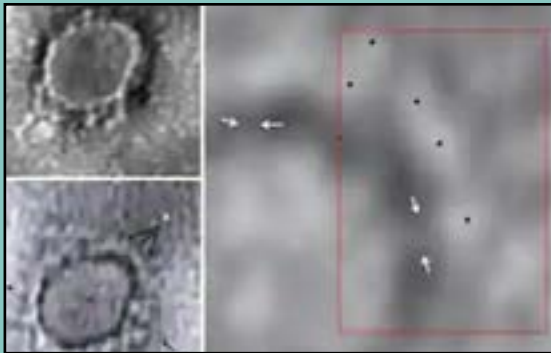
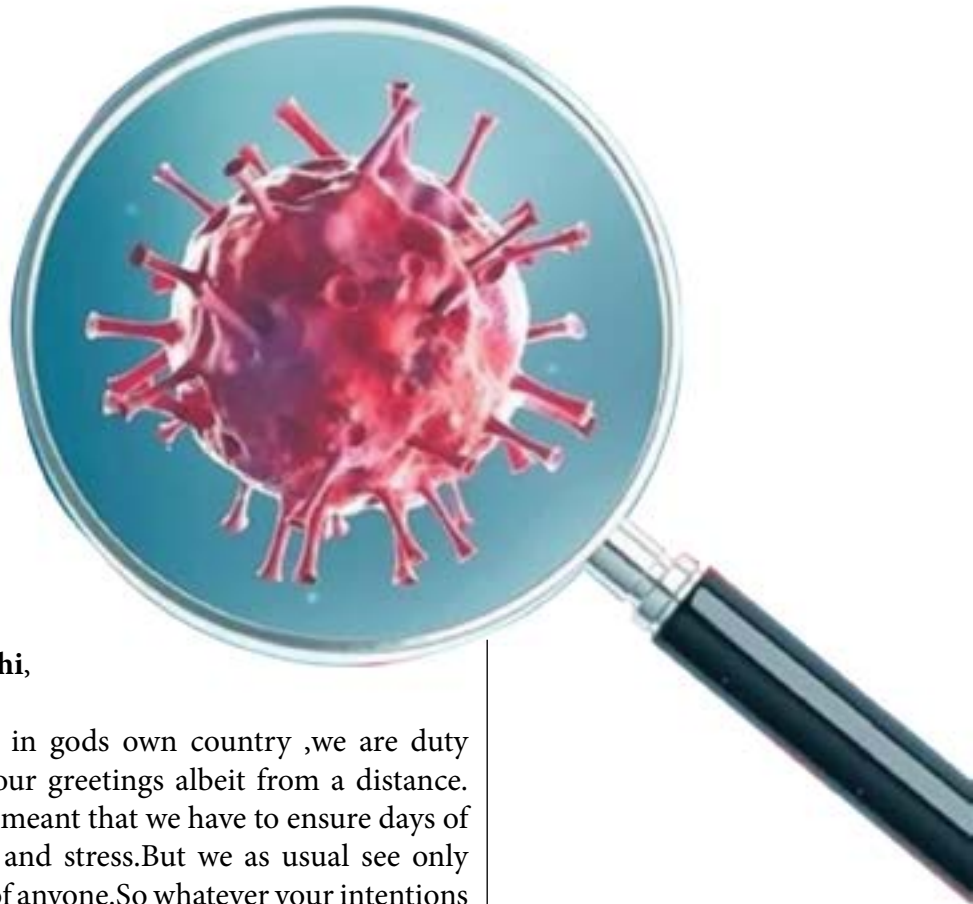


CORONA DIARIES

C O N T E N T S

MESSAGE
LOCKDOWN REFLECTIONS
UNLOCK YOURSELF
CORONA KITCHEN
SENTIMENTS
QUARANTINE HUMOUR
FLATTEN THE CURVE
CONVERSATIONS
COVID WISE SPEAK
VIRAL IMAGES.... AVATAARS
NOVEL VERSES





Dear Coronachechi,

Now that you are in gods own country ,we are duty bound to extend our greetings albeit from a distance. Your presence has meant that we have to ensure days of hardship, isolation and stress. But we as usual see only the better aspects of anyone. So whatever your intentions may be ,you have done us a favour by making us realise hitherto unknown aspects of our personalities. You have given our blessed earth time to heal itself, made us introspect and realise the values of small things in life and more importantly brought all of us closer in our resolve to fight you.

At the end of it all we will become better beings and you will realise why you are just transitional and we are here to stay.

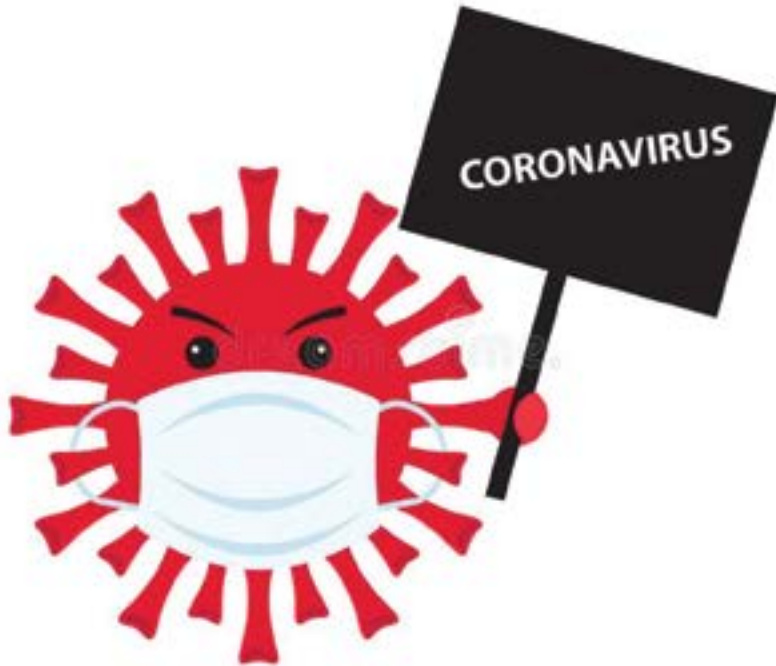
Meanwhile so long as you are here do take time off your busy schedule and admire our adaptability, talent, sense of humour and camaraderie.

On behalf of members of gods own profession

Dr Ambujam

Dr Venugopal

**This diary is
dedicated to our own
CORONACHECHI ,
the mastermind of
COVID 19 by mem-
bers of Kerala Fed-
eration of Obstetrics
and Gynecology.**



Dear Colleagues,

No doubt, we all are concerned about Covid 19. The uncertainty prevails. Our nation and world as a whole are going through an unprecedented crisis. “Will this go into a community spread” is the question top in the mind of every Keralite. Against this background, it is so admirable that our ever innovative Secretary General, Venu, has come out with this “Covid Diary” to lift us out of this sense of gloom. Congratulations!

While we are concerned about the disaster of Covid 19, it will be a bigger disaster if we allow ourselves to be weighed down by this microbe. Our physical preparedness and mental attitudes are the keys to success. We should remind ourselves every day that “this also will pass.” Brighter days are ahead!

Best Wishes and Happy reading,

V P Paily

OR

Lockdown
YourselfShutdown
Yourself

'LOCK-DOWN' Reflections

Dr Sathi.M.S

Man is facing the latest threat to his existence in the form of a micro particle. We are fighting this war with all our might. We are, at the same time, tensed, anxious and horrified. We have to be brave for ourselves and for others around us, who look upon us with hope. In the midst of this scary situation we have to be positive. Hence sharing some thoughts collected from a couple of positive people around me.

Viruses and gynaecologists have a long history of many battles fought and this one is the latest and biggest in a long and glorious line.

The news strictly gives us our daily dose of morbid facts and suffering but this cloud is not without its silver lining, friends.

I CHOOSE HOPE OVER FEAR

It took a while for the magnitude of the COVID-19 pandemic to sink in. A few weeks ago I was looking forward to spending time with family and friends during the school vacations which included a week in Tasmania . Now, I face the prospect of not being able to meet any of them for months to come. Yet, I am thankful.. that my family, friends and patients have been spared thus far.. that our basic needs are being met.. that our govt has been proactive..that we can still communicate through social media.

I believe in the resilience of human race. And I hope that this phase will pass soon.. I hope that we will tide over these difficult times with grace and continue to serve our community . I choose to hope and not give in to the fears that keep threatening to change my outlook

Dr Anitha Joseph,

Fetal Medicine Consultant, Matha Hospital,
Thellakom



COVID-19 taught us
What every gardener knows
As long as you are living
Injury stimulates growth.

Covid taught us Co operation
On a scale unseen before
So long as you stand together
You can battle any foe.

Covid taught us Silence
Lock down and look around
What a joy it is to be
Alive and homeward bound.

Covid taught us Love, the hard way
Instant repair of open wounds
Trust restored and fights forgotten
Priorities shifted not too soon.

We stand at History's crossroads today
Modern technology helps virus and vaccine
The choices we make will mark forever
When the World came together over Covid-19.

Dr Jyothi Nayar,

Consultant in OBG ,PMS Hospital, Erattupetta



We will definitely tide over the turbulence. Try to see positive things around you. Always keep your mind engaged. Preparedness is the key to success, so think and arrange things at work place and at home. Try to boost morale of those surrounding you. Take this as an opportunity to pursue your forgotten hobbies, an opportunity to disciplining self. We will definitely come out of this

Dr Deepthy.M,
Consultant in OBG, West fort hospital,
Thrissur

Cherish what you have ! Lock down is an opportunity to what you always wanted to do, but never had time till now. As drs we are duty bound to our patients but more over it is vital that we dont lose hope and we radiate these rays of hope to our patients too. Remember there is always light at the end of the tunnel and we will prevail

Dr Preethy Korah Perumalil,
Consultant in OBG, Vimala Hospital,
Ettummanoor

Dr SHYJUS. P

Fertility Specialist /Laparoscopic Surgeon
ARMC IVF Fertility Centre, Kannur

How to Unlock Urselves during a Lock-down?

Set up a routine

Having a routine, is the best first step towards keeping yourself happy. If you have kids at home, then plan out activities for them too, so that you can get meanwhile your work done. Try creating a daily schedule, but don't get too wrapped up in it.

Be As Active U Can

Even relatively short periods of physical inactivity can affect both mental and physical health. Studies have found that just 2 weeks of inactivity could lead to reductions in muscle mass and metabolic effects. So think of some 'at-home' workout ideas.

Fight Frustration & Boredom

Finding ways to stay occupied is most important. Keep working on things that you already have been doing but at the same time, find new activities to fill your time. Getting things done can provide a sense of purpose and competency. It gives you something to work towards and something to look forward to each day.

Communicate

Staying in contact with friends & family, not only staves off boredom, but it is also critical for minimizing the sense of isolation. Stay in touch with friends and family by phone and text. Reach out to others on social media.

Stay Informed, but Not Overwhelmed

Being immersed 24 x 7 in pandemic related reports especially those which are overly alarming,



could cause panic. Instead, get information from trusted sources, such as the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) or from State & local health departments.

Remember why U are in a Lockdown

When you are feeling frustrated or cooped up, it can be helpful to think about the reasons why you are quarantining yourself. Just a simple thought that we are saving a nation by sitting at home, can itself give a comforting feeling.

CORONA KITCHEN



PRESSURE COOKER ONE WHISTLE BIRIYANI

INGREDIENTS:

Biryani rice	3cups
Chicken pieces	1/2kl.
Big onions.	4.
Tomato.	4.
Curd	1/2 cup.
Mint leaves	1 bunch.
Coriander leaves.	1bunch.
Turmeric powder.	1/2 tsp.
Cardamom	4
Cloves.	4.
Cinnamon	1 inch.
Garlic paste.	2tsp.
Ginger paste.	2tsp.
Khus khus.	1tbsp.
Cashewnuts.	10.
Dalda.	1/2 cup
Green chillies.	6.
Water.	3cups.

METHOD.

1. Fry the rice and keep it aside.
2. In a pressure cooker heat the dalda

- and fry the onions, spices, tomato ,ginger garlic paste, chillies, coriander leaves, mint leaves and the spice powders until the oil comes up.
3. Grind the cashew and khus khus and add it to the curd.
 - 4 Add the chicken and curd mixture into the Masala and mix well.
 5. Add enough salt to it On top of this spread the rice and add water .Cover and cook with the weight on until you hear ONE Whistle Immediately put off the pressure cooker

**Your Biryani is now ready to eat.
Yum and easy to make !**



Recipe: Dr Sareena Gilvaz



An easy recipe MICROWAVE BROWNIE

Preparation time 3 minutes

Cooking time 2 minutes

Serves 2

2 tbsp cocoa powder

3 tbsp sugar

4 tbsp maida

3 tbsp water

3 tbsp vegetable oil

Whisk dry ingredients and pour wet into dry and combine.

Pour into 2 coffee mugs and microwave for 2 minutes

PRAWN MASALA



INGREDIENTS

1. 40 medium sized prawns approximately 450 gms
Peeled and deveined
2. Oil which you usually use
1 table spoon
3. Cumin seeds 1 teaspoon
4. Chopped medium sized onions 2
5. Chopped ginger 1 inch
6. Green chillies chopped 2
7. Chopped coriander 1/4 cups
8. Chopped tomatoes 2 medium sized
9. Tomato puree 4 tablespoon
10. Salt to taste

METHOD

Heat the oil in a pressure cooker Add cumin seeds and Saute till they begin to change colour. Add onions and saute till they begin to change colour Add ginger and green chillies

Add chilli powder ,half the fresh coriander tomatoes,tomato puree,salt,sugar and lemon juice and cook till oil separates

Add the prawns with 1/2 cups water,seal the cooker with lid and cook over medium heat until the pressure is released once ie 1 whistle

Remove the lid when pressure has reduced completely and sprinkle the garam masala powder over the prawns

Serve hot garnished with remaining fresh coriander

Curry ready

Try it and inform

CRISPY CHILLI CAULIFLOWER FRY



Ingredients:

1. Cauliflower- 250 gm
2. Chilli powder - 1 teaspoon
3. Garam masala powder - Half teaspoon
4. Egg - 1
5. Salt - As required

Separate the pieces of cauliflower and keep it immersed in warm water for a few minutes. Mix egg, chilli powder, garam masala powder and salt in a bowl. Add the cauliflower pieces to it. Stir the pieces well so that it will get coated completely with the mixture. Keep it aside for 10-15 minutes. After that, heat oil in a pan and fry the pieces. The crispy chilli cauliflower fry is ready to be served along with a hint of tomato or chilli sauce. This can be served as an evening snack

Dr Bindu Sajith, Kotayam

SENTIMENTS

Proud of Perinthalmanna and OUR OG society

COVID 19 Lock down days... SENTIMENTS

Perinthalmanna Obstetrics and Gynecological Society
is the newest Society to join KFOG.

Dr K U Kunjimoideen is its founder President.

DR ABDUL WAHAB is founder Secretary.

Dear Coronavirus,

Since you are at our doorstep ,we at Perinthalmanna request you to stay there itself .To satisfy your curiosity, as a proud resident of Perinthalmanna, let us brief you about our society and how we plan to receive you should you chose to try to disturb us. It is also important that you know how destructive you have been.

Ours is a small town, Perinthalmanna. We are a newly formed society and filled with enthusiasm. With much fervor ,we planned to screen 1000 women belonging to Police force and their family members for cancer cervix and breast and do free PAP smear. By the time we completed 372 women across the district, the news of your arrival spread and restrictions came into force and we stopped all activities upholding the ‘Social distancing’ and ‘Personal hygiene’ slogan .We cannot understand what exactly you want.

The famous religious places like Thirumandhamkunnu temple at Angadippuram, the massive Sunny masjid in the central Perinthalmanna and the various churches across the city, all are closed down as soon as the government declared ‘Social distancing’ strategies. We wish you were not so destructive as we always want one and all to be here and appreciate the flexibility and inclusivity of all religions in our little town. We hope you appreciate that sentiment .

But mind you , we are prepared. We could see hand washing taps all around all bus stops and at the entrances of all major institutions .We know exactly what you do not like. Hospitals are screening the patients by taking their detailed past travel history and thermal screening measures combined with providing face masks and hand sanitizers which were indigenously prepared. We want to know if you are trying to enter stealthily. We have urged all POGS members not to take you lightly. We plan to educate the staff and public in our locality regarding the facts and myths about your weapon, COVID 19, to avoid panic. Our members have taken several classes and released videos regarding proper hand washing techniques and strict observation of lockdown policy. All the women healthcare teams have divided into teams and observing emergency duties by turn.

By the way we plan to continue our quest for learning by adopting new formats like webinars which will help the members staying at home to divert their attention creatively .By the time you leave ,we am confident you have learnt that some fortresses are difficult to penetrate .We are proud of Perinthalmanna. Sorry but we wish you never came.

A Healthy Blunder

Dr. Suchithra Sudhir

Many years ago, my grandparents were staying in the then French Colony of Mahe. My grandma had a brood of fine kids, of whom she was very proud. Of late, her youngest daughter, Uma, was looking a bit pale and listless.

So she went to the local doctor, Dr Pierre, a Frenchman . After examining the child, he stroked his brown beard, thought a bit and said.... “ Well..., she has no health issues as such... give her carrot.... twice a day .” Delighted to get this simple solution, my Granny rushed to the market , filled her basket with carrots and went home jubilantly.

Then, it was carrot juice, carrot salads, carrot upperi, carrot halwa.... carrot, carrot all the way.

Very soon, the roses bloomed in the child's cheeks and she was bouncing with health.

One day, while shopping, my granny spotted Dr Pierre in the same shop. She started with a guilty feeling, as she had not thanked him for his advice. She went up to him and said, “ Doctor, I must thank you for your advice! Not only my daughter , but all my kids have benefited from your advice. See, my basket is full of carrots, we have been giving it twice a day to all the children!”

The doctor's eyes nearly popped out !!



He said, “ You have misunderstood me, I did not ask you to give carrots!! I asked you to give her Claret (an appetiser type of wine).... anyway, your carrots seems to have worked better than my claret... so continue it!”

Ever since, in our family ,carrots have continued to occupy a pride of place.... I still have my daily dose of carrot juice... and as I read about its benefits... antioxidant, Vit A, good for skin, good for sight, cancer prevention and so on.... I really thank God that my simple grandmother made this healthy blunder or perhaps we would have become alcoholics!!

FLATTENING THE CURVE

Dr Raju Nair



Corona.... Corona everywhere.

We are all away from our usual hectic work and getting adjusted to this new phase. So why can't we try some measures to uplift our mind and body. In this series I am going to narrate some useful tips for the healthy mind, body and soul. It may be yoga, stretches, exercise tips, memory boosters, vision improvement ideas etc ... stay tuned.

Before I start




Remember the Rule of 21. If you do anything for 21 days in a row, you will have an excellent chance of making it into a habit. There is power in persistence.

Whether you are trying to erase the worry habit, develop the discipline of a daily walk in a natural setting or trying to quit smoking, persevere for 21 days. Samuel Johnson wrote that “great acts are performed not through strength but by perseverance”.

Exercise:

Try this 10-minute sequence to balance your body and focus your mind. These beginner-friendly poses can be done on a mat or in the comfort of your living room. Let this routine wake you up with flexibility, balance and strength so that you can face the day with a zen mindset.

CORONAVIRUS HOME WORKOUT

UPPER BODY	LOWER BODY	CORE
Plank – 3 sets, 30 sec each	Forward Lunges – 3 sets of 12 reps	Abdominal Crunch – 3 sets of 12 reps
		

CORONA CONVERSATIONS



DR DEEPTHY IN CONVERSATION WITH PROF.SEKHARAN

Dr. P K Sekharan ,a legendary figure in Kerala and one of the three pillars of KFOG, belongs to the 2nd batch of Kottayam medical college. After MBBS, he was on compulsory army service for 4yrs, was posted at the border and was on the forefront of 1971 Indo-Pak war.

Dr Deepthy,consultant at Westfort Hospital,Thrissur is the livewire secretary of Thrissur Obstetric and Gynecological Society.

Sir, we are now facing a situation which was unheard of so far. Being a busy practitioner what are the changes you have made at the professional front?

The OPD is reduced to the minimum and only for the needy. The patients are advised to restrict the number of bystanders to 1. They have to leave the bags at the counter outside which will be looked after by the hospital staff. Throughout the visit, minimum contact, frequent handwashing and liberal use of sanitizers are encouraged without hurting the patient's feeling. Antenatal ladies are advised to reduce the frequency of the visit and to report only if they are not well. Personal mobile number is given to all the patients and they are reassured day and night through phone, a habit which was not there earlier. At this time of crisis, I am adapting to this, though it is encroaching the sleeping hours. I Ask to get the scans done at the local area and getting information from the local doctor and it helps a lot. We have reduced the number of PGs and staff per shift.

Major concern is the deficiency of PPE because the major load of patients are from abroad. The junior doctors are helping a lot by calling only for emergencies.

What are the changes on the personal side ?

Initially the daily morning walk of 5kms was avoided but now restarted on the private road in the housing colony. Enjoying watering plants, listening to music, watching 2 movies per day- one Malayalam with wife, and one English movie alone. I am missing cricket badly. I am very careful on the diet side as now the energy expenditure is less and also the resources to be conserved for long term. Diet very strictly monitored by wife. No helpers available now, but going out to buy vegetables are not needed. I have a nice vegetable garden. No increase in social media use even at this time. Only two hours per day. Both children abroad and one being on the critical care field, little worried but daily video conversation with them and grand children is very reassuring.

Have you ever faced a stressful situation like this in your life before ? Especially since you were on war front in 1971 Pak war?

Can never compare this situation with 1971 war. It was against a known enemy with adequate arms, here we are waging against unknown enemy with no known weapons. Being a social animal, feel very sad about social isolation but understand perfectly it is the need of the hour.

What is your outlook on the current work done by our leaders?

Keeping aside all personal political faith, feeling proud of the way our leaders at national and state level are handling the situation. Feel very sad when isolated incidents like that of migrant people are projected by media as a symbol of poverty in India. But surely we are far ahead in our fight than most of the so called developed countries.

What do you feel about the current and future scenario regarding corona pandemic?

We have faced many pandemics before. Like all pandemics, this also will be conquered but this may claim more lives and cause a severe blow to the global economy. It is not like the earlier silent killers like HIV or H1N1. Here the fear factor is also more. But with joint efforts of all sectors of the community, we will sail through this also.

Will this lockdown period make you change any of your practices in future life?

We will definitely be more careful on screening strategy even when the threat is gone. Otherwise love, care and humanity which were there earlier will thrive.

Any message to the youngsters from a wise man?

Difficult situations and challenges are a part of life. Tackle with common sense and optimism. This too shall pass.

COVID WISE SPEAK

Dr Ambujam K is Head of Department Obstetrics and Gynecology at Thrissur Medical College, Thrissur, Kerala where India's first COVID-19 case was diagnosed.

She is the President Kerala Federation of Obstetrics and Gynecology.

COVID-19 INFECTION in PREGNANCY [FOCUS ON ANTENATAL CARE]

Pregnant women are at higher risk of Covid-19 infection because of immunosuppressive state. Hence all steps should be taken to prevent such infection. Every pregnant woman should realize that social distancing and hand hygiene are the two key steps to prevent spread of Covid-19 infection.

Case reports from China have concluded that there is no evidence for vertical transmission, but this is based on small numbers of cases. The situation may change and we have to continue to monitor outcomes. There are case reports of preterm birth in women with COVID-19, but it is unclear whether the preterm birth was always iatrogenic, or whether some were spontaneous. Iatrogenic delivery was predominantly for maternal indications related to the viral infection, although there was evidence of fetal compromise and prelabour preterm rupture of the membranes, in at least one report.

Antenatal care

Traveling for antenatal care can increase the risk of infection. Hence the following modifications are suggested to reduce the number of visits.

At the first visit itself date the pregnancy and confirm that it is intrauterine. The subsequent visits can be at 12-13 wks for NT scan and at 19-20 wks for checking for anomalies.

In uncomplicated cases the subsequent visits can be at 28 wks and the next at 34 to 36 wks when a growth scan may be ordered if clinically indicated. The next visit at 39 wks can be used to plan delivery. GTT (75gms, 2hr) should be scheduled to the above visits. Pregnant women should be told to observe fetal movements from 32 wks and to call their doctor or midwife if there are concerns.

Those who have facilities to check blood pressure at home should be encouraged to do so weekly from 32 wks.

Whenever possible, telephonic clarification of doubts and apprehensions should be encouraged. If symptoms like bleeding, epigastric pain or head ache occurs, the woman should get advice from the care giver or visit the hospital. Caregivers should discuss this during the hospital visits.

Drugs like iron and calcium should be prescribed to cover the extended interval between visits. Women should be able to notify the unit of their self-isolation through phone numbers that are already available to them. Appointments should then be reviewed for urgency and either converted to remote appointments, attendance appropriately advised or deferred. For women who have had symptoms, appointments can be deferred until 7 days after the start of symptoms, unless symptoms (aside from persistent cough) persevere.

For women who are self-isolating because someone in their household has possible symptoms of COVID-19, appointments should be deferred for 14 days.

There is an estimated incubation period of 0-14 days (mean 5-6 days); an infected woman may therefore

present asymptotically, developing symptoms later during an admission. Now that community spread has already set in, every woman with symptoms should be suspected of having Covid infection and appropriate precautions taken by all health workers.

References:

RCOG Guidelines on COVID-19 in pregnancy
Covid-19 Govt. of Kerala Advisory for Pregnancy and Labour Management

Dr Fessy Louis T

is consultant and Head, Reproductive Medicine Unit
Amrita Hospital, Kochi.

He is Vice President Elect South Zone, FOGSI.



World Health
Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

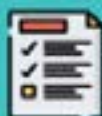
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

AVATHARS

VIRAL!
IMAGES

Coco Warrior Chef de KFOG



Dr. VP Paily

Pillored by the Virus



Dr. Radhamony
Kochi



Coronised as Chef de FOGSI
Dr. Aswath, Thrissur

കൊറോണ വധം

റംബുട്ടാനെ പോലെയിരിക്കും,
റാംബോയെപോൽ ചീറിയടുക്കും,
ലംഗ്സിയിൽ കയറി താണവമാടും,
കോറോണയിന്നൊരു പേടിസ്വപ്നം.

വുഹാനെന്നൊരു ദേശത്തിങ്കൽ
അനവധി ചീനന്മാരെ യൊതുക്കി
ആറടി മണ്ണിലടക്കിയ വിരൻ
ആകാശത്തുടേവിയേയുമെത്തി

ചുട്ടുപഴുക്കും ഭാരതഖണ്ഡം
ഒട്ടുംപറ്റിലിവന്നോതി
എന്നതുവെറുമൊരു പാഴ്വാക്കായി
കൊറോണ മാർച്ചിൽ കാഹളമുതി

മെല്ലെ ചുവടുകൾ വച്ച് കൊറോണ
ഭാരതഭൂവിലുറഞ്ഞു നടന്നു
അപ്പോളിവനെയൊട്ടിയകറ്റാൻ
സൂത്രപ്പണികൾ നാമും ചെയ്തു

ലന്ത പറങ്കികൾ, ഇങ്കിരിയസ്സും
ഭ്രംപും തോറ്റൊരു സമയത്തിങ്കൽ
മൂന്നാഴ്ചക്കൊരു കാറൻ്റെയ്നാം
വജ്രായുധമോ നമ്മെളെടുത്തു

മാസ്കും, വാഷും, ഡിസ്റ്റൻസിങ്ങും,
സൂഷ്മതയോടൊരു കാറൻ്റെയ്നും
കണ്ടൊരു കോവിഡ് മണ്ടിയൊളിച്ചു
ഇണ്ടലൊതുങ്ങി നടന്നു ജനങ്ങൾ

Dr Rajasekharan Nair
is one of the pillars of KFOG

He is the academic and
cultural voice of KFOG
and its conscience keeper.

These verses will be
remembered as long as
we remember Corona .