

E-health records: A way for better health outcomes

SHEIKH MD TOWHIDUL KARIM

Health Policy 2011 emphasised to establish a computer based "Integrated Management Information System" which helps to implement health programme, introduce strategy plan and monitor the health system of Bangladesh. This means it indicates to establish the E-health in the country. E-health is a system which provides healthcare service through various types of communications technologies, namely mobile (m-Health), telemedicine, the Internet, clinical decision support and most importantly E-health records.

Accordingly, the Government of Bangladesh has established a Management Information System (MIS) department under the Directorate General of Health Services (DGHS) and initiated various activities for the development of Health Information Systems (HIS) and making of E-health records of patients in Bangladesh.

However, HIS is highly fragmented. This means data generated by public and private sector is not linked and handled separately which may endanger the life of patients.

Although E-health records enable doctors and health pro-



viders to provide quality service to the patients based on previous records, progress rate in public hospitals is not satisfactory. In addition, there is no direction and rules from the government regarding E-health records to the private health practitioners how to accumulate health records for patients.

The E-health records can be an important tool for a reliable, secure and trustworthy health outcome for patient. It can facilitate to deliver efficient and effective treatment of patients by

health providers which improve the quality of care. For example, most of the times, patients forget their health history such as medicines, dates of recent test records with different and last appointment date with doctor and so on.

Besides, people may instantly get sick or get sick while travelling. It is universal truth that people do not bear medical record with them. In these circumstances, it is sometimes difficult for doctors and health providers to provide right treatment immediately without observing

previous health history. Hence, if E-health records are available, health practitioners can connect with E-health records and can see health information of patient which helps to provide best possible care in a quickest way.

As E-health records provide a single source for authentication and remote access of health data for patients, the government can adopt a law for regulation of E-health records. Under this law, the government can introduce the system separately by creating a website where every citizen can

open an account which links with national identification card for security reason. The other unique characteristic of the system is that citizens can control health record themselves that is important for patient's privacy as enunciated in Bangladesh constitution. They will have absolute power to allow or restrict the doctors and health providers in terms of access of their health record.

If anybody allows to share their health record with doctors and health providers, the doctors and health provider will be able to access health record when providing treatment to patient. This means the health record can be shared with the health practitioners and providers only for improvement of health outcome with the consent of patient.

As the present government is committed to establish a "Digital Bangladesh by 2021", it is high time to introduce E-health records for digitalisation of health systems which ensures the safety of patient as well as increases the quality of health service in Bangladesh.

The author is a PhD Student at Macquarie University, Australia. E-mail: sheikh-mohammad-towhidul.ka@hdr.mq.edu.au

NUTRITION

Health benefits of ridge gourd

STAR HEALTH DESK

Ridge gourd or sponge gourd is popularly known as 'Jhinga' in Bangladesh. Biologically ridge gourd is referred to as *Luffa acutangula*. It is a ridged and dark green vegetable with white pulp inside.

The taste of the vegetable resembles zucchini. The ridge gourd has some amazing health benefits and is a great source of medicinal properties. Some of the health benefits are listed below.

- Ridge gourd is extremely rich in dietary fibre and enriched with all the vital elements that include Vitamin-C, zinc, iron, riboflavin, magnesium, thiamine and traces of another minerals.
- It is low in saturated fat, cholesterol and calories that aids in weight loss.
- Ridge gourd contains good amount of cellulose and high in water content that helps to relieve from constipation.
- It contains insulin like peptides and alkaloids that helps to reduce the sugar levels in the blood and urine.
- It is high in beta-carotene which is good for enhancing eye sight.
- Ridge gourd acts effective in purifying blood. It boosts up and nourishes the liver health and protects the liver from alcohol intoxication.
- Ridge gourd juice is used to heal jaundice and to strengthen your immune system against any infection.
- It is good for skin care, as the blood purifying qualities in it ensures you to stay clear from pimples and acne.
- Ridge gourd helps to manage acidity as well as ulcers. It is well known as a cooling agent and aids in handling burning sensation during urination.

HEALTH bulletin

Secrets of anti-ageing

DR TAUHIDA RAHMAN EREEN

If you are new to the world of age reversal, you may wonder why your skin would need one. That means it is time to start your daily beauty routine. Are you looking for how to get ageless look naturally — try the following innovative anti-ageing secrets. It will help you amazingly in different ways.

Eat your way to get younger skin
Foods rich in sulfur are serious anti-ageing helpers. The high sulfur food includes broccoli, cabbage, cauliflower, tomatoes, garlic, ginger, nuts, fish, chicken and beef. Sometimes cooking process may help to reduce the sulfur level in food. So try to cook in a healthy way and save sulfur.

Molecular anti-ageing — a new approach in skin rejuvenation

This procedure is safe and non-invasive and has recently become one of the most popular for rejuvenation. Here we use skin regeneration solution which works by removing dead skin cells and encouraging new ones to grow, leading to a fresher, more glowing you. A unique formula is applied to the skin that removes the top layer of skin and reveals the softer, smoother skin.

PRP and stem cell — look younger
Looks are a big part of a celeb's life. Famous Hollywood actress Angelina Jolie had PRP rejuvenation procedure on her face for plumper younger skin. PRP and Stem cell is an all — natural autologous medi-

cal procedure performed in aesthetic clinic for all sorts of anti-ageing solutions.

Intravenous anti-ageing therapy — promises to hold your beauty

You can add antioxidant into your skin care routine intravenously no matter what your skin type or anti-ageing concern. Antioxidants are the key to production of collagen — a protein that aids in the growth of cells and blood vessels and gives skin its firmness and strength. Take intravenous superoxide as your body cannot make optimum level of its own antioxidant and getting the recommended levels through diet and supplement is important.

Diamond peel — the real guide to flawless skin

This non-invasive, cosmetic procedure removes excess oil, dirt and dead cells on the surface of the skin to reveal the younger, brighter skin cells underneath. A diamond peel can improve the appearance of fine wrinkles and lines, even out a patchy complexion and reduce the occurrence of mild to moderate acne breakouts. For this procedure, the doctor just moves the device over your face, going over every inch. The feeling is like very, very fine sandpaper smoothing out your skin and at the same time, the wand had a slight suction on the skin. It is not painful at all.

We all should examine our own skin on a regular basis. May be you are wondering how — it is pretty simple. Visit a dermatologist at least once a year. So love yourself, revitalise your beauty once again, beautiful you, beautiful every day.



Exercise may cancel out heart risks if you are overweight & middle-age

Exercise may cancel out the heart risks of being overweight or obese if you are middle-age, a new observational study in the Netherlands suggests.

The research, published in the *European Journal of Preventive Cardiology*, found that normal-weight, overweight or obese people with a high level of physical activity saw a decreased risk of heart disease.

Researchers in the Netherlands analysed more than 5,000 people ages 55 and older who did not have heart disease, and recorded their body mass index (BMI), physical activity level, diet, education, family history of heart disease, alcohol use and smoking at baseline.

Regardless of BMI category, any level of exercise was linked with a reduced risk of heart disease, the study found. Researchers did not observe an association between BMI as a single factor and heart disease.

Researchers wrote that having excess weight accelerates atherosclerosis, which can lead to heart disease, but exercise appears to reverse that effect by lowering plaque and reducing oxygen demand on the heart.



CSOs revitalised in Dhaka on immunisation

The Gavi CSO constituency arranged a collaborative meeting of the Civil Society Organisations (CSOs) in the Asia Pacific Region recently in Dhaka. The meeting on empowerment of civil society in Asia: Boosting collaboration and involvement in immunisation and health programmes was hosted by BRAC in Dhaka, Bangladesh during February 27-28, 2017 with the support of Gavi, the Vaccine Alliance.

The workshop was inaugurated by Dr. Md. Jahangir Alam Sarker, Director, Primary Health Care (PHC) of Directorate General of Health Services (DGHS) in Bangladesh while Dr. Dorothy Esangbedo, Chair, Gavi CSO Steering Committee and Mr. Hamzah Mangal Zekrya, CSO Advocacy Senior Specialist, Public Policy Engagement delivered presentation in the inaugural session. Dr. Kaosar Afzana, Director, Health Nutrition and Population Programme (HNPP) delivered the welcome note while Anuradha Gupta, Deputy CEO of Gavi, the Vaccine Alliance sent a video message as the opening remarks on this occasion.

Dr. Naveen Thacker, CSO Representative on Gavi Board was present among other distinguished participants. Dr. Faruque Ahmed, Executive Director of BRAC International, delivered concluding speech of the inaugural session.

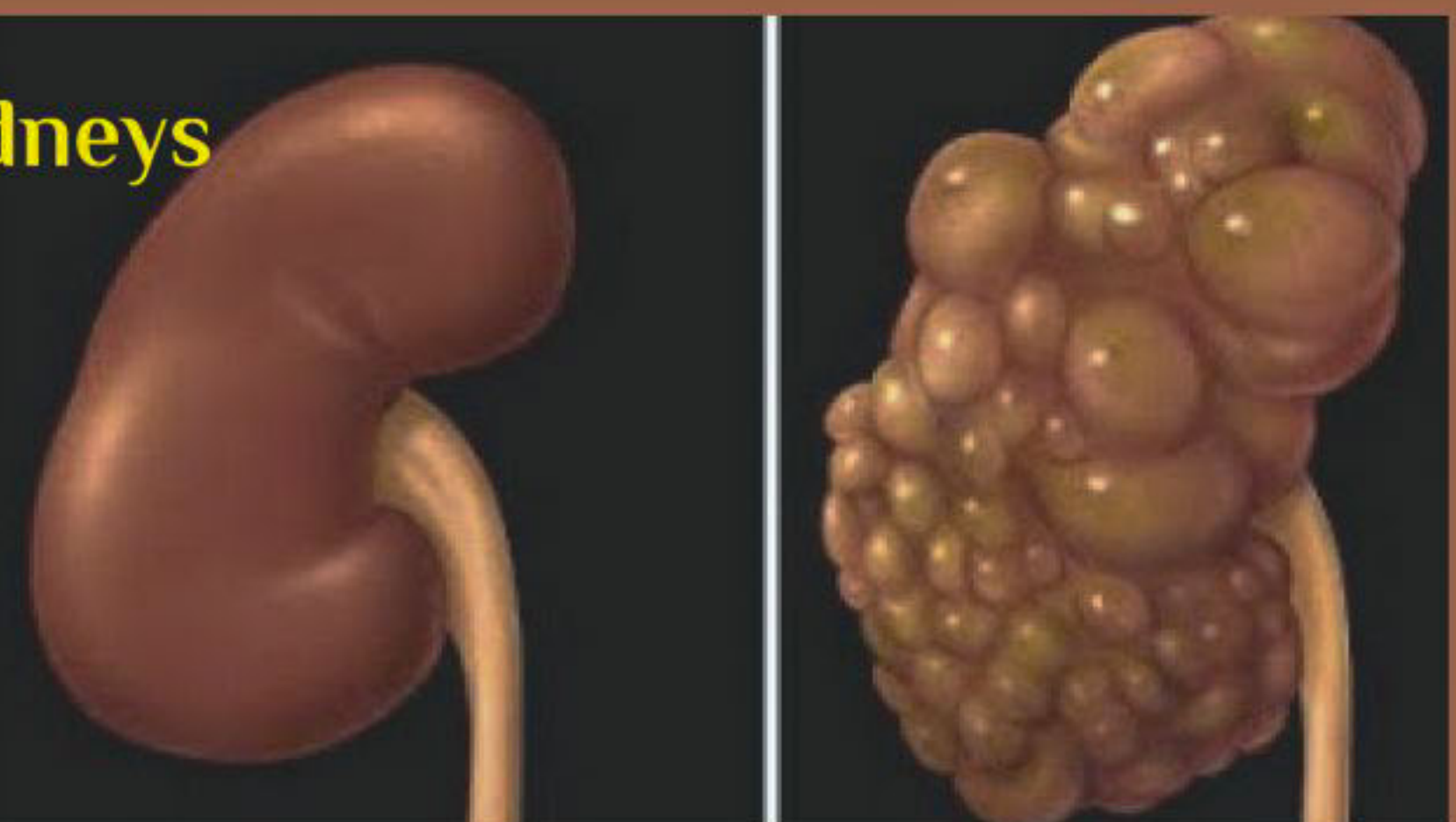
CSO representatives from Bangladesh, Bhutan, India, Indonesia, Myanmar, Nepal, Papua New Guinea, and Sri Lanka attended the meeting. They urged on increasing regional collaboration on immunisation works.



Chronic kidney disease (CKD) is a long-term condition where the kidneys don't work as well as they should

It's a common condition often associated with getting older. Anyone can get it, although it's more common in black people and people of south Asian origin.

CKD can get gradually worse over time and eventually the kidneys may stop working altogether, but this is uncommon. Many people with kidney disease are able to live long, largely normal lives.



Causes of CKD

Kidney disease is usually caused by other conditions that put a strain on the kidneys. Often it's the result of a combination of different problems.

CKD can be caused by:

- High blood pressure** - over time, this can put strain on the small blood vessels in the kidneys & stop the kidneys working properly
- Diabetes** - too much glucose in your blood can damage the tiny filters in the kidneys
- Glomerulonephritis** - kidney inflammation
- Polycystic kidney disease** - an inherited condition where growths called cysts develop in the kidneys
- Blockages in the flow of urine** - for example, from recurrent kidney stones or an enlarged prostate
- Long-term, regular use of certain medicines** - such as lithium and non-steroidal anti-inflammatory drugs (NSAIDs)

Treatments for CKD

There's no cure for CKD, but treatment can help relieve the symptoms and stop it getting worse.

Your treatment will depend on how severe your kidney disease is. The main treatments are:

- Lifestyle changes to ensure you remain as healthy as possible
- Medication to control associated problems such as high blood pressure and high cholesterol
- Dialysis - treatment to replicate some of the kidney's functions; this may be necessary in advanced CKD
- Kidney transplant - this may also be necessary in advanced CKD

