

Message of Executive Director



It gives me great pleasure to know that the Research, Planning & Development Department of TMSS Grand Health Sector is going to publish Research Bulletin – 2nd issue. I express my sincere thanks to all my collaborators who contributed a lot to bring it out.

TMSS established a Research, Planning, and Development Department under TMSS health sector in 2016 to improve the quality of its health services. This department is responsible for bringing health issues to the table for discussion, planning, policy formulation and review. It is also responsible for conducting high-quality research in the field of medical science, including nursing and public health, to improve the lives and livelihoods of the people, as well as the capacity development of health professionals.

This issue 2nd issue is after the COVID-19 era and reflects the research findings during the COVID-19 period and also other capacity-building activities during this period. All the research was done by a group of well-respected, committed, and dedicated health professionals from the health sector. I personally congratulate and thank the whole team for their endless efforts.

The findings of the studies suggest that TMSS should continue to invest in its health activities. TMSS should also work to expand its reach to more people and to ensure that its services are accessible to all, regardless of their economic status. In addition, TMSS should continue to conduct high-quality research in the field of medical science. This research will help TMSS to better understand the health needs of the poor and to develop more effective interventions to improve their health.

Finally, I would like to express my sincere gratitude to all of my colleagues, especially Professor Dr. M.H. Alamgir, Executive Consultant (UDCC), TMSS, and Rtn. Dr. Md. Matiur Rahman, Deputy Executive Director, TMSS, for their dedication and hard work throughout this journey. I am confident that they will continue to leverage their synergies to achieve new heights in the field of regional and global public and medical research in the years to come.

Professor Dr. Hosne-Ara Begum

(Ashoka Fellow & AKS)

Founder & Executive Director, TMSS

About Research, Planning & Development Department (RP&D)

The department of Research Planning & Development called in-short as RP&D; has been started its Journey in 2016 under TMSS Health Sector. The main responsibility of RP&D is to conduct high quality researches in all branches of public health and medical science as well in order to improve the people's livelihood for generating and disseminating new innovation, and knowledge for sustainable development. Formulating plans (Short, Mid and Long-term) for overall development of the Health Sector of TMSS is also the major task of this Department. RP&D also offers training for professionals and developing high quality human resources for local, regional, national and international purpose.

RP&D provides support for institutional decision-making, planning, and policy development in the area of research by collecting, integrating, and analyzing institutional and external data. The Department is charged primarily with the planning and coordination of Health Sectors activities, including training programs. This department is also responsible for promoting inter-sectoral partnerships and cooperation among all projects and programs of TMSS Health sector.

Areas of Work

Research

- ❖ Developing Research Protocol on the different issues of Health especially Public Health and also in clinical and practical settings;
- ❖ Conducting policy oriented and evidence-based researches to support planning formation and revision of policy;
- ❖ It supports institutional decision-making, planning, and policy development in the area of research by collecting, integrating, and analyzing institutional and external data;
- ❖ Inspection, supervision and reporting on the progress of the development projects undertaken by the TMSS Health Sector;
- ❖ Acts as the main hub for TMSS Health Sector's research and research-related database;

- ❖ Monitoring and evaluating the development projects undertaken by the TMSS Health Sector;
- ❖ Collect monthly, quarterly, yearly report and completion report of the development projects of the TMSS Health Sector and transmit those reports to the TMSS and other agencies as per requisition;
- ❖ Identifying current educational issues that require examination and further research;
- ❖ Develops strong relationships with various national and international organizations as the liaison office of the TMSS Health Sector in building and coordinating the relationship to conduct joint research and development projects; and
- ❖ Recommend research grants under Fellowship programs and joint collaboration.

Planning

- ❖ Preparing strategic planning;
- ❖ Cooperating all programs and projects in their yearly planning activities;
- ❖ Conducting periodic evaluation on progress of the Strategic Plan Activities;
- ❖ Design an interactive top-down and bottom-up planning process;
- ❖ Developing the necessary capacity for planning, monitoring and evaluation; and
- ❖ Regularly revise and update planning, monitoring and evaluation guidelines.

Development

- ❖ Develop Professional skills development training for the health service providers such as Physicians, Nurses etc.
- ❖ Arrange and conducting Skills Development Training and Workshops for the Physicians, Nurses and Technologists;
- ❖ Conduct Capacity Development Training and Workshop for developing the managerial skills of the administrative personnel in managing health services;
- ❖ Provide specialized training workshops for the Physicians and Nurses of the other organizations out of TMSS Health Sector;
- ❖ Arrange regular seminars and medical camps by the renowned national and international Physicians and Academician; and
- ❖ Need assessment of professional and skill training.

Completed & Published Research

Published on TMSS Medical College Journal (Vol 16 No. 01 January 2021)

Correlation of Severe Acute Respiratory Syndrome Coronavirus 2 Viral Load with Clinical Characteristics, Mortality and Laboratory Findings among Hospitalized Patients with Coronavirus Disease

Dr. Fahim Uddin Ahmad, Dr. Mst. Jeneya Afrin, Dr. D M Arifur Rahman, Dr. Shamima Akter, Md. Rahidul Islam, Debashish Chandra,

This study evaluated 253 patients with COVID-19 confirmed by RT-PCR. In-hospital mortality was 36%, 17% and 7% with high, medium, and low viral loads, respectively ($P < .05$). Viral load was associated with increased neutrophil count, decreased lymphocyte count and elevated CRP.

Admission SARS-CoV-2 viral load among hospitalized patients with COVID-19 correlates with in-hospital mortality. Viral load was also associated with some laboratory abnormalities. Providing this information to clinicians could potentially be used to guide patient care.

Relationship between RT-PCR & HRCT of chest in COVID-19 patients

Md. Mofazzal Sharif, Mst. Monira Khatun, Md. Mahbub Alam Siddiqui, Md. Matiur Rahman, Md. Abu Masud Ansary, Md. Rahidul Islam, Nyeem Ahmad Nibir

Sensitivity, Specificity, PPV, NPV of RT PCR for detection of COVID-19 infection was 89.4%, 76.6%, 95% and 7% respectively. Considering RT-PCT as gold standard test, Sensitivity, Specificity, PPV, NPV of HRCT chest for Detection of presence of COVID -19 infection were 94.8%, 85.7%, 99.1% and 48% respectively.

HRCT of chest was a comparable tool for detection of presence of COVID -19 infection.

Profile analysis of COVID-19 suspected person attending for Real Time-PCR (RT-PCR) test in a tertiary level hospital, Bogura, Bangladesh

Dr. Md. Matiur Rahman, Md. Rahidul Islam, Dr. Fahim Uddin Ahmad, Dr. Mst Jeneya Afrin

Demographic data, travel history, clinical features, and outcomes were summarized and compared with the results of RT-PCR test for SARS-CoV-2. Among the total studied population ($n=3120$), 76.3% ($n=2379$) were male with a mean age of 40.9 (± 14.8) years. 38.8% ($n=1212$) were service holders (non-medical) and 61.2% were from the urban area. RT-PCR test for SARS-CoV-2 was positive among 36.7% ($n=1144$). Mean age was higher among the SARS-CoV-2 positive (43.5 ± 14.7 years vs 39.43 ± 14.61 years). The number of service holders and businessmen were also higher among

the positive patients and which is statistically significant ($p < 0.000$).

High rate of positivity of RT-PCR for SARS-CoV-2 among the suspected population for COVID-19 indicated high disease burden and transmission in this highly populated area in the early period of pandemic which should be considered as was alarming.

Stress among The Nurses Working in Covid-19 Isolated Wards of A Tertiary Level Hospital, Bogura, Bangladesh

Mst. Nilufar Yesmen, Md. Rahidul Islam, Rabeya Begum, Rita Rani Paul

Among the 125 respondents 87.2 % were between 20-25 years old and majority (77.6%) of them was female and (68.0%) were unmarried. Most (96.8%) of the respondents have Diploma in Nursing Science and Midwifery, and only 4 (3.2%) have B.Sc. in Nursing. The study found that almost all (99.2%) of the nurses feeling stress in working the COVID-19 isolated wards for various reasons that causes several symptoms among the nurses like- Sleep disturbance (36.3%), Tension (40.6%), Irritable (4.3%), less appetite (15.5%) and others (3.2%) beside their physical health problem (84% of the respondents). A set of factors were examined to find the main reasons. They (89.6% among the respondents) feel worried about their family becoming infected by COVID-19. Most of the respondents (97.6%) address the statement that they are experienced with stressful events frequently because of inadequate staff at their workplace especially in COVID-19 wards. The study also found some coping strategies that are already practiced by the nurse's like- social distancing, team work, family support etc. Through this study a descriptive data has come out which may be useful for the analysis. Besides, this study will also provide descriptive data which may be useful for the nurses to make them aware of adopting healthy lifestyles and can manage and prevent complications.

Finally, the study suggests that there is need to be established a careful monitoring program during the pandemic situation in all the workplaces and hospitals including TMSS Medical College and Rafatullah Community Hospital to provide mental and psychological support to the nurses working in the COVID-19 isolated wards.

Analysis of The Clinical and Laboratory Characteristics of 45 Covid-19 Deaths in TMSS Medical College and Rafatullah Community Hospital, Bogura, Bangladesh

Professor A. K. M. Masudur Rahman, Dr. Md. Abu Masud Ansary, Dr. Shahed Ahmed, Dr. Nyeem Ahmad Nibir, Dr. Md. Rafiur Rahman Sahin

Among 45 deaths most were male. Most of them had at least one comorbidity, among them DM and HTN were most common. All the patients had increased levels of CRP and D-dimer on biochemical investigations. Of those who's CT

scan of chest could be done, most had bilateral lung involvement with ground glass opacities most commonly affecting lower lobes. Acute respiratory failure was the most common cause of death followed by cardiovascular events.

The common risk factors for COVID-19 deaths were male gender, presence of comorbidities like DM, HTN, CKD etc. Most of the dead patients had very severe symptoms on admission and died due to respiratory failure. These findings are consistent with other studies and more studies should be done to better understand the disease.

Hematological, Biochemical and Infection Related Biomarkers among Survivor and Non-survivor Patients Infected with SARS-CoV-2 in Bogura, Bangladesh

Dr. Fahim Uddin Ahmad, Dr. Mst. Jeneya Afrin, Dr. D M Arifur Rahman, Dr. Shamima Akter, Debashish Chandra,

Of 253 COVID-19 patients (218 survivors and 35 non-survivors) laboratory findings showed Neutrophilia, lymphocytopenia, raised serum ferritin, C-reactive protein, ESR were observed among large number of patients. Significantly higher levels of neutrophil count, decreased lymphocyte count, raised serum ferritin, C-reactive protein, ESR were associated with non-survivor patients compared to survivor patients (all $p < 0.05$).

Laboratory investigations of 253 hospitalized COVID-19 cases suggest abnormalities of infection related biomarkers could result fatal outcomes.

Knowledge, Attitude and Practices of the Nurses about COVID-19 Management: A study on TMSS Medical College and Rafatullah Community Hospital, Bogura, Bangladesh

Rabeya Begum, Mst. Nilufar Yesmen, Rita Rani Paul, Md. Rahidul Islam

There were 124 respondents to conduct the study of which 79% are female and young aged. Majority of the respondents are unmarried and their length of service is less than one year but most of them (98.4%) have diploma as their professional qualification. The study found that respondents have sufficient knowledge about the symptoms of COVID-19 pandemic and how does it spread among the communities. The respondents have also good knowledge over the various preventive methods like- avoid large events and mass gatherings, avoid close contact with others, stay at home, wash hands often with soap, cover face with a cloth face mask, etc. But they cannot apply some of the preventive methods like- avoid physical distance and avoid the patients with sign and symptoms of COVID-19 in their day-to-day working life for the job responsibilities.

Most of the respondents are well known about the symptoms

of COVID-19 and how does it spread among the societies. They also bear a very much positive attitude towards the prevention and control of COVID-19 pandemic. Finally, most of the respondents are practicing well all the preventive measures as per the guidelines of WHO and the Government of Bangladesh, while they are doing their job.

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Comparison of Serum Uric Acid Concentrations in Patients with Lichen Planus and other Dermatoses

Dr. Farah Safa Huq, Dr. Mohammed Saiful Islam Bhuiyan, Dr. Emily Akter, Dr. Khyrun Nahar Shaila

The mean age of patients with lichen planus and other dermatoses was 37.80 ± 14.92 years and 33.60 ± 9.61 years, respectively. The most common types of LP were classical 18(51.4%). The mean serum UA levels in patients with lichen planus and other dermatoses were 4.09 ± 1.07 and 5.63 ± 1.28 mg/dl, respectively and the difference between the mean of the two groups was 1.537 mg/dl ($p < 0.005$). There was a significant negative correlation with duration of disease (months) and uric acid where Correlation-Coefficient or 'r'-value was +0.448 ($p = 0.007$).

Serum uric acid level is lower in lichen planus patients compare to that of other dermatoses. Serum uric acid level is negatively correlated with duration of the disease in lichen planus patients.

COVID-19 and Online Medical Education Perspective; A Study in TMSS Medical College

Dr. Mst. Nadira Parvin, Dr. Md. Matiur Rahman, Dr. Md. Anup Rahman Chowdhury

During the study, according to student's online class perceptions and suggestions where 52% students satisfied with online teaching methods and lecture materials, 76% faced difficulties during online class, 94% were happy about the student-teacher interaction during online teaching and learning, 88% students were regular in online classes. Also, according to online class perceptions and challenges of their teachers, 60% teacher preferred training for conducting online classes, followed by 96% teachers thought online tools were easy to handle, in 67% cases teachers found student's interaction satisfactory, 61% teachers preferred google meet for online class platform, 56% teachers found passive students were major issues during online class. Our study revealed that there has been a positive impact of the COVID-19 on online medical education at TMSS Medical College. Challenges brought about by the pandemic included those related to communication, use of technology tools, online experience, time management etc. Despite these challenges, the medical students and teachers have increased

their skill and confidence in the effectiveness of online medical education.

Assessment of Clinical Characteristics and FNAC Findings of Different Thyroid Lesions in a Group of Bangladeshi Patients

Dr. Mehdi Ashik Chowdhury, Dr. DM Arifur Rahman, Dr. AK M Maruf Raza Dr. Syeda Noorjahan Karim, Dr. Md. Neaz Nowsher, Dr. Zerin Shabnam Rahman, Dr. Mohammad Mahabubul Hoque

Out of 250 cases studied, 162(69.6%) cases were diagnosed as Benign. The most common benign lesion was nodular goitre. 45 (18%) cases were diagnosed as Inflammatory, 30 (12%) cases were diagnosed as Follicular lesions. 13 (5.20%) cases were diagnosed as malignant. Papillary carcinoma was the commonest malignancy. One case of medullary carcinoma was found. Only clinical evaluation is not enough for further management of thyroid swelling. We suggest that clinicopathological correlation can markedly reduce the false negative as well as false positive diagnosis and reduce unnecessary surgery.

Efficacy of Mineral Trioxide Aggregate and Calcium Hydroxide as Root Canal Sealer in Non-vital Permanent Tooth

Dr. Mst. Dilruba Khatun, Dr. Evan-E-Alam Emtakamul Haque, Dr. Musfiqa Aman, Dr. Mostofa Mohammad Ekramul Hasan, Dr. Md. Rakibul Hassan Khan, Dr. Md. Shamsul Alam, Professor

In the present study pain, tenderness on percussion and size of the lesion in both groups were evaluated at baseline, 3 and 6 months interval after completion of the treatment. Data were expressed in number and percentage. Statistical analysis was done by Chi-square test. The test of significance was calculated and p values < 0.05 was accepted as level of significance. It can be concluded that Mineral Trioxide Aggregate (MTA) is more effective in reducing the size of the periapical lesion than that of Calcium Hydroxide sealer. However, the clinical sign and symptoms, both materials showed almost equally effectiveness in reducing pain and tenderness.

Clinical Profile of 306 Patients with Chronic Low Back Pain in a Tertiary Care Hospital

Dr. Ferdousur Rahman Al-Mahmud, Dr. Muhammad Alamgir Mandal, Associate Professor, Dr. Mst. Shamina Khatun, Dr. Mohammad Azizur Rahman

There were total 306 patients seen in the study who presented with low back pain, out of them 41.2% were male and 58.8% were female. The female to male ratio was 1:1.43. Most of patients 94.6% were of 30-60 years of age group. 57.9% patients were housewives and second highest were cultivator (36.6%). Most of our patients 96.5% were hailing from outside the Bogura. The mechanical low back pain was involved in

88.5% of the patients. Lifting of heavy object was the most common 62.7% predisposing factor of low back pain. In clinical pattern, 96.5% patients presented with gradual onset, 66.4% patients had intermittent pain, 11.5% patients had inactivity stiffness and 20.4% patients had radiation of pain. Hypertension and peptic ulcer disease were two top medical co-morbidities while osteoarthritis of hip and knee was the most common associated musculoskeletal disorders.

Chronic low back pain of mechanical origin (recurrent and chronic in a significant proportion of patients) is predominant in our study. This pattern calls for prevention as well as the early and appropriate care of the patient with low back pain.

Benign Intra-renal Lipoma in Two Years Old Girl

Dr. Md. Mofazzal Sharif, Dr. DM Arifur Rahman

Childhood renal mass are mostly malignant. Most common benign renal lesion of childhood which contains fatty tissue is angiomyelolipoma. Isolated intra-renal lipoma is very rare in children. Previous literature review suggests intra renal lipoma is not only uncommon but also rare variety of benign tumour in paediatric group. So, We described a case of two years old female child with right renal benign lipoma.

Sigmoid Mesocolon Cyst: Case Report

Dr. Md. Rezaul Islam, Dr. A.H.M Shahnewaz Shoubho

Sigmoid mesocolon cyst is very rare. Early recognition and appropriate treatment of the cyst are associated with good prognosis. Long term follow up is advisable because of the possibility of recurrence.

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Hypertension in Pregnancy Affects the Placental Weight and Fetal Outcome

Dr. Afsana Khanam, Dr. Selina Anwar, Dr. Nahida Nazmun Nahar Akand, Dr. Happy Roy, Dr. Rawshon Ara Najnin

The mean(\pm SD) of weight of placenta in hypertensive and control groups were $(331.10 \pm 67.54 \text{ gm vs } 436.27 \pm 55.61 \text{ gm, } p<0.000)$. The mean (\pm SD) birth weight of baby in hypertensive and control groups were $2.24 \pm 0.51 \text{ kg vs } 3.05 \pm 0.35 \text{ kg, } (p<0.000)$ and the mean feto-placental weight ratio in hypertensive group was 6.87 ± 1.42 and in control group 7.04 ± 0.70 . The weight of the placenta as well as birth weight of baby was reduced in pregnancies complicated with hypertension. The reduction of birth weight of the baby was proportional to the reduction of placental weight.

Study on Management Adherence of Parents of Thalassaemia Patient

Dr. ASM Selim, Dr. Habiba Tun Nesa, Dr. Rabeya Khatun

About 66% patients were males, 34% were females. Family history of thalassemia was present in 26% of the cases and

history of consanguineous marriage was present in 7% of the cases. Seventy six percent of the parents were aware of the prenatal diagnosis that could be performed to prevent the birth of thalassemia children ($P<0.05$). About 82% of the parents were undergone for prenatal diagnosis and it was found more in middle income family. So, socioeconomic status-wise difference in attitude towards prenatal diagnosis ($P=.001$) was found statistically significant. Maximum number of parents who gave 6-10 correct answers regarding management adherence were coming for regular follow up, monitoring ferritin levels of their children, whose children were using chelating agents and were screened for HIV, HBsAg and HCV i.e. 52%, 56.2%, 56.7%, 61.8%, 58.9% and 60% ($P<0.05$). So relation of knowledge and management adherence was found statistically significant.

A community based educational efforts, social and behavior change to increase awareness against Thalassemia should be developed in Bangladesh based on the findings of this study. Control of thalassemia requires management adherence of the individual Thalassemia parents as well as a community based educational effort to increase the awareness of this problem.

Rationale of Day Care Blood Transfusion Services: Recent Trends in Transfusion Medicine

Dr. Md. Abdullah-Al-Masud, Dr. Shuvra Podder, Dr. Nahida Anwar Poly, Dr. Mostofa Ahmed Doha, Dr. Brindaban Biswas, Dr. M.A. Gafur Mondal

In this study total 715 blood recipients attended in our DCTU. Among those 408 (57%) were male, 307 (43%) were female and majority 283 (39.58%) of recipient were below 10 years. Transfusion was required more frequently in Thalassaemic patient 525 (73.42%) & other diseases include undiagnosed Anemia 52 (7.27%), Chronic Kidney Disease 44 (6.15%), Ca Breast- 18 (2.51 %), Ca Lung- 16 (2.23%) and Iron deficiency anemia- 12 (1.67) etc. Among recipient B +ve blood group 240 (33.56%) being more prevalent. Out of 715 units transfusion, Red Cell Concentrate (RCC) was most commonly utilized product 683 (95.52%) followed by Whole blood 30 (4.19%) and then Fresh Frozen Plasma 2 (0.27%).

DCTU is now popular, convenient and hassle free transfusion services. We recommended establishing more DCTU for the Transfusion needed patients.

Effects of Green Tea Consumption on Serum Lipid Pattern in Women.

Dr. Sabira Tabassum, Dr. Qazi Shamima Akhter, Dr. Sharmin Khan, Dr. Gazi Md. Ruhul Quddus, Dr. Farhana Rahman, Dr. Shehrina Nazmin

After intervention, significantly lower values were found in following variables [TC ($p<0.001$), LDL ($p<0.001$), TG ($p<0.05$)] in study group in comparison to their baseline values. Moreover, significant reduction in LDL ($p<0.001$), TC

and TG ($p < 0.05$) was observed in study group comparison to that control group after 12 weeks. No significant change was observed in HDL level in both group after green tea consumption.

The study concluded that, regular consumption of green tea may improve lipid profile.

Eosinophilic Ulcer of Tongue: A Case Report

Dr. Dipon Kumar Sarker, Dr. Ronjon Kumer Nath

Diagnosis of Eosinophilic ulcer (EU) is made by the combination of clinical and histopathological features. The pathogenesis of this condition remains uncertain and its histogenesis still remains controversial and this condition is characteristically self-limiting with a benign course. Different therapeutic approaches for eosinophilic ulcers have been reported in the literature, including a wait-and-see approach, antibiotics, topical, intralesional and/or systemic corticosteroids, curettage, cryosurgery and surgical excision. The most frequently performed therapy is simple surgical incision/excision.

Rheumatic Fever with Concomitant Acute Post Streptococcal Glomerulonephritis in a Child: An Unusual Coincidence.

Dr. Samia Chharra, Bogura, Dr. Saira Khan, Dr. Abdus Shukur

Rheumatic fever and post streptococcal glomerulonephritis are both very serious consequences of rheumatogenic and nephritogenic strains of group A beta hemolytic streptococcus infections. It is a unique coincidence for both conditions to be present in a patient at the same time. We report a case of acute rheumatic fever occurring simultaneously with acute post streptococcal glomerulonephritis in a previously well 6-year-old boy. Salient features include arthritis of multiple large joints, peri-orbital and ankle edema, oliguria, moderate proteinuria, reduced complement (C3); and elevated streptococcal serology. The case highlights the importance of early recognition and diagnostic challenges to prevent complications that may follow if not treated.

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Evaluation of Serum Interleukin-6 Level among Moderate, Severe and Critical COVID-19 Patients Admitted Care Hospital

Dr. Nazrnus Subha, Dr. Md. Moynul Haque, Dr. Shantanu Das, Dr. Azirna Aldar Jhurna

In this study among 136 patients, 66(48.5%) were aged between 51-70 years and mean age was 49.59 ± 18.03 years. There were 65 (47.8%) male and 71 (52.2%) female patients. Out of 136 patients, 76(55.9%) were moderate cases, 43

(31.6%) were severe cases and 17(12.5%) were critical cases. Mean age of moderate cases were 44.36 ± 18.53 years, severe cases were 52.36 ± 14.34 years and critical cases were 64.65 ± 13.90 years. Interleukin-6 level was 6.06 ± 3.69 pg/ml in moderate cases, 44.71 ± 4.49 pg/ml in severe cases and 242.97 ± 21.48 pg/ml in critical cases and it was higher in critical cases than severe and moderate cases.

This study showed IL-6 level is significantly associate with the severity of illness. So, it can serve as an effective marker for severity of the diseases that can help the physicians to correctly allocate the hospital admitted COVID-19 patients at an early stage and to identify critically ill COVID-19 patients.

Correlation of Handgrip Strength and Body Mass Index of Adult Healthy Females of the Slum Area in Dhaka City

Dr. Mst. Taslima Akter, Dr. Ahsan Arif, Dr. Maskura Benzir, Dr. Rowshon Ara Naznin

The Correlation coefficient of the dominant handgrip strength (DHGS) with the height ($r = 0.400$) and weight ($r = 0.412$) of 100 Bangladeshi slum females reach up to positive and strong significant level (< 0.01). There is also a positive and significant correlation (< 0.05) with the dominant handgrip strength with BMI ($r = 0.303$).

The finding of present research support that, the dominant handgrip strength was positively associated with BMI of slum females.

Axial Length of Eyeball in Emmetropic Eye-A study in Rajshahi Medical College Hospital

Dr. Maskura Benzir, Dr. Afroj Zahan, Dr. Rashed Mustafa, Dr. Afsana Khanam, Dr. Sabrina Sabnam Ferdous

The mean \pm SD age of participants was $36.5(\pm 14.5)$ years. Participants are almost equal in sex distribution. The mean axial length of right and left eye was 23.07 ± 0.69 mm and 23.02 ± 0.66 mm respectively and significant ($p < 0.001$). Optical parametry is a non-invasive diagnostic and assessment tool. So axial length measurement is help in the actual measurement of intra ocular lens implantation of cataract surgery and it also provide supplementary information to researcher domain in the actual measurement of intraocular lens implantation in cararact surgery and may also provide supplementary information to researcher domain.

Landmark of Sacral Hiatus and Its Clinical Significance in Caudal Epidural Block

Dr. Rawshon Ara Naznin, Dr. Jesmin Sultana, Dr. Mahmuda Sultana, Dr. Musfiqa Aman, Dr. Taslima Akter

Right and left superolateral sacral crests of the sacrum were taken as two points on dorsal surface of sacrum (forming the base of a triangle) because posterior superior iliac spines

impose on the superolateral sacral crests. The distance between the two superolateral sacral crests (base of a triangle) were 60.13mm (range 57-70 mm), the distance between the right Superolateral sacral Crest and the apex were 76.11 mm (range, 56-94mm), the distance between the left Superolateral sacral Crest and the apex 78.53 mm (range, 56-102mm) respectively. Students t'test was applied to reach the level of significance where necessary. A probability value (p) of less than 0.05 was considered statistically significant. The apex of sacral hiatus and equilateral triangle that is located between the apex of sacral hiatus and superolateral sacral crests was found. That will certainly be use in determining the location of the sacral hiatus during CEB.

Comparative Study between General Anesthesia and Spinal Sub-Arachnoid Block for Cholecystectomy in a District Level Hospital of Bangladesh

Dr. Md. Muktar Hossain, Dr. Md. Eskender Hossain, Dr. Md. Saiful Islam, Dr. Md. Mir Sufian

Each group had 45 patients. Mean age were 42.3 ± 12.17 years and 41.4 ± 11.8 years in GA group and SAB group respectively. 75.6% were male in GA group and 80% in SAB group. 71.1 % and 66.7% cases in ASA Grade I in GA and SAB group respectively. In GA group, 37.8% had diabetes mellitus, 33.3% had hypertension and in SAB group, it were 33.3% and 26.7% respectively. In GA group, mean duration of surgery was 24.8 ± 1.2 minutes with 39.64 ± 4.39 minutes total elapsing time. In SAB group it were 23.46 ± 2.02 minutes and 35.64 ± 2.3 lminutes respectively. In GA group, 57.8% had shoulder pain, 22.2% had PONV and no patient had headache or urinary retention. But in SAB group, 13.3% had urinary retention and 8.9% had headache. SAB patients had more pain at 6th hour post-operatively. Average cost of anesthetic drugs in SAB was 142.22 ± 13.80 taka and that of GA was 1220 ± 42.50 taka.

As SAB has less complications, needs less expertise and remarkably cheap. It is more preferable than GA at district level hospitals in Bangladesh.

Clinical Profile of Patients with Osteoarthritis of the Knee in a Tertiary Care Hospital in Bogura

Dr. Ferdousur Rahman Al-Mahmud, Dr. Muhammad Alamgir Mandal

In this study, total number of patients were 560 (five hundred sixty), out of them 326 (58.2%) were male and 234 (41.8%) were female. Most of the patients of were in the age group of 50 years to 59 years. Maximum number of females in the age group of 40 years to 50 years was affected. Most of the males were affected in the later ages, between 55 years to 65 years. Most of the patients were middle class 69.1 % and housewives 36.1%. Most patients gave the history of gradual onset of the pain 88.1%. Most of the patients had no morning stiffness in the knee 89.5%. Maximum patients had

intermittent pain 61.4% but 38.6% patients noticed constant pain. Most of the patients 51.8% also noticed no swelling.

By this study, it can be concluded that OA knee is more common in males and mostly manifests around the 5th decade.

Completed & Under Publication Research

Impact of COVID-19 on Essential Health Care of Rural People in Northern Bangladesh: A Cross-Sectional Study

Dr. Md. Matiur Rahman, Aminur Rahman, Md. Kaoser Bin Siddique, Mohammad Mahbub ur Rahim, Md. Rahidul Islam

Among 639 respondents, 59.5% were female and 40.5% were male. The mean age was 34.3 yrs (SD ± 10). Family income ceiling was decreased '-15.6% whose income 10001-20000 and another category was 20001-30000 -12.7%'. Due to 38.2% of respondents' income reduced during COVID-19, now they belong in the income group $\leq 10,000$ BDT. 41.7% of respondents never took health care due to the unavailability of transportation. During the COVID-19 period, the respondents reported 'physical illness (24.4%)', 'severe stress problems/mental illness (39.2%)', 'either injuries or urgent health problems (3.80)'.

The COVID-19 epidemic caused a significant disruption in the delivery of seamless health services at a time when people most needed them.

Assessment of Health Care Needs of the Beneficiaries of TMSS Health Care Centre (THCC) During COVID-19 Pandemic

Dr. Md. Matiur Rahman, Aminur Rahman, Md. Rahidul Islam

Regarding sex distribution, among 888 respondents, 74% are female and 26% are male. Of whom, 58% female from rural, 86.7% from semi-urban and 77.4% from urban areas. On religion fabrication, 97.1% respondents belong to 'Muslims' and 2.9% are 'Hindu and other'.

As social indicators, education and monthly family income are important. According to the study, among 888 respondents, 32.3% have passed primary school and this is the highest and following figures are 28.3% for JSC and 21.8% for SSC passed. Accordingly, 9.1% are illiterate though few have HSC and Honors passed (5.2% & 2.8%) also. Regarding income, 32.9% respondents' family have earned 10000 BDT monthly whereas 28.3% claimed for 10001-15000 BDT and 18% claimed for 15001-20000 BDT. The lowest ceiling of family income has been revealed 45,001 BDT that represent 1.5%. On employment, it is seen, 68.9% are Housewives that indicates most of the respondents are women and they are service-takers from THCC. Businessmen (14%), farmers (9.2%) and Servicemen (5.5%) are also identified as important service-takers.

Comprehensive Rehabilitation Support for Patients with Major Lower Limb Amputation: A Case Study in Northern Region of Bangladesh

Md. Kaoser Bin Siddique, Md. Matiur Rahman, Muhammad Shafiq, Mohammad Mahbub Ur Rahim

This study found five members family led by a 36 years old small businessman. His wife is a homemaker with two children, Lamia, 7 years old girl, and 17 years old boy. After getting RTA and losing the legs they fell into a severe family crisis. Hearing from the neighbor, they visited TMSS Limb Center and got an artificial limb. Two of them received artificial limbs and others received modified shoes. As part of rehabilitation and social integration, they also received financial support (USD 500) to restart their business. They did not experience any social stigma. The whole family returned to a normal joyful life.

"I thought I could not walk again, could not even go to school; but now I can walk and can dream to be a doctor" 09 years old Lamia says with an honest smile.

Three respondents of this studied family were injured by RTA and two of them were received artificial limb and other received modified shoes. Family head was received livelihood support. All of them returned to normal life without a stigma. This study conducted with a single family and not generalizable to all. This study observed comprehensive rehabilitation support is helpful to return normal life of patients with amputation.

Completed Research

A Study on Knowledge, Attitude and Practice Regarding Corona Infection of Patients Admitted in Covid-19 Ward of TMSS Medical College & Rafatullah Community Hospital, Bogura, Bangladesh

Dr. Md. Matiur Rahman, Prof. Dr. Md. Azfarul Habib, Prof. Dr. Hafiza Arzuman, Md. Rahidul Islam

Majority of the respondents (39.4%) were the age group 46-60 years and 20.4% were more than 60 years. 68.5% patients were male and 93.5% were married. Maximum 32.9% patients' educational qualification was master and 32.4% was the businessmen as their occupation. 89.4% patients were from the district town and maximum income group was 41-60 thousand BDT. The mean score of knowledge of the patients were 3.2 (out of 4). Patients between the 16-30 years, male, unmarried, and students had the more knowledge than the others. On the other hand, female had the highest practice score than the male and govt. and private service holders had the highest practice score than others.

The study findings show that the mean of knowledge score among the patients was very good means they had the

sufficient knowledge about the COVID-19 virus but their practice level was not up to the mark. So, to stop the spreading of SARS-CoV-2 virus, the government and local authority need to take proper action for ensuring the appropriate preventive practices throughout the COVID-19 outbreak.

A Study on Knowledge Attitude and Practice Regarding Covid-19 of Non-infected Family Members of Corona Patients Admitted in TMC & RCH, Bogura, Bangladesh

Prof. Dr. Hafiza Arzuman, Prof. Dr. Md. Azfarul Habib, Dr. Md. Matiur Rahman, Md. Rahidul Islam

The age of the majority of the respondents (40.3%) were in between 31-45 years. 52.1% respondents were male and 76.3% were married. Only 9.5% respondent's educational qualification were up to class five and rest of them were a good educational qualification. 33.6% were house wife and 19% were private job holder followed by business man (17.5%). 86.7% respondents were from the district town and maximum income group was less than 20 thousand BDT. 78.2% of the respondents strongly agreed that people should maintain social distance between each other in face-to-face contact toward preventing COVID-19 spread. About 75% provided opinion is that COVID-19 might be contacted by touching a surface or object, on which the virus was attached. 91% strongly agreed regarding the importance of maintaining social distance. 85.8% strongly claimed that after coming back from outdoor activities people mandatorily need to wash their hands. 75.4% of the respondents were strongly agree that people should get isolated, if they feel physically sick. 57.3% as strongly agree and 38.9% as agree of the respondents thought that it will be possible to prevent COVID-19 by compliance with the ministry of health precaution directly. 99.1% regularly used soap or sanitizer to wash their hands for 20 seconds. 96.7% maintained social distance regularly, 95.3% regularly tried to avoid shaking hands and hugs. As practice, 90% of the respondents regularly stayed at home in order to protect themselves from COVID19 exposure as much as they can.

Although knowledge and preventive practices among the respondents are encouraging, this study suggests updated knowledge be provided by healthcare authorities to enhance appropriate preventive practices throughout the COVID-19 outbreak.

Prevalence of Co-morbidities, and Mortality Among Patients Hospitalized With COVID-19 in TMC and RCH, Bogura

Dr. Md. Mahbub Alam Siddiqui, Dr. Md. Abu Masud Ansary, Dr. Shahed Ahmed, Dr. Md. Rafiur Rahman Sahin

Most of the patients had at least 1 co-morbidity (75.4%). Among them DM (180; 52.8%), HTN (177; 51.9%), bronchial asthma (50; 14.7%), heart disease (35; 10.3%), CKD (30;

8.8%) were most common. The prevalence of all comorbidities was significantly higher in older patients than younger patients. Prevalence of almost all symptoms was more in patients with a greater number of comorbidities than a smaller number of co-morbidities. Patients with one or more co-morbidities had a higher death rate (15.6%) than those without known co-morbidity (6%). Patients with diabetes, hypertension, heart disease, CKD, CVD and COPD all had significantly greater individual mortality rate than those without those co-morbidities.

Presence of co-morbidities is a risk factor for the rapid progression of the symptoms of Covid-19 & it worsens the prognosis. So, more attention should be given to Covid-19 infected patients who have co-morbidities as these patients can deteriorate any time.

The Prevalence of Diabetes in COVID 19 Patients and Its Progression and Prognosis

Dr. Md. Mahbub Alam Siddiqui, Dr. Priyanka Podder, Dr. Md. Abu Masud Ansary, Dr. Shahed Ahmed, Dr. Nyeem Ahmad Nibir, Dr. Md. Rafiur Rahman Sahin

Compared with non-diabetic patients, diabetic patients had a higher duration of hospital stay ($p = 0.0001$) and worse hospital outcome with a death rate of 19.4% ($p=0.002163$). Diabetic patients also received more oxygen therapy (32 hrs., $p<0.05$), more injectable antiviral drug (161, $p<0.05$) and more low molecular weight heparin (105, $p<0.05$) which indicate that diabetic patients had higher rate of complications than non-diabetics which indicates that diabetes worsen the prognosis of covid 19.

Diabetes is a risk factor for the rapid progression of the symptoms of Covid-19 & it worsens the prognosis. So, more attention should be given to Covid-19 infected patients who are also diabetic as these patients can deteriorate any time.

Ongoing Research

1. Impact of COVID-19 on gender relations: A study of TMSS micro credit members
2. Status of Internet Addiction and Associated Factors among Undergraduate Students: A Cross Sectional Study in Selected Undergraduate Institutions in Northern Bangladesh
3. Status and Associated Factors of Tobacco Product Use among Undergraduate Students of Selected Institutions in Bogura, Bangladesh
4. Impact of Covid-19 on Essential Health Care of Rural People in Northern Bangladesh: A Cross-Sectional Study
5. Status of Access to and Utilization of Maternal and Child Health Service during COVID-19 in Rural Areas of Northern Bangladesh

6. Impact of COVID-19 on Livelihood of Northern Region of Bangladesh: A Rapid Assessment
7. Status of Maternal and Child Health Care in Northern Region of Bangladesh during
8. COVID-19 Pandemic: A Retrospective Study Post-COVID Syndromes Involving Musculoskeletal System: A TMSS Medical College & Rafatullah Community Hospital Experience

Upcoming Research

1. Prevalence and Associated Factors of Low Birth Weight Among Neonates Admitted in the selected Hospitals of Northern Bangladesh
2. Health Status of the Employees of TMSS: A Retrospective Study
3. Challenges and opportunities of COVID-19: A systematic Review

Policy Paper

A policy paper entitled 'COVID-19 Pandemic: Community Engagement could be the Best Approach for Mitigation' has been published from the Research, Planning & Development Department of TMSS Grand Health Sector. The report has described the ongoing situation created due to the COVID-19 pandemic and its' impact on the society. A set of recommendations has been provided for increasing the community engagement to mitigate the impact of COVID-19 pandemic.



Capacity Development

RP&D has its own well-equipped skill lab and training venue with all modern facilities where regular professional development training to the health service provider like Physician, Nurse, Technologist, Medical Assistants, Administrative Personnel, Community Leaders even the Volunteers of inside and outside of Health Sector has been organized individually or jointly with the national and international collaboration. The list of training conducted so far by RP&D Department is presented below-

Training and Workshop

Sl.	Workshop/Training Title	Duration	Participants	Funding Organization
01	Workshop on Behavior Change Communication of the Health Workers of TMSS Health Care Centre (THCC)	13-14 October, 2021	55	TMSS Grand Health Sector
02	Refreshers Training on Eye Care for Nurse, Paramedics, and Medical Assistants (3 Batches)	06-11 November, 2021 13-18 November, 2021 20-25 November, 2021	60	Rotary Int., and Rotary Club of Ramna, Dhaka
03	Eye Care Training for the Physicians (4 Batches)	04-06 December, 2021 11-13 December, 2021	80	Rotary Int., and Rotary Club of Ramna, Dhaka
04	Cervical & Breast Cancer Awareness Training Workshop for the Paramedical & Medical Assistant	11-12 June, 2022	33	Rotary Dr. Mozaffar Rahman Cancer Detection Center
05	Cervical & Breast Cancer Awareness Training Workshop for the Paramedical & Medical Assistant	22-23 July, 2022	32	Rotary Dr. Mozaffar Rahman Cancer Detection Center
06	Cervical & Breast Cancer Awareness Training Workshop for the Nurses	07-08 July, 2022	11	Rotary Dr. Mozaffar Rahman Cancer Detection Center
07	Capacity Enhancement for Cancer Detection through Screening and Early Diagnosis for further Treatment	20-21 August, 2022	17	Rotary Dr. Mozaffar Rahman Cancer Detection Center

Training for Nursing Development

Sl	Title of the Activity	Duration	Number of Participants
01.	Vital Signs	1	20
02.	Oral Drug Administration	1	28
03.	Understanding Medication Order & Calculation	1	69
04.	Starting IV Infusion, Insertion, & Calculation	1	63
05.	Intake & Output Chart	1	65
06.	Bedside Handover	1	41
07.	Back Care & Oral Care	1	29
08.	Nursing Care-Patient with Urinary Catheter and NGT Feeding	1	40
09.	Administering Nasogastric Feeding	1	28
10.	Review on Preparation of Medication from the Vial and an Ampule	1	47
11.	Areas of Supervision	1	7
12.	Common Errors of Staff Nurses in Clinical and Administrative Areas	1	37
13.	Time Management	1	5
14.	Delegation & Prioritization	1	3
15.	Supervision in Nursing Service	1	21
16.	Implementing Course Syllabus	3	27

Behavior Change Communication (BCC) Training

Communication plays a powerful role in addressing barriers and shaping demand for and adoption of preventive and promotive practices related to health. Many health and development programs use BCC to improve people's health and wellbeing, including family planning and reproductive health, maternal and child health, and prevention of infectious diseases. BCC is a process that motivates people to adopt and sustain healthy behaviors and lifestyles. Sustaining healthy behavior usually requires a continuing investment in BCC as part of an overall health program. In continuation of this, TMSS Grand Health Sector has arranged a BCC workshop for its Medical Assistants working in the community level.

Training Module Development

So far, two training modules has been developed from this department on Eye Care and Basis Eye Care Awareness for the Nurses, Paramedics and Medical Assistants; and Community Volunteers respectively with the financial support of Rotary International and Rotary Club of Ramna, Dhaka under the Project of Jahanara & Jillur Eye Care Center. One another training module is under developing for the Physician regarding Advance Eye Care Training.

SL	Module Title	Year
01	Eye Care Training for the Nurses, Paramedics and Medical Assistants	2021
02	Basic Eye Care Awareness Training for Community Volunteers	2021
03	Ophthalmological Training Modules for Physicians	2021
04	Basic Trauma Management Training Manuals	2021
05	Training Manual of Basic Nursing Skills	2022
06	Basic Nursing Skills Manual: Hospital Housekeeping	2022
07	Basic Nursing Skills Manual: Assessment of Vital Signs	2022
08	Basic Nursing Skills Manual: Bed Making and Bedside Client Care	2022

International Conference, Seminar & Webinar

Name of the Event	Key Note Speaker	Date	Organized By
Webinar Series on Nursing Education 1. Basics of Nursing Research 2. Practical Approaches to Offering Related Learning Experiences amid the COVID-19 3. Underscoring the Importance of FUNDA Lab Utilization for Conducting Nursing Classes	Blaise B. Nieve, PhD, MAN, RN Nursing Program Chair, Davao Doctors College, Philippines Panelist Dr. Mohammad Mahbub Ur Rahim & Salome A. Rahim	20-21 December, 2021	Research, Planning & Development Department, Grand Health Sector and TMSS Nursing College
4. Seminar on Gene Sequencing for Cancer Treatment	Dr. Paul Mainwaring, MBBS, MD, FRACP Co-Founder & CEO, Xing Group Holdings, Australia	05 January 2022	Research, Planning & Development Dept., Grand Health Sector
5. Conference on Medical Education, Training & Clinical Services	Prof. Anurag Shrivastava Prof. Dr. M.C. Mishra Prof. Dr. Deepak Abraham	08 June 2022	Research, Planning & Development Dept., TMSS Health Sector and TMSS Medical College

Awareness & Medical Campaigns

With the support of Rotary Dr. Mozaffar Rahman Cancer Detection Center five Awareness & Medical Campaigns were held on different districts of northern Bangladesh.

Date	Location	Total Participants	Screening & Free Consultation	Potential Cancer Cases
19/05/22	Kamarpur, Gobindagong, Gaibanda	833	125	8
26/05/22	Raninagar, Naogaon	735	96	12
28/06/22	Kalai, Joypurhat	746	130	11
07/08/22	Gabtolli, Bogura	839	155	10
19/09/22	Sherpur, Bogura	580	65	4

Collaboration & Partnership

Child in Need Institute (CINI)

CINI is an Indian Non-Government Organization (NGO), regarded as one of the most influential institutions working for poor children in India. Over more than four decades, CINI has been partnering with central and state government, national and international donors, non-government organizations and local communities to strengthen the capacity of deprived children and women to improve their health, nutrition, education and protection conditions. CINI has received the National Award twice from Government of India for its contribution in child welfare. Distilling international and national experience, CINI seeks to learn from the poor to improve its interventions in under-served rural and urban areas. CINI aims at strengthening local governance processes that give marginalized and poor communities a voice and influence national policies.

A MoU has been signed between CINI and TMSS Health Sector to establish a good health network in order to benefit of the people of both countries and South Asia, as well. knowledge sharing and exchange of learning between these two organizations is the prime focus of this MoU. After signing the MoU, a series of webinar has been organized during the COVID period in order to share the activities, knowledge, and experience related to COVID mitigation.

Xing Group Holdings, Australia

XING Technologies is an Australian-based biotechnology company specializing in transformative diagnosis and monitoring technologies for cancer and disease. The company's proprietary nanotechnologies are transforming the future practice of medicine and

enabling personalized healthcare. XING's service and product lines currently span from cancer care to rapid nucleic acid extraction, protein detection diagnostics and nanoparticle capture agents to identify and prevent the spread of infectious diseases.

The collaboration between the TMSS Health Sector, and Xing Holdings Australia is ongoing. The main objective of this collaboration is to provide the diagnosis and treatment facilities of the cancer patients by genomic sequencing technology.

HungKuang University Taiwan

A collaborative MoU was signed between TMSS Health Sector and HungKuang University Taiwan

for strengthening the capacity of the nursing faculties and students through:

- ❖ Student Exchange Program
- ❖ Faculty Exchange Program
- ❖ Special Short-term Academic Programs
- ❖ Staff Development Projects
- ❖ Joint Research and Activities

Bangladesh Stroke Association

TMSS Health Sector and Bangladesh Stroke Association tied up for raising awareness on preventing stroke and ensuring its early management through national level advocacy meeting and seminar. On the occasion of International Stroke Day 2022 TMSS Health Sector and Bangladesh Stroke Association organized "A National Level Round-Table Meeting" which was also supported by Public Health Foundation Bangladesh (PHFBD) & Impala. This Round-Table Meeting was held on 25 October 2022.

Photo Gallery



Eye Care Training for Physicians



International Webinar Series on Nursing Education



Seminar on Strategies, Learning & Actions of Child in Need Institute (CINI) by Dr. Arpita Banerjee



Grand Opening of Rotary Dr. Mozaffar Rahman Cancer Detection Center



Capacity Enhancement for Cancer Detection through Screening and Early Diagnosis for further Treatment



Cervical & Breast Cancer Awareness Session in Communities

Photo Gallery



Rotery Global Grant Project visited by Rtn. Holger Knaack, President Rotary International



Collaborative Business Meeting with NIMS University, India



MoU Signing Between Xing Group Holdings, Australia & TMSS Medical College & Rafatullah Community Hospital



Seminar on Gene Sequencing for Cancer Treatment



Field Data Collection at Sherpur, Bogura for CINI-TMSS Research Project



Lamia with Her Father, Patients with Lower Limb Amputation, Received Comprehensive Rehabilitation Support From TMSS



স্ট্রোক প্রতিরোধ চিকিৎসা এবং পুনর্বাসনে সমন্বিত কার্যক্রমের গুরুত্ব

স্ট্রোক দেশে অন্যতম ঘাতক রোগ হিসেবে দেখা দিয়েছে। এক বছরে স্ট্রোকে মৃত্যু ও হার বেড়েছে বেড়ে দ্বিগুণ। এর অত্যন্ত ব্যয়বহুল চিকিৎসা ছাড়াও দীর্ঘমেয়াদী ও অপ্রতুল চিকিৎসা ব্যবস্থার কারণে অধিকাংশই সম্পূর্ণ চিকিৎসাটি নিতে পারেনা। এই কারণে তাদের অনেককেই মৃত্যু বরণ করতে হয় অথবা বাকি জীবনের জন্য পরিবার অথবা সমাজের অথবা জাতির জন্য বোঝা হয়ে দাঁড়ায়। অথচ সঠিক সচেতনতা এবং সমন্বিত চিকিৎসা কার্যক্রম চালুর মাধ্যমে এই মৃত্যুবৃত্তিক কমানোর পাশাপাশি রোগি পূর্ণ সুস্থ হয়ে উঠা সম্ভব।

আগামী ২৯ অক্টোবর পালিত হবে বিশ্ব স্ট্রোক দিবস। এই বছরে প্রতিপাদ্য- 'মূল্যবান সময় বাঁচানোর গুরুত্ব'। স্ট্রোক প্রতিরোধ ও সময় বাঁচানোর জন্য করণীয় নানা বিষয়ে তুলে ধরতে গত ২৫ অক্টোবর আয়োজিত হয় 'স্ট্রোক প্রতিরোধ চিকিৎসা এবং পুনর্বাসনে সমন্বিত কার্যক্রমের গুরুত্ব' শীর্ষক গোলটেবিল। আয়োজনে সহযোগিতায় ছিল আইএসও সনদপ্রাপ্ত একমাত্র পেশন আন্ড রিহাবিলিটেশন কেয়ার প্রতিষ্ঠান ইমপালা পেশন আন্ড রিহাবিলিটেশন কেয়ার, টিএমএসএস, পিএইচএফ, বাংলাদেশ স্ট্রোক অ্যাসোসিয়েশন।



বিশ্ব স্ট্রোক দিবস উপলক্ষে মাস্ত্রতিক দেশকাল আয়োজিত গোলটেবিল বৈঠকের আলোচকবৃন্দ



ইলিয়াস উদ্দিন পলাশ

অন্যান্য চিকিৎসার ক্ষেত্রে মানুষের ধারণা থাকে কোথায় যেতে হবে এবং ট্রিটমেন্টটা কী হতে পারে? যেমন আগে একটা পরীক্ষা এবং পরে ট্রিটমেন্ট হয়। স্ট্রোকের ক্ষেত্রে কিন্তু আমি দেখছি, নিউরোসাইন্সে পেশেন্ট গেলে তারা বলছে, এখন আর আমাদের কাছে না, অন্যজায়গায়। বা আগে যখন যাচ্ছে, বলছে- এরপর আমাদের এখানে না। অর্থাৎ এখনকাল সমন্বিত চিকিৎসাটা মানুষকে কনফিউজ করে তোলে। এই সমন্বিত চিকিৎসাটা কীভাবে গ্রহণ করবে, অপারেশন লাগলে সেটা কোথায় হবে, কিংবা কোনটা শুধু ফিজিওথেরাপি সেক্ষেত্রে অপারেশন কেন হচ্ছে না, এটা নিয়েও একটা কনফিউশন আছে। আমি একজন পেশেন্টের কথা বলতে পারবো, তাকে সোহরাওয়ার্দীতে ভর্তি করানোর দুইদিন পরে একজন ডাক্তার বলছেন যে তাকে পিজিতে নেওয়া উচিত ছিলো। কারণ এই অপারেশন হয় পিজিতে। দুইদিন পরে কিন্তু পেশেন্ট সোহরাওয়ার্দীতে মারা যায়। অর্থাৎ প্রথমেই তারা বলতে পারতেন এই পেশেন্টের ডেসাইনেশন কোথায়? যারা পেশেন্টের সাথে, তারা কিন্তু এসব পরিষ্কার বুঝতে পারেন না। সুতরাং আপনারা এই বিষয়গুলো যদি একটু আলোচনায় নিয়ে আসেন, সমন্বিত কাজের ক্ষেত্রে কীভাবে দেখবে। ইমপালা পেশন এন্ড রিহাবিলিটেশন কেয়ার ফিজিওথেরাপির জন্য নিবেদিত গ্রাণ প্রতিষ্ঠান।

তারও এই আলোচনায় নিশ্চয়ই গুরুত্বপূর্ণ ভূমিকা রাখবেন এবং আমরাও তাদেরকে মানুষের কাছে নিয়ে যাবো।

এই আলোচনাটা আমরা আমাদের অনলাইন, সাপ্তাহিক প্রিন্ট পত্রিকা 'মাস্ত্রতিক দেশকাল' এবং ত্রৈমাসিক ম্যাগাজিন 'দেশকাল পত্রিকা' প্রকাশিত হবে।

ভবিষ্যতেও স্বাস্থ্য সংক্রান্ত অন্যান্য বিষয় এলে আমরা আপনাদের সাথে যোগাযোগ রাখব। যাতে সচেতনতা বৃদ্ধির কাজে একটা ভূমিকা আমরা নিতে পারি। আমরা বিভিন্ন টক শো বা অন্যান্য প্রোগ্রাম করতে যাচ্ছি। সেগুলোতে ভবিষ্যতে আপনাদেরকে পাশে পাও। এই প্রত্যাশা ব্যক্ত করছি। আজকে যারা এসেছেন সবাইকে ধন্যবাদ ও কৃতজ্ঞতা জানাই।



অধ্যাপক ডা. এম. মোজাহেদুল হক

আমাদের দেশে স্ট্রোক চিকিৎসায় যে ব্যয়, তার মাত্র ৩৭ ভাগ সরকারি সহযোগিতা পাওয়া যায় আর বাকি ৬৩ রোগীর নিজের পকেট থেকে ব্যয় করতে হয়। এখানে উপস্থিত বিশেষজ্ঞরা আমার সঙ্গে একমত বলেন যে, স্ট্রোক ডায়াগনোসিস হওয়ার পর থেকে চিকিৎসা গ্রহণ বা পরবর্তীতে যে বিঘ্নগুলি আসে তা অনেক খরচের ব্যাপার। সামগ্রী না থাকার কারণে অনেকেই পুরোপুরি এবং সঠিক সময়ে চিকিৎসা নিতে পারেন না। ফলে অনেকেই মৃত্যু বরণ করতে হয়। তাই প্রথমেই আমাদের প্রতিরোধের দিকে নজর

দেওয়া প্রয়োজন। আমরা দেখি স্ট্রোকটা কাদের বেশি হয়? বাংলাদেশের প্রেক্ষাপটে দেখা গেছে যাদের পঞ্চাশের উপরে বয়স তারা বেশিরভাগই হাইপার টেনশনে ভোগেন। এটা আলটিমেটলি লিড টু স্ট্রোক। আমাদের দেশে রেগুলার স্বাস্থ্য চেকআপ করেন এমন সংখ্যাটা অত্যন্ত কম। দেশের ৭৩ ভাগ মানুষ গ্রামাঞ্চলে মানে উপজেলা পর্যায়ে থাকে। এই সব চিকিৎসা কেন্দ্রে স্ট্রোক রোগীর ডায়াগনোসিস হওয়ার পর পুরোপুরি চিকিৎসা দেওয়া সম্ভব নয়। সুতরাং তাদের যতটুকু চিকিৎসা সম্ভব দেওয়ার পরপরই এখন জায়গায় পাঠাতে হবে যেখানে নিউরোসার্জন, মেডিসিন স্পেশালিস্টসহ এই চিকিৎসার সার্বিক ব্যবস্থা রয়েছে। আমি খুব সহজ করে বলতে চাই স্ট্রোক রোগী যখনই ডায়াগনোসিস করতে পারবে তারপরের করণীয় কিন্তু খুব দিশাল। যতদূর সম্ভব হাসপাতালে নিতে হবে। এক্ষেত্রে আমাদের উপজেলা হেলথ কমপ্লেক্সের ডাক্তারদের স্ট্রোকের উপরে স্পেশাল ট্রেনিং দেওয়া দরকার। যাতে ইমার্জেন্সি স্ট্রোক ম্যানেজমেন্ট করতে পারেন। আরেকটা হলো রেফারেন্স সিস্টেম। যেটা আমাদের দেশে কাজ করেনা এখনো। রোগীর ডায়াগনোসিস হওয়ার পরপরই তাকে কোন বিশেষায়িত হাসপাতালে বা সেন্টারে পাঠাবে তা চিকিৎসক বুঝিয়ে দেন। ধরেন- আমার কেউ একজন স্ট্রোক ডায়াগনোসিস হলো তখন উপজেলা হাসপাতালে জরুরি সেবা দেওয়ার পরপরই নিউরোসার্জারি হাসপাতাল ঢাকা বা অন্য কোথায় যেতে হবে সেটা বলে দেন বা একটা কনফারেন্স দেন। এতে রোগী যত দ্রুত সেবা পাবেন তত দ্রুত সুস্থ হওয়ার সম্ভাবনা থাকবে।

সর্বোপরি আমি প্রতিরোধের দিকে বেশি নজর দিতে চাই। সচেতন হতে হবে। ঘরেই সেলফ রাত্রে শ্রোয়া মোজারমেন্টের ব্যবস্থা করুন। অথবা যাদের বয়স পঞ্চাশ হবে তাদেরকে রেগুলার রাত শ্রোয়াটা চেক করার ব্যবস্থা করতে হবে। এটা ঘরে অথবা নিকটস্থ যে ভিসিটেশনারি এবং পরবর্তীতে ডাক্তারের কনসাল্টেশনে যেতে পারেন। যদি দেখেন সাস্টেইন রাড শ্রোয়াটা বেশি থাকছে, তখনই তাকে নিয়ে যেতে হবে ডাক্তারের কাছে।

আলোচকবৃন্দ

অধ্যাপক ডা. এম. মোজাহেদুল হক
প্রতিষ্ঠাতা চেয়ারম্যান, পাবলিক হেলথ
ফাউন্ডেশন বাংলাদেশ

অধ্যাপক ড. হোসেন-আরা বেগম
প্রতিষ্ঠাতা নির্বাহী পরিচালক, টিএমএমএস

ডা. শিরাজী শাকিলুল ইসলাম
সহযোগী অধ্যাপক, ন্যাশনাল ইনস্টিটিউট
অব নিউরোসায়েন্সেস আন্ড হাসপাতাল

ডা. মো. আব্দুল্লাহ আল মুহাম্মদ
সহকারী অধ্যাপক, বঙ্গবন্ধু শেখ মুজিব
মেডিক্যাল বিশ্ববিদ্যালয়

ওসমান গণি
সাধারণ সম্পাদক ও ট্রান্সিট
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ইয়াসমিন আরা ভলি
পরিচালক, বাংলাদেশ কাউন্সিল ফর চাইল্ড
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উম্মে সায়কা নিলা
অকুপেশনাল থেরাপি বিশেষজ্ঞ

ফিদা আল শামস
সভাপতি, সোসাইটি অব পিপিচ আন্ড
ল্যাম্বুয়েজ থেরাপিস্টস (এএসএএলটি)

সৈয়দ মো. জাকারিয়া ফারুক
চিফ অপারেটিং অফিসার, ইমপালা পেশন
এন্ড রিহাবিলিটেশন কেয়ার

আসিফ বিন ইসলাম
ট্রান্সিট, বাংলাদেশ স্ট্রোক অ্যাসোসিয়েশন

সুজন বক্তব্য রাখেন
ইলিয়াস উদ্দিন পলাশ
সম্পাদক, মাস্ত্রতিক দেশকাল

সঞ্চালক
কাওসার মাহমুদ



অধ্যাপক ড. হোসেন-আরা বেগম

প্রথমেই প্রিভেন্টিভ এবং প্রি-প্রিভেন্টিভের কথা ভাবতে হবে। এজন্য লাইফস্টাইল, আচরণ, সম্পর্ক, অবস্থান এমনভাবে থাকা উচিত যাতে আমাদের মধ্যে কোনো টেনশন কাজ না করে। কারণ আমরা হাতা লা শিরা, ধমনী রক্ত মানুষের শরীরে দিয়েছেন ছিড়ে যাওয়ার বা রক্ত হওয়ার জন্য নয়, কাজ করার জন্য। সেটা ছিড়ে যাচ্ছে, রক্ত হচ্ছে নিশ্চয়ই এগুলো বিকল হওয়ার ক্ষেত্রে আমাদের ভূমিকা আছে। আমাদের অনেক অনিয়ম আছে। অনিয়ম রয়েছে আমাদের আচরণ, মানসিকতা ও খাদ্য-দ্রব্যের মধ্যে। আমরা অন্যকে ঠকিয়ে হলেও অতি উচ্চ আকাঙ্ক্ষার মধ্যে বাস করি। অতিরিক্ত উচ্চাকাঙ্ক্ষায় খুম নাই, দুঃস্থিভায়া ভুগছি। ফলে আমাদের প্রেসার বাড়ছে, ধমনী দুর্বল হচ্ছে, ছিড়ে দিচ্ছে। কন্সিউমেন্সিভ কেয়ার সেন্টার করার কথা বলছেন এটা আমাদের ইচ্ছা। এটা একটা ব্যাপক সামাজিক আন্দোলন হতে পারে। আর এ আন্দোলনে অনেকে শরিকও হবে। কারণ কিন্তু কিন্তু উর্বর। স্ট্রোক, হার্ট এট্যাক, অর্থাৎ বড় বড় রোগগুলো নিয়ে কিন্তু প্রত্যেকটি মানুষই চিন্তিত, সচেতন। সুতরাং এখানে সামাজিক আন্দোলন সরকার, বেসরকারি মিলিয়েই করা যাবে। এধরনের উদ্যোগ খুব একটা দেখিনা। আমি ধন্যবাদ দিচ্ছি সামাজিক আন্দোলনের পোডাপত্তন করেছেন এই পত্রিকার মাধ্যমে। নিশ্চয় এটা সুফল দর্শে আনবে।



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Web address: www.tmsshealth.com/rpd

Email: rp.d.tmsshealth@gmail.com

Mobile: 01777 798094