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From the Vice Chancellor

The Kerala University of Health Sciences is happy to initiate research capacity-building activities for undergraduate trainees in the affiliated colleges. The newly instituted UG Research Appreciation Award aims to nurture research activities under the mentorship of faculty members. We have selected research proposals of 238 UG trainees for the UG Research Appreciation Awards for the year 2024. They need to complete the research project in the stipulated time and submit reports to KUHS to get the award. All affiliated institutions are expected to support the trainees with funds and facilities for research. We thank the faculty members for their mentorship and encouragement. Please continue to inspire and facilitate research during undergraduate training. Let us begin early and nurture talented students. We expect more early career researchers from KUHS in the next decade.

We have also started capacity enhancement programs for the faculty and PhD Scholars. There was a two-day workshop on grant writing. A brief report is published in this newsletter. We will soon have a series of programs on scientific writing. Let me thank you for your support for all the KUHS programs aimed at building the research capacity of the trainees and enhancing the research capacity of the faculty. We hope to scale up our efforts to support research and researchers of KUHS Schools and affiliated Colleges.

We need more faculty members to engage in good quality research. This is also a call to all the faculty members of affiliated colleges to develop research protocols and seek funding for research. The university expects the faculty members to engage in hands-on research in your institutions and seek institutional funds as well as funding from other sources. Many national and international funding agencies can also be approached. Funding agencies will look at the quality of the proposal and the social impact of the research proposal. Faculty members must be familiar with the funding agencies and the process involved in applying for funds. Many applicants will be there and only a few will get funded. We must get ready to apply for funding. If you succeed, then you know that your project has the approval from the experts and they trust you with the research you proposed. Research is the way forward and let us invest in good quality research to create the knowledge we need.

Prof. (Dr.) Mohanan Kunnummal
Vice Chancellor



From Desk of the Editor

As per the “Elderly in India 2021” report published in August 2021 by the Government of India, about 8.4% of older people report one or more disability. Studies from India have shown that conditions like dementia are prevalent in the community and are associated with unmet care needs, and is often associated with caregiver burden. Care for older people includes health and social care, but this distinction is difficult, especially during care delivery.

The provision of care over longer periods often leads to economic disadvantage and adverse impacts on the health of the carers.

Most of the care for older people is provided by co-resident family members, mostly by women in the household. The family size is getting smaller and younger people take up employment outside their homes. With more women joining the workforce, the family's ability to meet the care needs of co-resident older people and younger children is getting stretched.

Kerala has a large proportion of older people in the population. The state is also in the midst of rapid social and economic changes like the rest of the country. The need to employ paid carers, usually women, to provide care at home for older people either during the day or round the clock, is a reality we face. However, we must recognize that the present workforce who are engaged as “Home Care Workers” are not trained or competent to take up this task. Caring for an older person in need is a task that needs knowledge, skills, competency, and above all, motivation to deliver compassionate care. Many families employ such care workers who often get wrongly labeled as home nurses. They have no formal training and do not belong to the nursing profession. Sheer need for employing additional manpower to supplement home-based care has led to the growth of an unorganized sector here. There is no accreditation of training or operational regulations.

As we recognize the need for trained manpower, let us look at the opportunities in

Kerala and possible solutions to improve the home-based care of community-resident older people. It is time that we extend health and social care support to the households to meet the unmet care needs of older people with multi-morbidity and functional impairment. We can strengthen the existing family caregiving system and link it to the health and social care services by effectively linking it through outreach service networks like ASHAs. What is envisaged is a nexus of care with involvement and active participation to develop a sustainable carer network which is multilayered. Trained caregivers form the first layer. The second layer will be nurses and social workers. The third layer will have primary care doctors linked to specialists. This three layered network will engage in providing hands on health and social care which is evidence based and user-friendly.

Let us focus on two tasks at the beginning:

1. Develop a training program for “**Home Care Workers**” and establish training facilities in each of the 14 districts to train at least 100 women in each district by the end of 2025
2. Scale up Dementia care services across the state by establishing a formal collaboration between Primary Palliative Care Services operated by the Department of Health and the “**Ormathoni**” initiative by the “**Vayomithram**” Program

The State Resource Centre for Older People (SRCOP) which is a new joint initiative by the Department of SJD & KUHS can be the Nodal Centre to design and develop the blueprint for these two initiatives which then can be implemented in each district by the SJD and the District Panchayat with the support from the District Collector, District Medical Officer, and the District SJD officer.

Please send in your comments and suggestions to srcop@kuhs.c.in

Prof. K.S. Shaji

Dean (Research) & Director SRCOP



Report: Two-Day Workshop on Grant Writing for Medical Faculty Researchers



The Academic Staff College of KUHS conducted the first ever 2-Day Workshop on Grant Writing for Medical Faculty Researchers on 8th & 9th October 2024. Inaugurated by the Pro Vice Chancellor Dr. C.P. Vijayan, Eminent Researchers Dr. Suma. T. K (WHO Laureate), Dr Shaji. K. S [Dean (Research), Dr. Geeta Govindraj [Professor, KUHS School of Family Health, Kozhikode), Dr. S.K. Harikumar (Thiruvananthapuram), Dr. Biju George (GMC, Kozhikode) Dr. Dhana Sooraj, and Dr. Shabeesh (IMHANS, Kozhikode) led the various sessions. Thirty faculty members participated in the

program. The participants came with their Research Proposals, which were refined over the program. The outcome was to create Protocols which stood high chances of getting Research Grants. Dr. V.V. Unnikrishnan (Director of Academic Staff College) coordinated the program with Dr. P.J Mercy (Associate Professor). Following the runaway success of the program, plans are on the anvil to conduct similar Workshop on Grant Writing for Dental Faculty Researchers as well.

Dr. V.V. Unnikrishnan
Director of Academic Staff College)

Recent Publications

1. Global, regional, and national burden of disorders affecting the nervous system, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet Neurol.* 2024 Apr;23(4):344-381. doi: 10.1016/S1474-4422(24)00038-3. Epub 2024 Mar 14. PubMed PMID: 38493795; PubMed Central PMCID: PMC10949203. Link: <https://pubmed.ncbi.nlm.nih.gov/38493795/>
2. Nujum, Z.T., Indu, P.S., Ramesh, J. et al. Rabies death in an adolescent tribal girl diagnosed postmortem, in Kerala - the precious life, preventable loss and equity concerns. *Int J Equity Health* 23, 104 (2024). <https://doi.org/10.1186/s12939-024-02164-w>
3. Nujum ZT, Suseela RP, Lakshmi GG. Estimation of state and district-specific Disability Adjusted Life Years (DALY) due to Tuberculosis (TB) for Kerala, India, 2017-2020. *IJMR*, 2024; 159(6):539-546 doi: 10.25259/IJMR_368_23. Available at <https://ijmr.org.in/estimation-of-state-and-district-specific-disability-adjusted-life-years-dalys-due-to-tuberculosis-for-kerala-india-2017-2020/>
4. Leela KP, Somasundaram M, Nujum ZT, Maheshwari L. Efficacy of Dilapan S Compared to Foley Balloon in Pre induction Cervical Ripening - A Non-Inferiority Trial. *AJOG Global Reports* [Internet]. 2024 Aug 13 [cited 2024 Aug 15];100387. Link: <https://www.sciencedirect.com/science/article/pii/S2666577824000819>

News Updates

1. **Global tuberculosis report 2024** was Published by WHO.
Link: <https://iris.who.int/bitstream/handle/10665/379339/9789240101531-eng.pdf?sequence=1>
2. Published **WHO guideline on the prevention and diagnosis of rheumatic fever and rheumatic heart disease**. Link: <https://iris.who.int/bitstream/handle/10665/379374/9789240100077-eng.pdf?sequence=1>
3. WHO Published: What are healthy diets? **Joint statement by FAO and WHO**.
Link: <https://iris.who.int/bitstream/handle/10665/379324/9789240101876-eng.pdf?sequence=5>
4. WHO Published: **Integrated operational framework for mental health, brain health and substance use**.
Link: <https://iris.who.int/bitstream/handle/10665/379205/9789240100336-eng.pdf?sequence=1>
5. WHO Published: **All for Health, Health for All: investment case 2025–2028**. Link: <https://iris.who.int/bitstream/handle/10665/376856/9789240095403-eng.pdf?sequence=1>

New Announcements

1. The World Alzheimer Report follow-up webinar on Wednesday 6th November 2024.
Link: <https://www.alzint.org/news-events/events/exploring-the-world-alzheimer-report-2024-addressing-stigma-in-health-care-systems/>
2. Dem Con'24, Dementia Care: Reaching the unreached. International Conference on 29th & 30th Nov 2024 at JN Tata Auditorium, Indian Institute of Science Bengaluru.

For more information visit the website: www.demcon2024.com



Forthcoming Programmes

1. Workshop on Integrated Care for Older People on 1st November 2024 at KUHS Head Quarters.
2. Workshop on 'Comprehensive Dementia Care Services for the District on 2nd November 2024 at KUHS Head Quarters.
3. Laerdal Medical- Educational Services Training of simulation experts on SIM MAN on 4th and 5th November 2024 at KUHS Head Quarters.
4. Faculty Development Program for Ayurveda Faculty -Phase I from 6th to 8th November 2024 at Vigyan Bhavan.
5. Training program for ASHAs of Wadakkanchery Municipality on 13th November 2024 at Vigyan Bhavan.
6. Laerdal Medical- Educational Services Training of simulation experts on SIM MOM on 18th and 19th November 2024 at KUHS Head Quarters.

Call for Research Proposals/Fellowships

1. ANRF initiates Prime Minister Early Career Research Grant. Last date: 25/11/2024.
Link: <https://www.anrfonline.in/ANRF/HomePage>
2. Request for EoI for Diagnostics Laboratories for conducting independent performance evaluation of Sickle Cell Disease in vitro diagnostic tests including Rapid Test Cards. Link: https://www.icmr.gov.in/icmrobject/uploads/Call/1726829608_eoi_batch-testing-scd-ivd- icmr_20092024.pdf
3. Indian Council of Medical Research (ICMR) provides financial assistance for Indian scientists working outside ICMR institutes to conduct research in the fields of medicine, public health, and allied disciplines aimed at improving health of Indians under its Extramural Research Programme.
Link: <https://www.icmr.gov.in/extramural-grants>

