

WHO's latest Essential Diagnostics List introduces new guidelines for hepatitis E virus testing and personal glucose metres

STAR HEALTH REPORT

The World Health Organisation (WHO) has released its 2023 Essential Diagnostics List, which includes key updates to aid in the global management of various health conditions. Notably, the list now incorporates essential tests for hepatitis E virus (HEV) and personal glucose monitoring devices for diabetes, aiming to improve outbreak management and enhance disease control.

Hepatitis E is a global concern, and the added HEV tests will assist in accurate diagnosis and surveillance, crucial for managing outbreaks. Similarly, the



inclusion of personal glucose monitoring devices alongside existing medical recommendations for diabetes is expected to lead to better disease control and reduced negative outcomes.

This list serves as a guideline for countries to improve access to essential diagnostic tools, facilitating better decision-making for national diagnostic strategies. By enabling access to reliable and vital diagnostics, it ultimately translates into improved healthcare services and enhanced patient outcomes.

The recent inclusion of tests for endocrine disorders, reproductive, maternal, and newborn health, as well as cardiovascular health, further highlights the significance of the Essential Diagnostics List in addressing global health challenges. With its updated information, the list not only aids in the development of national diagnostic strategies but also provides guidance for the prioritisation of diagnostic tools at various levels of healthcare systems worldwide.

The Essential Diagnostics List serves as a critical resource for national health plans, international organisations, and the private health technology sector, contributing to the overall improvement of global health.

Source: World Health Organisation



WORLD OCCUPATIONAL THERAPY DAY 2023 Unity through community

RABEYA FERDOUS

Occupational Therapy Day initially started on October 27, 2010, and celebrated nationally and internationally. The main aim of the day is to promote occupational therapy and create awareness among people. This year, the theme for this day is "Unity through Community." Occupational therapists unite all community members to achieve a specific goal.

Occupational therapists work in different settings such as paediatrics, neurology, mental health, ergonomics, elderly care, musculoskeletal, and so on. During treatment, the occupational therapist maintains unity. They work on a multidisciplinary team (MDT). Team members include an occupational therapist, physiotherapist, speech and language therapist, physician, social worker, psychologist, nurse, and patient carer.

"Occupation in occupational therapy does not mean to do a job. It is a common term; it means to do any task of daily living.

An occupational therapist works in the following stages:

- Assessment
- Intervention
- Evaluation and outcome

Assessment: In an assessment session, the occupational therapist first assesses the client's medical and other history. Therapists take information from clients and their caregiver. Then the therapist identified the problems.

Intervention: The occupational therapist sets patients treatment goals by considering their physical, mental, and social wellbeing. Intervention means different treatment procedures, like range of motion exercises, strengthening exercises, fine motor exercises by using different types of activities, etc. Another common intervention is to provide assistive devices like wheelchairs and training about proper wheelchair propelling. Some patients need psychosocial counselling. However, interventions vary according to patients.

Evaluation and outcome: Occupational therapists are responsible for evaluating performance and also measuring the outcome.

In accordance with the evaluation and outcome, the occupational

therapist provides further treatment.

Occupational therapy is available in Bangladesh. At present, there are 408 qualified occupational therapists. Recently, two medical institutes started to run a BSc in Occupational Therapy course.

Now the occupational therapy course is run by three medical institutes. These are:

- Bangladesh Health Professions Institute (BHPI)
- Saic College of Medical Science and Technology (SAC)
- Mymensingh College of Physiotherapy and Health Sciences (MCPHS)

Most of the patients need occupational therapy. But there is limited posts outside of Dhaka. So, patients suffer the most. The government should be aware of occupational therapy services, especially for autism and stroke patients. Government hospital in each district needs to recruit a qualified occupational therapist.

The writer is an occupational therapist in the Department of Physical Medicine and Rehabilitation at the National Institute of Neurosciences and Hospitals (NINS&H).
E-mail: rabeya1988@gmail.com

HAVE A NICE DAY The power of body language Part-II

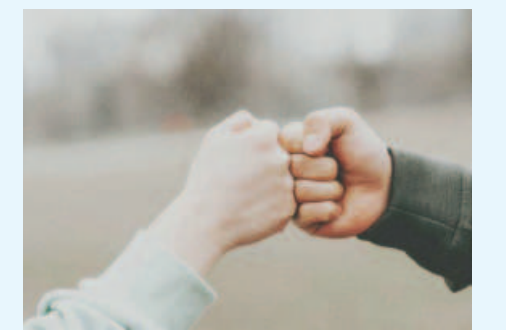
DR RUBAUL MURSHED

Scientists still cannot interpret all body language accurately. A partial shoulder shrug indicates uncertainty or a lack of commitment. A genuine and authentic response causes both shoulders to rise fully and equally. When only one side rises, the message is doubtful. Research suggests that assuming a "power pose" makes people feel more powerful and changes testosterone and cortisol levels. Touch is the most primitive and powerful nonverbal cue.

Research tells us that touching someone on the arm, hand, or shoulder creates a human bond. When experiencing discomfort, men tend to touch their faces while women touch their necks, clothing, jewellery, and hair. The human face is also highly expressive, conveying countless emotions without saying a word. But, out of all the different types of body language, eye contact is the most important to remember.

Eyes are the windows to the soul. The deaf community relies so much on eye contact, expression, and body language. Avoiding eye contact usually indicates lying or a lack of attention or interest. Pupil responses have been used in opinion polls and market research to measure public attitudes towards political candidates and products; the more favourable the attitude, the more dilated the pupils. Women have a wider-ranging peripheral vision, which allows them to check out a man's body from head to toe without getting caught. A male's peripheral vision is poorer, so a man will move his gaze up and down a woman's body in a very obvious way.

E-mail: rubaaulmurshed@shomman.org



How to live a medicine-free life

STAR HEALTH REPORT

Dr Mujibur Rahman specialises in leading a healthy life without medicine. Recently, he spoke at a seminar on "How to Live a Medicine-Free Life" organised by Vantage Natural Health Clinic, which was held at Krishibid Institute Auditorium, Dhaka.

He discussed seven ways to live a healthy life without medicine in this seminar. These seven methods are: 1. Good food and good water (natural food and alkaline water), 2. Gut Health (Healthy Gut), 3. Proper breathing, 4. 17-hour fasting (short fasting); 5. physical exercise 6. Peace of mind and good sleep 7. Regular sun exposure (9am-11am / 3pm-5pm)

Vantage Natural Health Clinic offers alternative and nature-based and complete science-based treatment to patients suffering from various diseases. He talks about a variety of topics including food preparation, natural food ingredients and diet and exercise regimens based on his personal experience applying his knowledge on his own body and later on his clinic's patients with excellent results. By consuming these medicinal foods as per the rules, people do not have to visit any doctor for medicine, and they can live a healthy life without any tests or medicines. By following all these rules and taking these foods, any person can realise that his body is completely disease-free and able to produce the energy required by his body.

He is also conducting a special breakfast programme where he and his trained team are showing practically what kind of food a person should eat at the beginning of the day and how to prepare them for a healthy and drug free life. Also, the method of cooking different foods in the right way will also be shown there.

In this new and special method of his, so far, numerous patients have been treated for various complex diseases. Patients suffering from various diseases, including heart disease, diabetes, kidney disease, liver disease, and cancer, are living a healthy and normal life with this service.

For the benefit of the people of Bangladesh, he published two books entitled "Cure of Diseases by Natural Ways: Healthy Diet and Living Advice" and "The Secret of Dr Mujibur Rahman's 7 Formulas for a Healthy Life without Medicines". The books mainly focus on how people can cure diseases naturally through healthy eating habits and lead a medicine-free life.

He has many videos for each disease on why each disease occurs and how to cure it without medicine, and he also has several videos on Facebook, YouTube, and Instagram on how to prepare medicinal foods. By following these, a person can live a full, healthy life. His main objective is to encourage the people of Bangladesh to cure diseases in a natural way without medicine, as a result of which they will be able to live a healthy and normal life.

Promising approach: Retina scans for early Parkinson's disease detection

Parkinson's disease is a condition that affects movement and can make daily activities challenging. It happens due to the gradual loss of specific nerve cells in the brain. While there is no known cure, treatments can help manage its symptoms. Diagnosing it early can be difficult because the initial signs might be subtle and easily overlooked.

However, a recent study published in the Neurology journal suggests that a simple eye test could help detect Parkinson's disease early. Researchers found that some people with Parkinson's had thinning in certain layers



of the retina, a part of the eye. By analysing data from over 150,000 patients, they discovered that these specific retinal layers were thinner in those with Parkinson's compared to those without the disease. This thinning was still noticeable even after considering other factors like age and health conditions.

The study also revealed that individuals with thinner retinal layers were more likely to develop Parkinson's, typically around seven years after their eye scan. This finding is significant because it could mean that by examining the eyes, doctors might be able to identify people at higher risk of Parkinson's before they even show symptoms. Early detection could lead to earlier interventions and better outcomes for patients.




NEUROSCIENCE

Our Neuroscience Centre provides expert assessment, diagnosis and treatment for patients with complex neurological disorders.

General Neurology
Diagnosis and treatment of a wide range of neurological disorders, including- Alzheimer's disease, dementia, epilepsy, Parkinson's disease, multiple sclerosis, stroke, and migraine.

Neurosurgery
Surgical treatment of neurological disorders, including brain tumors, spinal cord injuries, and vascular malformations.

Paediatric Neurology
Diagnosis and treatment of neurological disorders in children, such as cerebral palsy, epilepsy, and autism.

Neuro-Oncology
Diagnosis and treatment of brain tumors and other cancers of the nervous system.

Neurovascular Surgery
Surgical treatment of vascular disorders of the brain and spine.

Spinal Surgery
Surgical treatment of spinal disorders, such as herniated discs, spinal stenosis, and scoliosis.

Neurorehabilitation
Helping patients recover from neurological injuries and illnesses.

Neurocritical Care
Intensive care for patients with critical neurological illnesses; such as stroke, brain hemorrhage, and spinal cord injury.

Stroke Care
IV thrombolysis, DSA, MRA, CTA, carotid stenting.

Appointment
02 22 22 62 64
10666

Our Sister Concerns



