

RAHETID: a hospital for education and training

PORIMOL PALMA

When there is much to worry about the country's health sector, surgeon and cancer specialist Prof Raqibul Anwar took the onus on himself to improve healthcare here, at least partially, by devoting knowledge and experience that he gathered in the US, UK and Switzerland over the last three decades.

A thought of making contributions in his home country led him to establish RA Hospital Education and Training Institute Dhaka (RAHETID) that provide tertiary medical education and healthcare in partnership with the Royal College of Surgeons (RCS) of England.

RAHETID began its operation in early 2016 and is now providing services related to colorectal and general surgery. It has a plan to train 8,000 surgeons and 30,000 nurses in the next ten to fifteen years, said the CEO and president of RAHETID, a 34-bed hospital and institute having capacity to train 20 doctors now.

According to Prof Raqibul, Bangladesh has performed well in the primary healthcare, but cancer, diabetes, heart diseases and road accidents are major concerns now.

A huge shortage of healthcare personnel is another issue. According to the World Health Organisation, Bangladesh has 0.66 healthcare personnel per 1,000 people against a minimum requirement of 2.28 doctors, nurses and midwives to serve as many people in a country. The threshold for achieving Sustainable Development



PHOTO: PALASH KHAN

Goals is 4.45 healthcare personnel per 1,000 people.

While every year 8,000-9,000 medical students graduate in Bangladesh, the government gives only some 2,000 the opportunity for postgraduate training. Already 40,000 of the country's 60,000 doctors don't have any postgraduate degrees, Prof Raqibul said. Against this backdrop, hundreds of thousands of Bangladeshis seek treatment abroad.

At RAHETID, Prof Raqibul said, MBBS doctors undergo training for a year after internship, and then go to England for the second year of training. They will spend the third and fourth years again in RAHETID and then go back to England for another two years' training. The trainees will get payment for their services in England.

In six years, they complete MRCS and MSc in any surgical subjects before sitting for FRCS, a professional qualification needed to practise as a senior surgeon.

Explaining MRCS or FRCS exams, he said these have three components, knowledge, skills and attributes, all equally important. Attributes mean how to communicate with patients, how to work in a team for providing best care, besides manners. Nurses too are receiving training, especially in critical or acute care, said Prof Raqibul.

The world needs to train two million surgeons to conduct some 150 million more operations annually. This is a huge global problem and RAHETID is working to address part of it.

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INFECTIOUS DISEASE



Diseases on WHO's priority 2017 list

Infectious diseases are caused by pathogenic microorganisms, such as bacteria, viruses, parasites or fungi; the diseases can be spread, directly or indirectly, from one person to another.

The World Health Organisation (WHO) has revised the list of diseases prioritised in 2017.

- Arenaviral hemorrhagic fevers (including Lassa Fever)
- Crimean Congo Haemorrhagic Fever (CCHF)
- Filoviral diseases (including Ebola and Marburg)
- Middle East Respiratory Syndrome Coronavirus (MERS-CoV)
- Other highly pathogenic coronaviral diseases (such as Severe Acute Respiratory Syndrome, (SARS))
- Nipah and related henipaviral diseases
- Rift Valley Fever (RVF)
- Severe Fever with Thrombocytopenia Syndrome (SFTS)
- Zika

A number of experts stressed on risks of the Chikungunya virus possess. Along with a number of other pathogens, there was an agreement that Chikungunya virus continues to warrant further research and development.

Source: World Health Organisation

HEALTH bulletin

Health hazards in beauty parlour

Health benefits of sweet potatoes

Fish oil supplementation in pregnancy tied to reduced asthma risk in offspring

Maternal use of omega-3 fatty acid supplements during pregnancy could lower the risk for asthma in offspring, a New England Journal of Medicine study finds.

Some 700 women between 22 and 26 weeks gestation were randomised to receive daily supplements containing 2.4 grams of fish oil or olive oil (placebo) until 1 week after delivery. The fish oil pill contained the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

The primary outcome — diagnosis of persistent wheeze or asthma when offspring were aged 3 to 5 years — occurred significantly less often in the fish oil versus olive oil group (17% vs. 24%). Among women with the lowest blood levels of EPA and DHA at randomisation, fish oil cut the risk for the primary outcome in half.



DR NOWSHEEN SHARMIN PURABI

Ability of nice self-representation in our busy life is one kind of efficiency for which our self-confidence develops accordingly and its positive impact is reflected in our daily works. In the primitive period it was tried to beautify oneself in different home based methods. But in course of time, this duty is vested on the beauty parlour by many of us. But do we get the quality service from there? Many of us have been facing various health problems and risks due to inexperienced service provider and unhygienic environment.

The comb or brush which is used in parlour is not available in germ free packet most of the time. The previous user of the comb or brush may contain dandruff, fungal infection or louse which may infect the following users.

If the sponge used in makeup, towel and dress used in facial are not cleaned properly, there is risk of transmitting infection to your head and skin from the previous user, specially skin infection, eczema or dermatitis, acne etc.

Disappointing fact is that in the same house, we maintain non-sharing of towel, comb or brush with our family members but it is any of us who never raise any question in the parlour, whether the comb is made germ free or not, or why the hair of previous client still exists or why the used sponge of makeup is being used without cleaning with soap.



In most of the time the equipment of pedicure or manicure is not found packed with sterile plastic cover. The same equipment of pedicure or manicure is found to be used for all. If there is any fungal infection in the nails of any client then it may spread to others. Such carelessness may sometimes transmit HIV/AIDS.

It is also observed to provide services to many customers in small spaces where there is no sufficient ventilation. In the same room someone's hair is being sprayed, someone is taking steam and some are using hair dye. As a result the possibility of allergy, asthma, respiratory tract infection increases.

When it is tried to draw the attention of the concerned authority of the beauty parlour, they explain this matter in such a way that they have a huge number of clients for which

they have little scope to clean and use sterilised materials.

A large number of women are involved in the beauty parlour industry but they are not receiving the right professional training. Such a beauty parlour may easily be started by receiving a trade license from the City Corporation. In course of time, the business may expand but the manpower, equipment and materials and space of the parlour remains the same and quality fails to comply.

What mind does not know, eyes cannot see. The objective of this article is to create awareness in readers' mind. If anybody is victimised by suboptimum quality of services in the beauty parlour, s/he may seek justice under the 'Consumers' Right Protection Act 2009'.

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Not only are sweet potatoes readily available, inexpensive and delicious, they have many other benefits for your health. Find some of them below.

High in vitamin B6: Vitamin B6 helps reduce the chemical homocysteine in our bodies. Homocysteine has been linked with degenerative diseases, including heart attacks.

Good source of vitamin C: Vitamin C plays an important role in bone and tooth formation, digestion, and blood cell formation. It even appears to help protect our body against toxins that may be linked to cancer.

Good source of vitamin D: Vitamin D is critical for immune system and overall health. It plays an important role in our energy levels, moods, and helps to build healthy bones, heart, nerves, skin, and teeth, and it supports the thyroid gland.

Contains iron: Iron plays important role in our body, including red and white blood cell production, resistance to stress, proper immune functioning, and the metabolising of protein, among other things.

Good source of magnesium: Magnesium is the relaxation and anti-stress mineral. It is necessary for healthy artery, blood, bone, heart, muscle, and nerve function.

Source of potassium: Potassium is one of the important electrolytes that help regulate heartbeat and nerve signals.

Do not cause blood sugar spikes: Sweet potatoes are naturally sweet-tasting but their natural sugars are slowly released into the bloodstream, helping to ensure a balanced and regular source of energy, without the blood sugar spikes linked to fatigue and weight gain.

Help ward off cancer and protect against the effects of aging: Their rich orange colour indicates that they are high in carotenoids which is a powerful antioxidant that helps ward off cancer and protect against the effects of aging.



How the order you eat your food affects your health!

Recent Research Reveals

Starting a meal by eating vegetables and protein, and finishing it with carbohydrates, keeps us fuller than if we ate same foods in reverse order

Protein slows down release of sugar from carbohydrates into the blood stream

When diabetics ate vegetables and proteins first, their blood sugar levels were 29% lower 30 minutes later compared to when they ate the carbohydrates first



"Starting your meal with vegetables and protein and finishing with carbohydrates could help maintain body weight"

