMR, I am most privileged to be associated with the conference being hosted by my Tamilnadu Chapter. The theme of the conference - "New Horizons for the Physiatrist – Advances in Physiatric Practice" is most apt to the present day challenges facing our specialty. The two preconference workshops, one on interventional pain and other on Cerebral palsy really takes care of the aspirations of both young and old generations as well.



Of late we are seeing the tenets of Physiatry spreading to various medical colleges and institutions and we need to grab this opportunity with open hands. Let our specialty spread all over India and let the people benefit from our services. Medical Council of India will soon heed to our consistent efforts of making PM&R our an essential subject of medical curriculum. With the influx of many doctors from the younger generation I see a bright future in the days to come. Let's move forward and Long Live IAPMR.

DR.P.THIRUNAVUKKARASU

HONORARY SECRETARY IAPMR

This issue is sponsored by DIERS BIOMEDICAL SOLUTIONS PVT LTD.

Report on ISPRM 7th world congress



ISPRM 7th world congress was organised by Chinese PRM association in China National Convention Centre, a fantastic venue near Olympiad stadium from 16th to 20th June 2013. Members of IAPMR like Prof K B Wang, Prof R N Haldar, Prof S L Yadav, Prof A Varma, Dr R Pramanik, Dr Venugopal, Dr A Gupta and Dr S Saxena attended this academic event. Physiatrists of USA, Italy, Turkey, Australia, Korea, and Japan were represented in good number. A memorable inaugural ceremony was organised along with a great performance by local disabled persons. It was a great gathering of more than 4000 physiatrists for interaction and uplifting of our speciality.

From our association Prof R N Haldar, Prof S L Yadav, Dr R Pramanik did oral presentations and Prof A Varma delivered a CME lecture. Quite a few posters were also presented by our members in this forum. Some extra ordinary scientific sessions were organized on recent development on robotics, electro diagnostics, and exercise therapy. Sidney Lich lecture was delivered by Dr Stem Hank on research orientation and chances of success for researcher. Dr Joel Delisa presented a very good paper on worldwide organisational situations in PMR. Dr Frontera presented a beautiful unique project on recent observations on exercise therapy in geriatric patients. The academicians from Japan and Korea presented few interesting articles on swallowing, speech rehabilitation and computer assisted devices. There were 10 parallel sessions going on in this academic feast.

Currently approximately 11000 physiatrists are practising in China. We felt that we have to give a great push to meet the need of India. We met the stalwarts and editors of the different international journals and 15 reputed international academicians agreed to be a part of IJPMR international advisory board..

We felt that there was a lack of inspiring presentations on latest science, multi cuisine foods and communication in international languages in exhibition areas. There was a pretty high registration fee which may have inhibited participation from this part of the world.

We were little bit confused about the position of IAPMR in ISPRM, AOSPRM and strategy and message of IAPMR to convey to the world community and leaders.

We felt that we should work for fixation of specific representative of IAPMR, strengthen the relation with ISPRM and AOSPRM along with clearance of their fees, help our enthusiastic members to attend the event by negotiating with the congress committee and become a dynamic part of the international body.

We are eagerly waiting for the 8th ISPRM world congress to be held at Cancus, Mexico from 1st to 5th June 2014.

Prof R N Haldar

Dr Rajesh Pramanik

Prof S L Yadav

PROBLEMATIC PROVERBS

'Genius is 99 percent perspiration and 1 percent inspiration.' Children are told this proverb in an effort to make them study harder. They are also cautioned that after getting poor marks in board exams there would be no point in **'Crying over spilt milk.'** The child probably wants to retort **'All work and no play makes Jack a dull boy.'** but holds its tongue.

This sets me thinking that every proverb can be countered by one which tells us the opposite. For everyone who **'Lets sleeping dogs lie'** there is another who **'Takes the bull by its horns'** and for everyone who believes in **'Look before you leap'** there is another who says **'Fortune favors the brave.'**

The worm who thinks **'Early to bed and early to rise makes one healthy wealthy and wise'** is probably eaten by the **'Early bird which catches the worm.'** The optimist who feels **'God helps those who help themselves'** and the pessimist who says **'Man proposes and God disposes'** are at loggerheads forever. The prudent believe that **'As you sow so shall you reap'** and the brash plunge themselves into action saying **'End justifies the means.'** For the wise **'Discretion is the better part of valour but 'Fools tread where angels fear to go.'**

If **'Every dog has his day'**, I want mine to be the day when the board results are declared.

DR B RAMACHANDRAN



STREET CHILDREN CRY (Innocent Little Angels Of God)

Street Children Cry, is a humanitarian approach for the poorest of the poor children living on the pavement of Kolkata. I look after them within the limited resources as far as I can.

They are sweet innocent angels of God. From my observations and going much closer to them I find these little angels can not dream nor they find strong footholds from where they can demand shelter, clothing, food do and education. They have no high thoughts nor any dreams yet they are human beings. They have no identity to be Indians, their births are not registered, they have no voting rights (I am trying to take help from the human rights commission) ; this is perhaps the same for children like these in other parts of India.

These children do require love, care and support from our society at large.

Hey God look after them and bless them all.

DR.H.BISWAS

FOR NO RHYME OR REASON

The other day I was watching a friend of mine coaching her two year old in preparation for the 'interview' to get admission in a pre kg class in a famous school.

"Say hushobai for momma, I'll buy you a lollipop."

And then the little one chants
Hush-a-bye, baby, on the tree top,
When the wind blows the cradle will rock;
**When the bow breaks, the cradle will fall,
And down will come baby, cradle and all.**

I was shocked . Hey, is this what we teach our two year olds? Of course I also have gone through the grind, reciting in time to my mothers not so gentle reminders on my backside

Humpty Dumpty had a great fall.

All the King's horses
And all the King's men
Couldn't put Humpty Dumpty together again.

I have often wondered, looking at the pictures of jolly and rotund Humpty Dumpty, who the dickens was Humpty Dumpty ? Was he a man or a gnome? Or an elf or pixie or fairy or dwarf or all those mythical characters that make up a child's life. And why did he have to fall?? And who was the king in question? And why do horses, which cant even take care of themselves, attempt to put Humpty together? Where is the mention of the orthopedician, or the physiatrist? Never mind, its 'Humtidumti' all over again.

Most rhymes have a depressing central theme, to say the least. And for an impressionable, and naturally happy child, this sombre scenario is, to say the least, avoidable. Look at this one [with probably a family planning message !]:

There was an old woman who lived in a shoe;
She had so many children she didn't know what to do;
**She gave them some broth without any bread,
She whipped them all round and sent them to bed.**

How insensitive! Is this the message we give our children as to how we would like to treat them ? . All of these rhymes are blindly memorized, learnt from our erstwhile English masters, and repeated over generations to innocent Indian children. Why not recite tales from the Panchatantra, instead of this ?

Western psychologists say – that age of regulation, that is from one to seven, is one in which the child lives in a world of feeling and discovery than reason. In other words, the child devours whatever we tell it without logical deduction, and therefore this is the best period when we can instil good values.

John Drescher says " The child needs to know what is to be expected. The early years are prime years of moral development. "The child without clear rules becomes unruly" Learning begins at birth and will be taught by persons close to the child. This is the first element in development of moral science and conscience. Many schools **have abolished Moral science and ethics as subjects.**

And this is the age when we expose them to wizards, goblins, ghosts, magicians, spirits, and Harry Potters. This is the age they read about Hansel and Gretel, Red riding Hood, evil witches and wolves. This is the age that they watch Popeye and Tom and Jerry, and Bugs Bunny, with their mindless bashing and fighting. There isn't any cartoon or serial without physical violence and senseless fisticuffs. And then we discuss over cups of coffee [or beer], how decadent and violent our society has become. **Kaliyugam**, we call it.

We label our children insensitive to animals when they catch dragon flies or throw stones at dogs, while teaching them the rhyme:

"Three blind mice, see how they run!
They all ran after the farmer's wife,
Who cut off their tails with a carving knife,
Did you ever see such a thing in your life,
As three blind mice."

Oh, how graphic! I hope I could get into the innocent mind of a three year old forced to recite this rhyme, and implant some software that could erase this rhyme from 'its' hard disc.

The period from seven to twelve is when reading is at an all time high. In fact educationist Raymond Moore is of the opinion that schooling can start from the age of eight. This is the period when stories of honesty bravery and integrity are to be told to the child. And one of the poems I read in a childrens book runs like this

Poor babes in the wood! poor babes in the wood!
Oh! don't you remember the babes in the wood?

And when it was night,
So sad was their plight,
The sun it went down,
And the moon gave no light!
**They sobbed and they sighed,
And they bitterly cried,
And the poor little things,
They lay down and died.**

Children grow in co education schools and boys and girls are supposed to grow up together in a healthy manner. And they are taught this rhyme

What are little boys made of, made of,
What are little boys made of?
**"Snips and snails, and puppy dogs tails;
And that's what little boys are made of, made of."**

What are little girls made of, made of, made of?
What are little girls made of?
**"Sugar and spice and all that's nice;
And that's what little girls are made of, made of."**

I am sure no little boy or girl fits this description, and whats more, wouldn't like to. And that day a proud mother sits in my clinic and tells her little one " Monu, say Jaji paji, otherwise if you don't, this nice doctor uncle will give you an injection[?!]. (This, by the way, is how I am introduced to most of the children who visit my clinic !)

And Monu recites :
Georgie Porgie,pudding and pie,
Kissed the girls and **made them cry;**
When the boys came out to play,
Georgie Porgie ran away.

Talk of gender bias. I can probably understand that Master G.P wanted to kiss the girls, but am nonplussed **why it made them cry, but what I can never understand is why he ran away when the boys came out to play!**

There are people who say that rhymes develop an interest in the language, the beat or music. And they quote, as an example:

Little Miss Muffet,
She sat on a tuffet,
Eating of curds and whey;
There came a big spider
And sat down beside her,
And frightened Miss Muffet away.

I found out what 'whey' was only when I was thirty years old, and am still not quite clear what a **tuffet** is. Lets imagine it was inserted to rhyme with the equally rare name of **'Muffet'**.

And if rhymes improve your **English language and grammar**, lets look at this one

Tom, Tom, the piper's son,
Stole a pig and away he **run**;
The pig was **eat**
And Tom was **beat**,
And Tom went howling down the street.

Why don't we adopt a system of teaching values through rhymes. Or if that's too difficult, why not reword some of the rhymes?

In this famous rhyme, two innocent kids on a mission of bringing water, land up with head [and other] injuries, needing neurosurgical and possibly psychiatric intervention. I would like to rewrite it as follows:

Jack and Jill went up the hill
to fetch a pail of water;
Jack sat down and wore his crown,
And together both solved the matter.

DR.SUNDER

Mortality from stroke has declined in recent decades in the United States & Europe, but not in the developing world, where the same efforts in terms of both prevention and treatment have not been implemented, according to a scientific statement from the American Heart Association/American Stroke Association, published online in Stroke. It reports that stroke deaths declined all through the last century in USA, with numbers falling from about 250 per 100,000 population in 1900 to about 60 per 100,000 by 2000. In the last decade this reduction has continued, with stroke mortality rates of 40 per 100,000 in 2010 (all age-adjusted figures standardized for the 2000 population). Stroke has now fallen from the third to the fourth leading cause of death in the United States. Many different factors have probably contributed, but the number one reason is thought to be better blood pressure control. Smoking cessation programs and improved control of diabetes and cholesterol have also probably contributed to the declining stroke rates. In terms of stroke treatment, education campaigns have been effective so that patients are recognizing symptoms and getting care earlier.

Compiled by

DR.KOUSTUBH CHAKRABORTY.

Rehabilitation in St. John's has grown tremendously only because the ethos of St. John's has nurtured this growth. Dr.Kurien has compiled **The St. John's Handbook of Physical Medicine & Rehabilitation** with the help of various people. These include staff and students of the PMR department, people who are working in PMR departments elsewhere, patients, relatives of patients, and eminent people from different parts of the world who have made a significant impact on rehabilitation.

INSPIRATIONAL MOVIES WITH DISABILITY AS THEIR THEME

Good movies can be a source of information, mental relaxation, entertainment as well as inspiration. The portrayal of the life of a disabled individual in movies could trace back to the origin of motion pictures as well. Such portrayals often serve many purposes. Most commonly it is used in tear jerking melodramas to increase audience sympathy to the disabled protagonist as well as to add on the cruelty quotient of the villainous characters. On the contrary many other movies, mostly Indian movies portray the disabled people in a comical role, mostly as people with physical and mental disabilities, whose primary purpose is to invoke laughter by their peculiar appearance and mannerisms. However there are few subsets of movies, mostly biopics, that showcase their life and struggle in reality and show how they overcome their physical barriers to reach great heights. Such movies are a great source of inspiration for the disabled persons as well as their care takers, which includes medical personnel also.

Here I am trying to put together a group of such really inspirational movies from Hollywood, which came out in the past few decades. I admit that this is not an all inclusive list, but these movies are definitely worth a watch. The listing is also in random, that those appearing later in the list is not inferior in any manner to the earlier ones.

Born on the Fourth of July (1989)

The biography of Ron Kovic. Paralyzed in the Vietnam War, he becomes an anti-war and pro-human rights political activist.

The Elephant Man (1980)

John Merrick is hated by his Victorian-era English society because he is severely deformed due to Proteus syndrome. Once he is discovered by a doctor, he is saved from his life in a freak show and he is treated like the human being that he really is.

Forrest Gump (1994)

"Forrest Gump" is the story of a man who rose above his challenges, and who proved that determination, courage, and love are more important than ability.

Frida (2002)

A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work.

My Left Foot (1989)

The story of Christy Brown, who was born with cerebral palsy. He learned to paint and write with his only controllable limb - his left foot.

The Other Sister (1999)

A mentally retarded girl proves herself to be every bit as capable as her "perfect" sister when she moves into an apartment and begins going to college.

Rain Man (1988)

Selfish Charlie Babbitt's father dies and leaves a fortune -- to Raymond, the institutionalized autistic brother that Charlie didn't know he had. They set out on a cross-country journey of discovery.

Regarding Henry (1991)

Henry Turner is a despicable and ruthless trial lawyer survives a gunshot injury with significant brain damage and must re-learn how to speak, walk, and function normally. He has also lost most of the memory of his personal life, and must adjust to life with the family that he does not remember.

Warm Springs (2005)

Following an early and promising political career, Franklin Delano Roosevelt is stricken with polio in 1921 at 39 years of age. The most significant battle he fought with the stigma of paralysis was not in the eyes of others but in his own mind.

A Winner Never Quits (1986)

Fact-based story of a young boy who lost his right arm in a childhood accident, but went on to fulfill his dreams of playing major-league baseball.

Men of Honor (2000)

The story of Carl Brashear, the first African American, then also the first amputee US Navy Diver and the man who trained him.

The Terry Fox Story (1983)

The true story about the Canadian cancer amputee hero who decided to run across Canada on his artificial leg to raise money for cancer research.

Passion Fish (1992)

The story of actress May-Alice Culhane who is paralyzed from the waist down in an accident and her maid Chantelle, whose stubbornness matches her own. Their mutual dislike gradually develops into an armed truce as the two women deal with their own problems and with each others.

The Brooke Ellison Story(2004)

Rendered a quadriplegic since a child from a near-fatal neck injury, a young girl fights against all odds to succeed in life from grade school to her acceptance into college under the assistance of her loyal and dedicated mother.

The Other Side of the Mountain (1975)

Based on the true story of Jill Kinmont, a truly talented & gifted skier, but comes close to losing everything when she takes a near fatal fall off a mountain. Paralyzed from the shoulders down, Jill now has to climb another kind of mountain-working her way up from total helplessness to leading a fulfilling life. With the help of family, friends, and an extraordinary man, Jill begins the quest up that mountain.

Inside I'm Dancing (2004)

When the kinetic Rory moves into his room in the Carrigmore Residential Home for the Disabled, his effect on the home is immediate. Most telling is his friendship with Michael, a young man with cerebral palsy and nearly unintelligible speech. Somehow, Rory understands Michael, and encourages him to experience life outside the confines of home.

The Diving Bell and the Butterfly (2007)

The true story of Elle editor Jean-Dominique Bauby who suffered a stroke and has to live with an almost totally paralyzed body; only his left eye isn't paralyzed.

Murderball (2005)

A film about paraplegics who play full-contact rugby in Mad Max-style wheelchairs - overcoming unimaginable obstacles to compete in the Paralympic Games in - Athens, Greece.

So, grab a copy of one from your nearest DVD store or online store and enjoy the magic unfolding on your home theatre.

(The author is working as Assistant professor of PM&R, Medical college, Kozhikode, and a serious 'movie buff')

DR KRISHNAPRASAD

ADIP SCHEME

The Department of Disability Affairs, Ministry of Social Justice and Empowerment, Government of India, has implemented a scheme to facilitate the Persons with Disabilities (PwD) get essential assistive devices for independent living. This is the "Assistance to disabled persons for purchase and fitment of aids and appliances" (ADIP) scheme. The scheme is implemented at agencies capable of identifying, fabricating and fitting various assistive devices. These agencies may be non-government organizations or government bodies.

Provision – Any assistive device costing Rs. 6000 or less, inclusive of orthosis, prosthesis, mobility aid, hearing aid, Braille devices, teaching learning material, or anything that helps the PwD in his day to day living can be provided under this scheme. The cost limit is higher for students with disabilities viz. Rs. 8000. To some extent, the scheme also provides to fulfil cost of corrective surgeries and distribution camps in remote areas. The agency has to undertake maintenance and repair of the devices too.

Eligibility – ADIP scheme covers all PwD in India who have income less than Rs. 10,000 per month. The agency provides the assistive device free of cost to PwD having income Rs. 6500 per month or less and charges only half the cost to those having income Rs. 6501 to Rs. 10000 per month.

Documents – The beneficiary has to provide valid income proof and 2 passport photographs.

Implementation – The remaining cost of devices provided by the agency is reimbursed by the Department of Disability Affairs through grant released to the agency after submission of detailed report.

Condition – The same kind of device cannot be given again to a PwD within a period of 3 years (or within 1 year for children below 12 years age).

Suggestions – The scheme is a boon to the PwD with inbuilt flexibility about the type of devices covered but needs modifications to remove some obstacles. More health establishments especially, department of PMR of medical colleges, hospitals and trusts should come forth as “agency” to implement the scheme so that quality of and quantity of services under the scheme improves further. There is a need to remove the essentiality of “income certificate” because the access of PwD is limited. A system to track the beneficiary (may be through Aadhaar UID) will be helpful to prevent duplication and facilitate utilization of the device to the full extent.

DR.GANESH JOSHI

3 in 1 Motion Analysis

The application of the Whole Body Posture & Motion Analysis equipment covers a wide range of spinal and postural deformities and malformations and is well established in clinical applications and science.

Starting in the early 80's with a 3D static measurement for scoliosis in order to reduce radiation for patients, the clinical and scientific approach has advanced to a 4D measurement device in 2006. The main intention was not only to diminish movement sways during the capture of the measurement itself, but also to conduct functional measurements related to posture. This approach gives diverse medical professions the opportunity to evaluate and discover new clinical results and to conduct further scientific queries. Summarily, the 4D spine and posture measurement device has is in operation in more than 1000 clinical environments and has become the golden standard worldwide.

The solution is time and cost efficient, harmless to the patient, is user friendly and allows a complete analysis of the back, giving a huge quantity of parameters and a 3D/4D reconstruction of the spine, which is unique worldwide.

Successive development has been done thanks to the demand on the part of medical professionals to measure not only the back, but also to see and measure the correlation with other parts of the body such as feet and legs.

The simultaneous functional whole body measurement (4D motion) of the spine combined with legs and feet was created. This 4D motion Lab allows the dynamic measurement of the complete musculoskeletal system, including spine/pelvis, legs and feet. The results of a recently conducted study between the newest above-mentioned device for dynamic spine analysis and a well-established gait analysis system confirmed the accuracy and the benefits of this solution.

The time required for a patient examination with the 4D motion Lab is significantly shorter than with complex gait labs, The required space is reduced to just 8 square meters and the equipment can be easily integrated into a clinical department and into any clinical workflow.

This product is the result of years of research by Mr. Helmut Diers, founder and former CEO, DIERS International GMBH.

