

Outbreak of Bronchiolitis and its optimum management

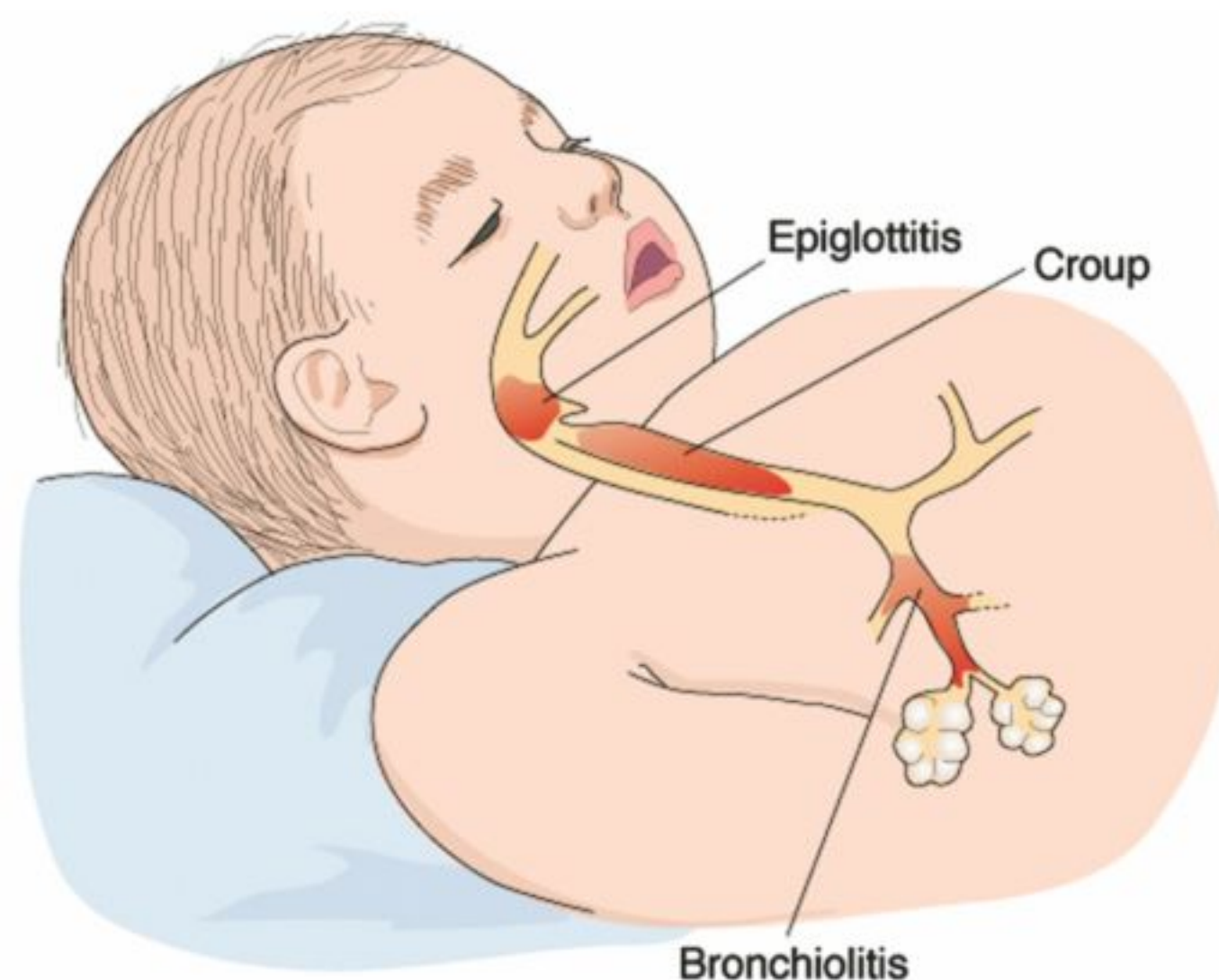
PROF ARM LUTHFUL KABIR and
PROF MD ABID HOSSAIN MOLLAH

Bronchiolitis — an infection of airways (bronchioles) leading to the lungs, produce symptoms like fever, cough and breathing difficulty, whistling sound in children etc. Bangladesh is now experiencing an outbreak of bronchiolitis. A huge number of children are attending general physicians, paediatricians, hospital outpatient departments to seek remedy and many of them are being hospitalised depending on the severity of the disease. All parents should be cautious about the signs and symptoms of the disease and ensure prompt treatment to avoid severe complications.

Bronchiolitis is a viral self limiting respiratory disease. The children are usually below two

year (usually less than 6 months) of age. The child can have inconsolable cry, feeding/ sleeping difficulty, restlessness, nasal flaring and increased heart beat. The children have fast breathing (more than 50-60 breaths/min), and wheeze — a whistling sound during breathing.

Their symptoms of bronchiolitis usually begin with a runny nose and then gradually cough, respiratory distress (chest indrawing) and low grade fever develop. The diagnosis can be made clinically. The supportive laboratory and x-ray may also help reaching the diagnosis. However, if we can promptly diagnose by physical findings with corresponding history and manage the condition correctly, we can give relief to small kids from unnecessary needle prick and radiation hazards.



Management of uncomplicated severe bronchiolitis needs hospitalisation, support therapy like oxygen, nebulisation, paracetamol and continuation of nutrition either by intrave-

nous fluid or nasogastric tube feeding or breast feeding. Expensive intravenous antibiotics are usually not necessary. Our scientific article entitled "Management of bronchiolitis

without antibiotics: a multi-centre randomised control trial in Bangladesh" published in *Acta Paediatrica* shows that managing bronchiolitis with only supportive measures but without antibiotics remains preferable.

However, if a physician thinks that antibiotic would be beneficial in particular case, oral erythromycin is a suitable option in uncomplicated cases of bronchiolitis. There is high chance (up to 70%) of recurrent wheeze following an attack of bronchiolitis and it is important for counselling of the parents for further management.

Prof ARM Luthful Kabir and Prof Md Abid Hossain Mollah are the President and the General Secretary of Bangladesh Paediatric Pulmonology Forum (BPPF) respectively.

INTERVIEW

Saving sight of urban poorest

STAR HEALTH DESK

In Bangladesh more than 750,000 people are blind among 30+ population, of which 80% are due to cataract. According to official estimate, approximately 150,000 cataract patients are added every year. Over 6 million people in Bangladesh need vision correction by spectacles and other means. Approximately 150,000 irreversible blind require rehabilitation.

It is a matter of concern that most of the visual impairment of these population can be restored by cataract surgery. To address these problems, Standard Chartered Bank funded Dhaka Urban Comprehensive Eye Care Project (DUCECP) is working in Dhaka city with the technical support from Sightsavers International.

The project has been working mainly for the extreme poor of Dhaka city and the services are offered almost free of cost. So far, the project has performed 45,000 cataract surgery and provided 400,000 ultra poor people with primary eye care.

M Nurun Nabi, the project coordinator of DUCECP, who is a pro-people development activist says that they are continuously trying hard to reach the people who need their services the most; but still much more patients are left behind mainly due to lack of awareness about the common eye problems.

He stressed that media can play a vital role reaching these poor people by conveying the messages and reducing misconception about eye problems. He urged all national media to bring the issue under focus and helping visually impaired people to get back their sight.

Mr Nabi said, "It is not only the responsibility of the government, we all should come forward to save the rights of the poor people to see this beautiful world."

DUCECP runs in four hospitals in Dhaka city — Islamia Eye Hospital, BNSB Dhaka Eye Hospital, Adin Hospital and Salauddin Specialised Hospital Ltd.



M Nurun Nabi, Coordinator, Dhaka Urban Comprehensive Eye Care Project

HEALTH bulletin

Abbott suspends giving gifts to doctors in India

Abbott Laboratories Inc. has instructed its sales representatives in India not to give gifts to doctors, who are prohibited by local law from accepting them, a practice that has been used as a bargaining chip by companies wanting a piece of the country's burgeoning healthcare market.

Only Abbott-approved clinical/scientific literature may be distributed to current and potential customers and no brand reminders or therapy reminders will be given to any current and potential customer and no further brand reminders or therapy reminders should be ordered.

Accepting gifts or travel arrangements from drugmakers is against the law in India, but enforcement was inconsistent.

Source: Reuters



Vitamins may reduce cancer risk in men

Taking a daily multivitamin pill may lower the risk of developing cancer in men, US researchers have claimed. The findings, published in the *Journal of the American Medical Association*, reported a small reduction in cancer cases in men taking vitamin pills.

Physiotherapy to prevent diabetic complications

Diabetes is a chronic illness that requires the services of a range of healthcare professionals. Apart from playing a crucial role in managing disability, physiotherapy has got an important role in planning specific exercise to control of sugar level and prevent diabetic complications specially foot problem.

Exercise has got tremendous role in managing diabetes. But it is a chronic disease and often people have other coexisted diseases living with disabilities. So, better and tailor made exercise programme can be designed by a physiotherapist.

Physiotherapy is now gaining popularity in this field. Along with exercise, it also provides other physical treatment techniques, such as massage, use of electrotherapeutic and mechanical agents which plays a vital role in the management and prevention of complications in the diabetics.

Most people with diabetes suffer from musculoskeletal complains, which might include frozen shoulder, back pain or osteoarthritis. Many people with poorly managed type-1 diabetes develop a syndrome of limited joint mobility.

Physiotherapy can play an important role in preventing and managing foot problems. Teaching the importance of correct walking and posture, along with the basic principles of off-loading when required, can prevent or stabilise a



number of foot complications.

In people with skin ulcers, which are typical in people with diabetes, the effective use of crutches or foot splints can ensure off-loading and early healing.

As the number of people with diabetes continues to rise whereas the existing diabetes population ages, the need of efficient physiotherapy services will continue to grow.

Specialised physiotherapists can

also act as a member of diabetes care team in order to help improve the health and well-being of all people with diabetes.

The article based on information from the International Diabetes Federation (IDF) is compiled by Dr Md Shafiqullah Proddhan, Assistant Professor and Chairman of Dhaka Pain Physiotherapy and Rehabilitation Center (DPRC). E-mail: shafiqullahphysio@yahoo.com

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Free breast cancer screening

STAR HEALTH REPORT

On occasion of breast cancer awareness month, National Institute of Cancer Research & Hospital (NICRH), Mohakhali, Dhaka has organised free breast cancer screening programme, says a press release.

A specialised breast cancer expert team has been conducting the screening with all latest diagnostic technology. This screening programme will continue till October 23, 2012 from 9 am to 12 noon.

Breast cancer is one of the leading killers in women. Elderly women (50 year or more) having family history, obesity, early menstruation history (before age 12), late menopause (after age 55), sedentary lifestyle are particularly at risk of breast cancer. All women who have suspicion of breast lump or abnormality should go for a screening.



/StarHealthBD

Knowing for better living

The recommended daily dietary fiber intake for an adult is 20-30 grams

Why we need fiber

- Ensures good digestive health
- Helps to prevent constipation
- Helps to lower blood cholesterol and glucose level
- Helps to lose weight

Fiber rich foods

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- Pulses
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