

NEWS LETTER BY
ISOPARB
WEST UP
CHAPTER



Indian Society of Perinatology
& Reproductive Biology



30TH SEPTEMBER 2020

SALUTE TO CORONA WARRIORS

*This fight can only be won
because of their
Expertise, Care,
Commitment & Sacrifice.*



MESSAGES



Dr. Suchitra Pandit

Hearty congratulations to Dr. Archana Verma for taking this great initiative and amazing efforts of all the team, specially Dr Narendra Malhotra, Dr Seema Varshney, Dr Shashi Arora, Dr Renu Bansal, Dr Neelu Khaneja, Dr shehla, Dr Neharika Malhotra, Dr Archana Sharma and their wonderful team for starting the ISOPARB West UP chapter .

You have blessings from your Patrons and good wishes from myself. I am extremely happy that you all have started this chapter in such a short time and in my tenure as National President of ISOPARB. I am sure all of you will work together to bridge the knowledge gaps in health services to women and children.

All the very best !!!

Dr. Suchitra N. Pandit

President ISOPARB 2018 -2020

It's my proud privilege and honour to welcome all our honoured dignitaries, distinguished guests and delegates.

"Let your dreams be your Wings"

It is the vision of founder members of ISOPARB, who had a dream of world class clinical perinatal management practices which today is touching new heights. My heartfelt thanks to Respected Dr Suchitra Pandit ji who is a great pioneer with a multiple innovative ideas and I consider an Angel walking amongst us. Any initiative is as good as the team running it and we are fortunate to guidance & support from Dr. Narendra Malhotra which has all led to an exceptionally strong team spread across 10 cities which we have named WEST UP ISOPARB CHAPTER.

Each one of you matters a lot, as only with the wholehearted support of all coordinators across 10 cities can we carry out this responsibility with a smile.

**"I Slept & Dreamt that Life was Joy
I awoke and saw Life was service,
I acted and behold, Service was Joy"**



Dr. Archana Verma

HISTORY

Indian Society of Perinatology and Reproductive Biology

ISOPARB was founded in the city of Patna to generate the message of peace and happiness in this land for the mother, child and the whole family i.e. Perinatology Society, irrespective of rich and poor people. The credit goes to the founder members **Late Dr. G.Achhari, Dr. Tarun Banerjee, Dr. Kamala Achari, Dr. Kamala Dhall, Dr. G.I. Dhall, Dr. Ajit C. Mehta, Dr. S.Dasgupta, Dr. B.Palaniappan, Dr. K.M.Gun, Dr. N.N.Roy Chowdhary, Dr. Jagdishwari Mishra, Dr.Nirmala Saxena, Dr. Gita Ganguly Mukherjee** to nurture this society from birth to adulthood by their dedicated, devoted and perpetual efforts. With a handful of members, the society started functioning under the banner of ISOPARB and able guidance of **Dr. Mrs. Kamala Achari** who is its founder president.

PHOTOGALLERY



MESSAGE BY CHIEF PATRON



Dr. Narendra Malhotra

Dear Seniors, Colleagues & Friends
Warm Regards

ISOPARB is a very old organisation amongst obstetricians and other specialities who care for perinatal & prenatal medicine.

It's indeed a pleasure to see a great revival of ISOPARB by the current very dynamic president Dr Suchitra Pandit.

It is indeed my great pleasure to send my greetings for the formation of the WEST UP CHAPTER OF ISOPARB. It's the Hard work and vision of dynamic founder president of WEST UP ISOPARB Dr Archana Verma to get all these cities together under one umbrella the major cities under WEST UP ISOPARB CHAPTER are Agra, Aligarh, Auraiya, Amroha, Baghpat, Bareilly, badaun, Bijnor, Etah, Etawah, Firozabad, Farrukhabad, Ghaziabad, Hapur Hathras, Meerut, Muzaffarnagar, Shamli, Shahjahanpur & Rampur. the idea to get all these towns together is that each city has very few member individually the Practisioness in these cities need the maximum exposure to the knowledgeable Field of Perinatology.

My Congratulations to the team of WEST UP ISOPARB for this wonderful initiative and I wish all success to Founder Office bearers led by President Dr Archana Verma & Sec. Seema Varshney wishing every one all the best

GUEST OF HONOUR MESSAGE



Dr. Nandita Palshetkar

Good luck to team West UP ISOPARB chapter. Wish you all a very bright future and I will be wholeheartedly pleased to provide guidance to the new, but very experienced team.

GUESTS OF HONOUR MESSAGES



**Padamshree
Dr Usha Sharma**

It gives me a great pleasure to know that today we are going to launch West U P Chapter of ISOPARB with the founder President Dr Archna Verma and founder Secretary Dr Seema Varshney. I will like to congratulate the national President, a dynamic person, Dr Suchitra Pandit for so efficiently carrying this society forward of course under the dynamic leadership of dear Narendra Malhotra. I am sure that starting west chapter will certainly enhance the activities of ISOPARB in western U P under the President Dr Archna Verma whose enthusiasm is always a source of inspiration. I will take this opportunity to congratulate Archna and Seema on this occasion. Thank you very much for making me part of this installation ceremony. I wish this chapter a great success. Wishing you all a very bright future.

Congratulations for this new chapter.

This means a consolidated new beginning towards better maternity and perinatal services.

Identifying region specific problems is very important to develop new strategies.

I am sure the team will work for betterment of improvement in maternal mortality and perinatal mortality and as a president of www foundation we are doing so much for maternal nutrition and good antenatal care which also plays an important role.

I wish team ISOPARB UP WEST all the Best



Dr. Meera Agnihotri



Dr. Chandravati

It gives me great pleasure to know that Installation ceremony of West UP ISOPARB Chapter is being organised on September 30, 2020 over Zoom, considering the limitations imposed by the pandemic. I would like to congratulate the Organising Chairperson and the Organising Secretary to have taken this wonderful initiative to create a forum for Perinatal Medicine, a much needed area of interaction and brain storming by the key players in the field be it the obstetricians, neonatologists, perinatologists and allied health professionals who wish to keep abreast of progress in perinatal and related research. This chapter shall surely be successful in promoting and disseminating the study, research and knowledge of all aspects of perinatal medicine aiming at an improvement in the quality and provision of perinatal care and also contributing to the improvement of teaching standards in the profession. I wish the team of Organisers and other members a successful west UP ISOPARB.

SPECIAL GUEST MESSAGE



Dr. Priti Kumar

Dear Dr. Archana Welcome to west zone ISOPARB! We have witnessed the revolution in healthcare, yet mothers and newborn still endure the risk of pregnancy and childbirth. Maternal and neonatal Complications takes a serious toll on mother and Newborn. Saving mother and newborn is critical. Preventing newborn deaths and improving newborn health and Survival go hand in hand with providing Safe Motherhood . We are happy to know about the launch of west zone ISOPARB which will disseminate knowledge and skills regarding the maternal and newborn care. We wish to congratulate Dr. Archana Verma and the founder members of ISOPARB west zone for a fruitful and meaningful venture ahead. Good wishes....Step towards Safe Motherhood and Neonatal health..

Thanking you!

Regards Dr. Priti Kumar+91 9415085827 / 8574126787 Chairperson Safe Motherhood Committee- FOGSI Organising Secretary AICOG-2020 Organising Secretary FOGSI GESTOSIS 2019 Organising Secretary IAGE-2018 Secretary Lucknow Obgy society North Zone Co-ordinator Adolescent Health Committee FOGSI Organising Secretary NORTH ZONE YUVA FOGSI 2017 Organising Secretary NARCHI Conference 2014 Organising Secretary UPCOG 2013 Vice President Association of Private Gynaecologist, Lucknow M.D. (OGBYN) King George's Medical College, Lucknow Consultant OBGYN Sun Flower Medical Centre, Lucknow

MESSAGES



Dr. Shashi Arora

Thanks dear archana for starting this wonderful group. I appreciate your dedication and commitment. I am honoured to be a part of this prestigious society. I will try to contribute according to the best of my ability



Dr. Seema Varshney

I wish the best of luck to and extend my heartiest congratulations to our dynamic founder president Dr Archana Verma for an invincible spirit committed to turning all the aspirations and plans in into actions!! We commend your strong will and grit to take this chapter to new heights!



Dr. Anurita Singh

Respected doctor, Congratulations and best wishes to our new chapter of west UP ISOPARB. It would not have been possible without a great team of my mentors, teachers and colleagues. I feel lucky and proud to be given this position and responsibility to fulfill my duties. Thank you so much.



TOGETHER WE AIM AT
HAPPY MOTHER
HAPPY BABIES AND
HAPPY INDIA

TEAM ISOPARB

1. Dr Mithlesh Chandra
2. Dr Vimlesh Sharma
3. Dr Anjana Saxena
4. Dr Archana Sharma
5. Dr Neera Bhan
6. Dr Reenu Goel
7. Dr Amber Khan
8. Dr Vinita Mittal
9. Dr Rashmi Goyal
10. Dr Archana Verma
11. Dr Vani Puri
12. Dr Neha Gupta
13. Dr Seema Varshney
14. Dr Apoorva Asthna
15. Dr Renu Bansal
16. Dr Kumud Srivastava
17. Dr Rashmi Shiv
18. Dr Shashi Arora
19. Dr Namita Agrawal
20. Dr Alka Mittal
21. Dr Alok Agarwal
22. Dr Alka Sethi
23. Dr Neelima Agarwal (santosh Hospital)
24. Dr Anurita Singh
25. Dr Poonam Mani
26. Dr Rashmi Sharma
27. Dr Shazia Monis
28. Dr Shehla Jamal
29. Dr Saba Asad
30. Dr Neelu Khaneja
31. Dr Manisha Gupta
32. Dr Yogesh Kumar Goel
33. Dr Narendra Malhotra
34. Dr Jaideep Malhotra
35. Dr Keshav Malhotra
36. Dr Neharika Malhotra
37. Dr Sarita Tyagi
38. Dr Deepshikha Goyal
39. Dr Neeta Sharma
40. Dr Kanchan Prasad
41. Dr Shishir Srivastava
42. Dr Manisha Agrwal
43. Dr Bharti Maheshwari

MESSAGES

We applaud and extend our Best wishes to our Dynamic founder President Dr Archana Verma She is a perfect mentor and guide with a vision and believes in working with free mind .She has taken a new course of action and taken us all together in the stride to follow the path with the conviction and Will to carry on on this pathWe are so happy to share the excitement you have achieved and we are so very proud of you. With love and pride today and always with you Congratulations **from HAPUR TEAM**

Congratulations and best wishes to our new team. it is a privilege to be a part of an amazing association filled with dynamic leaders dr archana Verma madam, dr Narendra Malhotra Sir, Dr. Jaideep Madam, Dr Suchitra madam.. I know the enormous efforts put in my our founder president and all the members in making ISOPARB a dream come true..I shall work hard and support for the success of it..thanks and REGARDS.. **Dr Shazia Monis. Moradabad obs and gyne society**

I extend my heartiest congratulations to our dynamic leader & founder president dr Archana Verma for her new endeavor. Her commitment to excellence always inspires others. We all are thrilled to work with her for our new venture & take it to the extremism of success. **Dr Archana sharma**

To the President Isoparb West UP Chapter " Leaders instill in their people a hope for success and a belief in themselves. Positive leaders empower people to accomplish their goals."This is what you are my dear Dr Archana It is my proud privilege to work under your dynamic leadership for the sucess of this UP chapter I assure you I will be giving my best of efforts for accomplishment of the society to the best Thank you for giving me the opportunity **Vinita mittal**

Heartiest Congratulations to our founder President Dr Archana Verma for widening our horizons in the field of Perinatology &reproductive biology which will definitely bring down NMR to a great extent under your able leadership. KUDOS TO YOUR DYNAMISM! **Dr Alka Sethi**

Thank u so much Archna for making me a part of this prestigious team. Truely appreciate your promptness & style of working. Hoping to do some real good work with the stalwarts **Dr Neelu khaneja**

Good morning Pardon me for interrupting your day bu I just want a moment to tell you how amazing and awesome you are Thanks for making me a part of your dynamic team I am highly inspired by your practical and professional approach, your courageous attitude, your compassion and understanding. Your dedication and time all mean so much and I feel lucky to experience this alongside you have made such a beautiful impact on my life and i Feel it as a blessing THANKS **Dr Anjana Saxena**

IMPORTANT INFORMATION

Common Tocolytic Agents

Agent	Common Dosage	Comments
Magnesium sulfate	4-6 g IV bolus followed by 2-3 g/h IV infusion	May cause maternal flushing, lethargy, headache, weakness, dry mouth, pulmonary edema, cardiac arrest; may cause neonatal lethargy, hypotonia, respiratory depression; recommended by ACOG to reduce cerebral palsy risk
Terbutaline	0.25 mg SC every 20 min-3 h or 2.5-10 mcg/min continuous infusion, gradually increased to 17.5-30 mcg/min	May cause maternal cardiac arrhythmias, pulmonary edema, myocardial ischemia, hypotension, tachycardia, metabolic abnormalities, nausea, vomiting, fever, hallucinations; may cause neonatal tachycardia, hypoglycemia, hypocalcemia, hyperbilirubinemia, hypotension, intraventricular hemorrhage
Nifedipine	30 mg po followed by 10-20 mg q4-6h	May cause maternal flushing, headache, dizziness, nausea, transient hypotension; no fetal or neonatal effects reported
Indomethacin	50 mg rectally or 50-100 mg po followed by 25-50 mg po q4-6h for 48 h	May cause maternal nausea, heartburn; may cause neonatal constriction of ductus arteriosus, pulmonary hypertension, decreased renal function, intraventricular hemorrhage, hyperbilirubinemia, necrotizing enterocolitis
Ketorolac	60 mg IM followed by 30 mg IM q6h for 48 h	No maternal, fetal, or neonatal effects reported
Sulindac	200 mg po q12h for 48 h	No maternal, fetal, or neonatal effects reported

Source: References 1, 2, 6, 15.

Summary of common tocolytics and their doses, administration, and adverse effects

DOSE OF ATOSIBAN IN PRETERM LABOUR MANAGMENT

Step	Regimen	No of vials	Atosiban Dose in ml	Atosiban Dose in mg	Aosiban per minute	Drip rate		Time
						with 500 ml infusion bottle	with 100 ml infusion bottle	
1	Initial bolus IV injection over 1 minute	1	0.9 ml	6.75 mg	6.75mg given over 1 minute	Bolus Injection	Bolus Injection	1 minute
2	Continuous intravenous loading infusion for 3 hours	1.5	7.5 ml (5ml + 2.5ml)	56.25 mg	300 mcg/min	60 drops / min	12 drops/min	3 hours
3	Subsequent intravenous infusion	1.5 every 9 hours	7.5 ml (5ml + 2.5ml) every 9 hours for 5 times	281.25 mg	100 mcg/min	20 drops /min	4 drops/min	9 hours (To be repeated at the end of every 9 hours for 5 times upto 45 hours)

DELIVERED TOO SOON



What Is Preterm Birth?

World Health Organization (WHO) defines Preterm Birth as birth before 37 weeks of completed gestation or birth before 259 days since the first day of a woman's Last Menstrual Period (LMP).

GESTATIONAL AGE



Prevalence in India



13% of live births in India are preterm

Of the 27 million babies born in India annually, 3.6 million are born prematurely, of which 303,600 don't survive due to complications.

23.6%

India accounts for 23.6% of the global preterm births.

Causes



A number of **maternal socio-demographic characteristics** are associated with an increased risk for preterm birth like extremes of maternal age, low socio-economic status, maternal stress, infections, poor nutrition and racial differences.

Maternal anaemia, inadequate antenatal care and premature rupture of membrane with antenatal antibiotic usage are the **immediate obstetric causes of preterm delivery**.

In **many low-income countries**, the main causes of preterm births include infections, malaria, HIV, and high adolescent pregnancy rates¹



Need For More NICUs

There are many NICU centres in India but we need many more. **Bangalore is an example with 10 NICU centres but only 1 in the government sector.** We need more Public NICU centres in this country.

Each city, either Tier 1 or Tier 2 needs to ideally have 6-8 'centralised NICUs' with at least 4 Neonatologists for each.



Preterm Births on the Rise: Possible Factors



Increased **lifestyle diseases** in pregnant women

Increase in **multiple pregnancies** from 11% to 20% and introduction of ART (assisted reproductive technologies)³

As survival rates improve, **Obstetricians feel more confident to deliver the baby early**

Rising prevalence of **Gestational Diabetes** in pregnant women



Consequences

- Need **special care** in a Neonatal Intensive Care Unit (NICU)
- Higher risk of **death** after discharge
- Behavioral and social-emotional problems, **learning difficulties**
- Poor health & growth**
- More likely to require **early intervention services and special education services**
- More likely to have **chronic diseases**



Prematurity and Infant Mortality: Strong Linkages

33%

Perinatal conditions (33%) are a leading cause of neonatal mortality and morbidity in India⁴

States with very high infant mortality rates⁵

	2009	2010	2011
Uttar Pradesh	63	61	57
Madhya Pradesh	67	62	59
Odisha	65	61	57

Prevention and Care Pointers



Pre-Conception: Pregnancy planning, birth spacing, STD prevention and counselling

Antenatal Care: Ultrasound scans and treatment of infections

Providers Role: Ongoing education on induction and objective criteria

Preterm Labor: Tocolysis, antenatal steroids, antibiotics for pPROM

Care of Preterm Neonates in Community: Essential newborn care, breastfeeding and kangaroo mother care

Care of Preterm in NICU: Safe transport in mobile NICU, monitored oxygen use and neuroprotection

Follow up for Preterms: Screening for hearing and retinopathy.

neurodevelopmental assessment and early intervention, nutritional supplements

Academics role: Prioritize organized research suitable for India, maintenance of databases and training

Policy support: Maternity leave and occupational health support

SOURCES
 1. As per 'Born Too Soon' WHO action report India
 2. 2010 figure
 3. As per study published by Thakur et al (2003) | Ref: Thakur N, Sall A, Kumar A, Kumar V. Predictors of mortality of extremely low birthweight babies in a tertiary care centre of a developing country. Postgrad Med J. 2013. doi: 10.1136/postgradmed-2012-131736
 4. WHO, 2011
 5. Planning commission report 2013



ISOPARB WEST UP CHAPTER **On the Installation Ceremony**

Oration by :



Dr Suchitra Pandit
President, FOGSI 2014-15

Oration Given on the Topic :

**Changing trends in management
of Hypertensive Diseases of pregnancy**

Key Note Address by :



Dr Jaideep Malhotra
President, FOGSI 2018-19

Key Note Address Topic :

**Recent trends in
Preterm labour management**



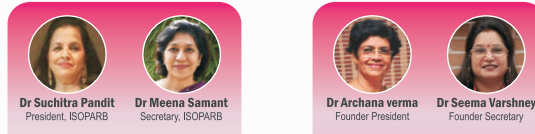
AN INVITATION

On occasion of installation ceremony of
WEST UP ISOPARB CHAPTER



Wednesday, 30th September, 2020
4.00 pm to 6.00 pm

Challenges in Perinatal Medicine: Anticipate & Act



Venue: **zoom** Meeting ID: 707 041 2583 Password: Naturogest

Academic partners: **Gynnext** **Zydus**
makers of **Naturogest** | **Primolut-N** | **Proluton Depot** | **Folsafe** | **UPTO FIVE**

MESSAGE BY THE EDITOR



Dr. Neharika Malhotra

Dearest all,
I have been a part of ISOPARB while I was in Pune 7 years back conducting the ISOPARB quiz with Dr Girija Wagh and Dr Parag Biniwale and it's so amazing to be back into the organisation with responsibilities. Thank you to Dr Archana for believing in me. I m sure with such a wonderful team we would accomplish many things. With the new team taking over it gives me so much pleasure to also present our first newsletter. We would be sharing all latest evidence based practises in perinatology and reproductive biology in our coming newsletters. Thanking you

Installation and First Meeting of ISOPARB UP WEST Sep 2020

The collage features several key elements from the virtual meeting:

- Top Row:** Individual video call windows showing participants like Jaideep Malhotra and Archana Verma.
- Second Row:** An 'INAUGURATION' graphic with a red ribbon and scissors; a grid of participants; a central image of a traditional Indian lamp (diya); and a portrait of a woman.
- Third Row:** Video call windows for Jaideep Malhotra and other participants.
- Fourth Row:** A slide titled 'Preventing Preterm Births' by Dr. Jaideep Malhotra; a slide for the 'Release of ISOPARB newsletter' listing Dr. Suchitra Pandit, Dr. Narendra Malhotra, Dr. Jaideep Malhotra, Dr. Archana Verma, and Dr. Pili Kumar; and a 'Salute' slide with a quote: "It is only in our darkest hours that we may discover the true strength of the righteous light within ourselves that can never, ever, be dimmed."
- Fifth Row:** A slide titled 'Name of cities' with a map of India and buttons for various cities like Lucknow, Kanpur, and Meerut; a large grid of participants; and a portrait of a woman.
- Sixth Row:** A slide for 'Prof. Dr. Meera Agnihotri' detailing her credentials and achievements; a video call window for Dr. Meera Agnihotri; and a portrait of a woman.
- Bottom Row:** Video call windows for participants like Archana Verma and Dharmendra Saxena (Zydus).

