

# Beating heart bypass facilitates fast recovery in dialysis patient

**MANGALURU** -- A beating heart bypass surgery was performed on a 55-year-old male at Indiana Hospital and Heart Institute, Mangaluru using a technique of beating heart bypass. A 55-year old male, who was a known chronic kidney disease patient for which he was on dialysis for the past 10 months, was found to have multiple blocks in the heart on evaluation for breathlessness.



He underwent beating heart bypass successfully and was shifted to the ward in just 2 days. BP fluctuations are well known in dialysis patients due to fluid shifts. Beating heart bypass in such cases are challenging due to this. Because of the excellent surgical team and ICU care the patient recovered fast. The patient was discharged in the fourth week of August.

**Dr. Shyam Krishna Ashok,**  
Senior Consultant Cardiovascular  
Thoracic Surgeon, Indiana Hospital  
and Heart Institute, Mangaluru  
explains about the Beating Heart  
Bypass.



Beating heart coronary artery bypass surgery or bypass grafting, popularly known as CABG, is the commonest surgery done in the world for heart disease. It is done when the three major coronary arteries (which supply blood to the heart) or its major branches are having significant blocks thereby reducing blood flow to the heart. By this surgery, alternate pathways are created for the blood to flow to the heart using either veins from the legs or arteries from the chest or forearm. There are two ways of doing bypass surgery -1. By use of heart lung machine where the function of the heart and lungs is taken over by a machine, during which time the heart is stopped and the surgery is done and then the heart is re-started. 2. In this, popularly known as Beating heart bypass, the alternate pathways to bypass the blocks are created without stopping the heart. This is done with the help of a device called Octopus (which is a tissue stabiliser) which is used to stabilise the portion of the heart where bypass is done.

**Advantages:** 1. Fast recovery - Patient is removed from the ventilator within few hours and is shifted to ward in just 2 days and is discharged on the 5th day.

2. Relief of symptoms - Agonizing complaints like chest pain, shortness of breath, etc disappear completely and they can return to active work in 2 or 3 weeks.

3. Medicines - post surgery only 2 or 3 medicines are required and therefore the cost of consuming large number of medicines for symptoms are reduced.

# Indiana Hosts IAP Paediatrics Quiz

NEWS SCAN



MANGALURU -- Indiana Hospital, in association with the Indian Academy of Paediatrics, Dakshina Kannada Branch, conducted the 36th IAP Paediatrics Quiz for Undergraduates (MBBS): 2022 at Indiana Auditorium on 5th of August 2023.

Undergraduate students from 16 Medical Colleges in different districts of Karnataka participated in the competition.

Dr. Abhishek K Phadke, Consultant Neonatologist & IAP Divisional round UG Quiz coordinator, was the Quiz Master who conducted this competition along

with other hospital staff. He has been conducting similar quiz competitions for the last few years.

Dr. Ali Kumble, Chairman – Indiana Hospital, Dr. Shamshad Khan, Dr. Swathi Rao and Dr. Vijay Mahantesh were present for the inaugural ceremony. Winners were the students from Kasturba Medical College Manipal, who will be participating in the National round.

## Onam Celebrated With Fervour

MANGALURU -- Indiana Hospital and Heart Institute, Mangaluru celebrated Onam, a major harvest festival in Kerala, with traditional fervour and gaiety. Wearing traditional clothes, enjoying sumptuous feasts and laying colourful floral carpets in the lobby, Indiana staff had a good time celebrating Onam.

Speaking on the occasion of Onam celebrations held on the hospital premises, Dr. Yusuf Kumble, Managing Director, Indiana Hospital, greeted thus: 'May Onam further the spirit of harmony in our society.' Traditional dance by staff members were a visual treat. The Sadya, that embodies hospitality and the spirit of unity, was relished by the staff.





# Nursing Skill Lab opened at Indiana

## NEWS SCAN

**MANGALURU** – Indiana Hospital & Heart Institute, Mangaluru, has crossed another milestone by establishing a nursing skill lab on 13 September 2023 aimed at providing more clinical practice opportunities to complement theoretical knowledge.

Inaugurating the skill lab, Dr. Yusuf Kumble, Managing Director of Indiana Hospital, said such labs are an extension of our clinical and academic programs. Others present on the occasion include Dr. Ali Kumble (Chairman - IHHI), Dr. Apoorva Sriyayadeva (Medical Director), Dr. Adithya Bharadwaj (Medical Administrator), Mr. Prashanth Desai (CEO), and Ms. Flevy Ida Periera (DNS), along with other consultants and staff members. Mr. Vishwanath Gowda, an integral member of the HIC team and a Clinical Instructor, extended a warm welcome to all attendees and conducted a comprehensive orientation, showcasing the laboratory facilities and the available educational resources for their learning purposes.

The primary objective of this laboratory is to provide practical skills training to nursing and other healthcare professionals, as these skills are of paramount importance in enabling them to deliver effective patient care and services.





# Current trends in Chronic Kidney Disease

## Flozins are a game changer

The field of Clinical Nephrology was starting to get a little repetitive. At the most, we had ACE inhibitors /ARBs to retard disease progression in the majority of our CKD patients. SGLT2 inhibitors approved by FDA in March 2013 has since been a game changer. Nephrologists finally have something new to cheer about! Multiple RCTs of flozins in diabetics have proven their efficacy in retarding major renal and cardiac endpoints. EMPA-KIDNEY (Harrington et al, NEJM 2022) with Empagliflozin 10 mg vs placebo in adult patients at risk of progressive CKD had more than half of the patients who were non diabetics. Over one third of the patients had eGFR<30 and around 50% of the patients had urine ACR < 300mg/g. IgA nephropathy was present in 817 out of 6609 patients. Composite outcome of cardiovascular death and kidney disease progression was significantly lower in empagliflozin group of proteinuric CKD patients. Even the subgroup of patients with low or no proteinuria had slowing of eGFR loss, however this outcome needs to be studied further.

## Old is still gold

**With ACE inhibitors we need to get bold!**

ACE inhibitors are here to stay...till the patient reaches



## Dr. Anwitha Varmudy

MBBS (Gold Medalist), MD (Gold Medalist),  
DM (Nephrology)

Consultant Nephrologist  
at Indiana Hospital, Mangaluru



ESRD. STOP-ACEi trial (Bhandari et al. NEJM 2022) conducted on 411 patients studied the effect of ARB or ACEi in CKD G4-5. It showed no benefit of stopping ACEi /ARBs in advanced CKD. There was no statistical significance in terms of the most feared side effect of hyperkalemia, nor did continuation of these drugs worsen eGFR to culminate to dialysis dependence. In fact discontinuation of the drug was associated with higher CV events and higher need for renal replacement therapy.

## Xenotransplantation

Recently published research letter in JAMA Surgery celebrated the normal graft function after pig-to-human kidney xenotransplant. 10-gene-edited pig kidney (UKidney) was transplanted to a brain dead male recipient in his 50s, who had acute kidney injury on CKD. Complement inhibitor eculizumab was given 24 hours prior to this cross-match compatible transplant. Standard induction therapy was given with ATG,

Rituximab and solumedrol. Maintenance consisted of MMF, Tacrolimus and prednisone. More than 37 litres of urine was produced in the first 24 hours. Serum creatinine decreased to 1.9 mg/dL within the first 24 hours and was 1.1mg/dL at 48 hours. Creatinine remained normal at POD 7 and serial biopsy showed normal histology. Thus xenotransplantation seems like a viable option considering the organ shortage crisis that exists today.

## Sodium bicarbonate and its effect on BP targets in CKD

A recent systematic review and meta-analysis (CJASN, April 2023) suggested that sodium bicarbonate did not influence systolic BP in individuals with CKD G1-5. There was no increase in need for diuretics in patients on sodium bicarbonate and in fact there was greater decrease in anti hypertensive medication use in these patients. Research suggests that sodium salts have varying effects on BP depending on their anion base-sodium chloride worsens BP whereas sodium bicarbonate may improve BP. Thus, clinical hesitation for sodium bicarbonate use in CKD can be put to rest. For now.



# World Heart Day Observed At Indiana



**MANGALURU** -- The World Heart Day was observed at Indiana Hospital and Heart Institute, Mangaluru on September 29. At a brief function to mark the World Heart Day, Dr. Yusuf Kumble, Interventional Cardiologist and Managing Director, Indiana Hospital, asserted, "World Heart Day is observed every year on September 29 with an objective to raise awareness about the rising concerns of heart health and cardiovascular diseases and ways to prevent and treat the same. Indiana Hospital Mangaluru is bound to extend all its support to such a campaign. To extend patronage to the World Heart Day, Indiana Hospital has organised a free heart check-up for about four weeks as part of our Corporate Social Responsibility." Dr. Shyam Krishna Ashok, Senior Consultant Cardiovascular Thoracic surgeon, Indiana Hospital, cut a cake to celebrate the day.

A quiz related to Heart and its diseases was conducted at the Cardiology opd on the same day. Patients and attenders actively took part in the quiz. Attractive prizes were given away to those who answered correctly.

The Department of Cardiology and Cardiothoracic surgery is the pride of Indiana. Committed to excellence and superior service, Indiana has been a regional leader in cardiology that ensures services in Interventional Cardiology, Cardiac Surgery, Cardiac Emergencies, Paediatric Cardiology, Preventive Cardiology and Electro-physiology of the heart.





# Health Screening Program For MRPL Employees Held

**MANGALURU** -- Indiana Hospital & Heart Institute Limited, Mangaluru organised a health check-up program for the employees of Mangalore Refineries and Petrochemicals Limited (MRPL). Held on the premises of MRPL from August 15, 2023 to August 24, 2023, the camp saw a participation of more than 1000 beneficiaries.

This screening program was jointly organised under the aegis of Indiana Hospital and MRPL. Many companies which also joined hands in the screening program included CR3, Suresh Babu Engineering, Dipak Constructions, Man Energy Solutions, SJ Qualities, Chemicleanzio, Vishal Engineering, Jayalaxmi Constructions among others. The health check-up program was systematically organised from 10am to 5pm on the said dates with an average of 110 beneficiaries per day being screened. Around 20 members availed the further evaluation services at Indiana Hospital. All the companies appreciated the services of Indiana Hospital, Mangaluru.



## Indiana celebrates World Physiotherapy Day

**MANGALURU** -- Sending out a strong message that walking is one of the easiest exercises to stay fit, the Department of Physiotherapy at Indiana Hospital and Heart Institute, Mangaluru held a brief event on hospital premises to mark World Physiotherapy Day on Sept 8, 2023.

Ms. Swathi Poojary welcomed, Mr. Venkatesh Kumpala, HoD - dept of physiotherapy, Dr Aditya Bharadwaj, Consultant Physician and Dr Naveen Chandra Alva, Consultant Orthopaedician, shed light on importance of physiotherapy. Physiotherapist Mr. Mithilaj also spoke while Mr. Limson proposed a vote of thanks. World PT Day 2023 is focusing on arthritis and forms of inflammatory arthritis. World Physiotherapy Day, celebrated annually on September 8, recognises the



important role of physiotherapy in healthcare. Physiotherapy, also known as physical therapy, focuses on optimizing physical function and well-being through a holistic approach. It can benefit people of all ages and backgrounds, including those with orthopedic conditions, neurological diseases, seniors, children, athletes, and pre- and postnatal women. PT are experts in human movement and have a key role in the prevention, identification, assessment, treatment, and rehabilitation of individuals when movement and function are affected by aging, injury, or disease.





## Scientific Session On Cardiology Update Held At Payyanur

**PAYYANUR (KERALA)** -- A Scientific Session held on 5th October 2023 at the KK Residency, Old Bus stand Road, Payyanur threw light on latest trends, ways to integrate technology and updates in surgical procedures in Cardiology.

Dr. Yusuf Kumble, Chief Interventional Cardiologist and Managing Director, Indiana Hospital and Dr. Shyam Krishna Ashok, Senior Consultant Cardiovascular Thoracic Surgeon, Indiana Hospital delivered interesting talks on Cardiology Updates. The Scientific Session was

organised under the aegis of Indiana Hospital & Heart Institute, Mangaluru in association with IMA Payaynur and AMS Payyanur.

Chairpersons included Dr. Ramakrishna C.D., Dr. Ashraf S.M., and Dr. Vivek Pillai.

Dr. Ali Kumble, Chairman, Indiana Hospital and Heart Institute Mangaluru, Dr. Haridas M. President, IMA – Payaynur, Dr. Sajin K.M., IMA- Secretary, Dr. V.C. Ravindran, President, AMS – Payaynur, Dr. Remya, secretary, AMS – Payaynur graced the occasion.





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