

The doctor-patient relationship

DR TAHERA NAZRIN

The powerful communication between doctor-patient and doctor-attendant can overcome the stressful unpleasant emotions of diseases; it is an unseen healing power or honour of medical practitioners that the creator has bestowed upon them. The empathy, time spent with the patient, the healing touch of the doctor, and the demi-god status of the doctor are equally important factors to manage the patients. Yesterday, I read a note of Dr Rantnadeep Chaskar, a COO of a corporate hospital in Bangladesh. He mentioned, "While medical science has been making rapid strides in the last decades, the power of a doctor-patient relationship is much beyond just the technical advancements for treating a disease. It is the rapport, confidence and trust that the doctor develops with the patient that creates the relationship of mutual respect, knowledge sharing and genuineness."

Power of simplicity and power of compassion and healing can break the emotional stress cycle of a patient. Doctors and nurses know that the friendly touch can improve blood pressure and decrease the stress. Tender touch

lowers the level of cortisol, a stress hormone and may increase oxytocin, a hormone that plays a role in trust and emotional bonding, and oxytocin can induce anti-stress like effects.

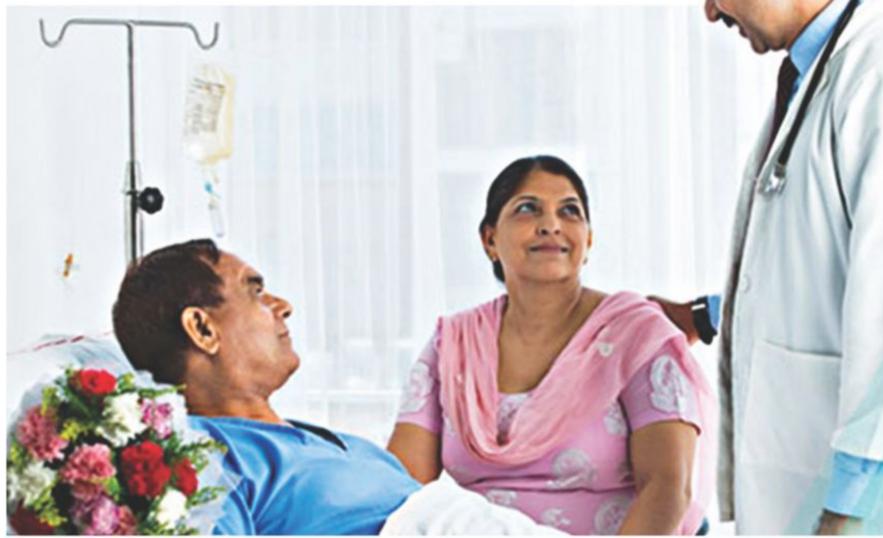
Modern medicine has undermined the importance of touch. The power of touch is amazing. Doctors have to talk to his patients, look into their eyes, connect with them and earn their trust. Touch, compassion and care are equally important to all tools and technicalities of medicine.

Touch is inheritably humanising, and for a doctor-patient relationship to have meaning beyond that of a business interaction, there needs to be trust – from both ends.

I had a child patient with heart failure. She called me her 'dopamine', an essential medicine for heart failure. I felt blessed that I could gain her trust and make a positive impact on her life.

Baby patients are more sensitive. Parents feel extremely stressed out during their children's sickness. I saw that sometimes when parents come to me with their sick child, they are too stressed to even talk.

To make them comfortable is as important as giving the technical management to their babies.



Even after doing any procedure they feel so blessed that they can place us on the same level of god. And during their discharge they just gave us the immense happiness by saying, "this is your child".

Once I found out that one of my little patients would not take his breakfast until I would pay him a visit and the feeling I got after knowing this was heart-

warming. This is the bond I can feel with my patients. And this mutual trust is the healing power.

So, a physician should have that inner love, respect and responsibilities towards the patients which will give return. Paying enough time during history taking, examination and counselling before starting medication is essential.

Eye contact, empathetic

facial expression and caring tender touch of the physician can build up an excellent bond between doctor-patient which is actually the magnificent quality of the fraternity of medical professionals.

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CHILD HEALTH

Influenza in children

PROF M KARIM KHAN

In the last two weeks parents are coming in the outpatient departments and in private chambers with their sick children having high fever, runny nose, headache, body ache, cough, sore throat, nasal stuffiness, decreased appetite and sometimes vomiting as well. Every year during June and July, influenza outbreak has become a common occurrence in Bangladesh.

Two to three days after exposure to an infected person, the symptoms start to the exposed person. So the incubation period is short. It spreads quickly and within a couple of week's time all the members of the family gets the disease.

Usually, the virus is spread through the air from coughs or sneezes. It can also be spread by touching surfaces contaminated by the virus and then touching the mouth or eyes.

The treatment is symptomatic. You have to encourage your children to take plenty of water, soup, juices and other liquids. To get relief of fever, headache and body ache, Paracetamol is to be taken three to four times a day. If the baby does not take oral medication, Paracetamol suppository has to be used. Nasal decongestant helps to relieve the nasal congestion. Frequent hand washing with soap and water reduces the spread of infection. Disposable face mask may also be used to control the spread.

Vaccine against influenza is available and it needs to be taken every year for protection. Complications usually do not occur except in immunocompromised patients. Antibiotics do not have any role, so avoid unnecessary use of it. Chikungunya and Dengue needs to be excluded in case of any confusion.

There is nothing to worry about as it resolves almost in a week. Pay a visit to a doctor if necessary.

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HEALTH bulletin



Low-dose Aspirin helps prevent preterm preeclampsia

Use of low-dose aspirin lowers the risk for preeclampsia among women determined to be at high risk during first-trimester screening, according to a study presented at a meeting of the Fetal Medicine Foundation and published in the New England Journal of Medicine.

Over 1,700 high-risk women with singleton pregnancies were randomised to receive 150-mg aspirin or placebo daily from 11–14 weeks' gestation until 36 weeks. Women were determined to be at high risk (>1 in 100) based on an algorithm that incorporated maternal factors (e.g., age, obstetric history) and biomarkers (e.g., mean arterial pressure, uterine-artery pulsatility index). A tenth of participants had a prior pregnancy with preeclampsia.

The primary outcome — delivery with preeclampsia before 37 weeks' gestation — occurred in 1.6% of the aspirin group versus 4.3% of the placebo group. Aspirin's benefits were seen regardless of obstetric history or magnitude of risk at screening. Adverse events did not differ between the groups.

Laboratory Accreditation

Delivering confidence in healthcare

KAZI MODABBARUL ISLAM

When you visit a doctor for your treatment or health checkup, the doctor usually says, "I am advising you some blood tests, please visit me again with the reports of these tests". These tests are done in a medical diagnostic laboratory. Depending on the type of the test, your specimen goes to specific department of laboratory.

Clinicians depend on laboratory tests for diagnosis, prognosis and therapy monitoring. Unlike other testing laboratories, medical diagnostic laboratory is different because it is relevant to human health and life. Reliability of this laboratory is one of the key points of patient care. Erroneous and incorrect laboratory test results may lead to wrong diagnosis, unnecessary or inappropriate treatment and delayed intervention. Underestimation of laboratory tests may also help to spread potential infectious microorganism. That may ultimately endanger health and life.

An acceptable standard quality and a quality management system can be developed in laboratory by a process of accreditation that guarantees accurate, reliable and trusted laboratory diagnosis.

Accreditation is a third party endorsement to ensure that a laboratory is competent to carry out tests reliably. To maintain this recogni-



tion, laboratories are re-evaluated regularly by a recognised accreditation body to ensure their continued compliance with requirements, and to check that their standard of operation is being maintained.

The International Organisation for Standardisation (ISO) has developed medical laboratory accreditation standard which is ISO 15189. There are many international and local accreditation bodies for standard laboratory practice. In our country it is Bangladesh Accreditation Board (BAB).

If we look at the scenario of Bangladesh, especially in private sector, hospitals and diagnostic centers are booming. There is also big number of government medical college/university hospitals, specialised hospitals etc. But what is the

quality standard of these hospitals and diagnostic laboratories? DGHS operate mobile courts, but they are looking after very basic requirement of laboratory and not at the quality standard. With the modernisation of healthcare system there is tremendous development in quality standard globally.

To ensure patient safety, to reduce risk and to decrease cost of care there is no way other than laboratory accreditation. To control huge number of laboratories, to deal with quality, we need a national policy on quality laboratory operation and its implementation as well. Otherwise proper healthcare development may not be possible.

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Ice cream headaches

DR GOLAM NABI

Ice cream headaches are brief, stabbing headaches that can happen when you eat, drink or inhale something cold. Digging into an ice cream cone is a common trigger, but eating or drinking other frosty items, such as ice pops and slushy frozen drinks like chilled beverages, can have the same "brain-freeze" effect.

Medically known as cold stimulus headaches, they can also occur when you suddenly expose your unprotected head to cold temperatures, like diving into cold water. Most ice cream headaches are gone as quickly as they develop.

Symptoms of an ice cream headache include:

- Sharp, stabbing pain in the forehead
- Pain that peaks about 20-60 seconds after it begins and goes away in about the same time
- Pain that rarely lasts longer than five minutes

Ice cream headaches can affect anyone. But you may be more susceptible to ice cream headaches or have more-severe ice cream headaches if you are prone to migraines. The pain quickly disappears after the cold food or drink is swallowed.

To help prevent ice cream headaches, try eating cold foods and drinking cold beverages slowly. The best way to avoid getting an ice cream headache is to avoid the cold food or drinks that cause them.

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Sun poisoning

Sun poisoning is a skin reaction that occurs after exposure to sunlight. Understanding sun poisoning is important for knowing how to prevent it, and how to treat it.

It may look and feel similar to an allergic reaction and is characterized by the following symptoms:

- Itchiness, bumps, or blisters
- Pain and swelling
- Darkening of the skin

How to treat sun poisoning

Treating sun poisoning involves focusing on the specific symptoms. Getting medical advice is always recommended when treating sun poisoning.

Dressing

Applying clean, damp dressing to erupted blisters or open wounds can help them to heal. This also reduces the risk of infection.

Light therapy

In some situation, light therapy may be required. Sometimes known as phototherapy, this involves exposing the skin to certain wavelengths of light. This controlled light can help to slow the growth of damaged skin cells. Light therapy may help to relieve pain and manage symptoms.

Drug therapy

In some cases, a treatment including drugs may be needed. This is uncommon and is usually only recommended for those who are highly sensitive to light. Drug therapies for sun poisoning may be recommended if light therapy is not an option. Both short-term and long-term drug treatments are available.

Dietary changes

Sun poisoning can be treated with dietary changes. The benefits of nutritional therapy for sun poisoning are not well studied. However, it is known that a diet with all the essential vitamins and minerals can help to reduce the risk of photosensitivity.

Prevention of sun poisoning

The ways of preventing sun poisoning are similar to those for preventing sunburn:

- Reduce exposure
- Be aware of side effects of medication
- Use sun lotion
- Avoid tanning beds

