



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )  
( Registered under Acts XXI of 1860 and XXIX of 1950 )  
**BRIGADE GAZETTE**

**GRATIS**

No.660

November, 2018

## PART - I NOTIFICATIONS

PLEASE NOTE: BRIGADE GAZETTEs ARE UPLOADED ON WEBSITE [www.bcac.co.in](http://www.bcac.co.in) and on WhatsApp in various BCAC groups

JANUARY 2019 ONWARDS printed copy will be sent to members only on request.

### *Instructors' Courses*

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2019 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 7, 2019 for 2 hours in the evening on Mondays and Thursdays.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrolment will be at the sole discretion of the Commandant of the College. Those desirous of enrolling in the course should call in person at the College office between 6 and 8 p.m. from December 1 to 28, 2018.

Members and Well wishers are requested to do wide publicity of the course.

## NEWS

### *88th Ordinary General Meeting*

The Eighty Eighth Ordinary General Meeting of the Members of the Society will be held on Saturday, the 24th day of the November, 2018 at 4.30 p.m. in the Dr. Moolgavkar Memorial Hall at the Registered Office of the Society (21 New Marine Lines, behind Government of India Offices, Mumbai 400 020).

### *Public Duty*

Ambulance Car 12 (MH-01-L-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football Ground for football matches as under during September-October 2018:

Sr. No.	Organizer	Date 2018	Time
1	Western India Football Association	August 28-30,	8.30 am to 12 noon & 3.00 pm to 7 pm
		September 6	7.00 pm to 9.30 pm
		September 9	12.00 noon to 5.30 pm
		September 16	9.00 am to 6.00 pm
		October 22	8.15 am to 10.30 am
		October 24	8.30 am to 11.00 am
		2	Mumbai District Football Association
September 6	7.00 pm to 9.30 pm		
September 30	9.00 am to 1.00 am		
October 5	9.30 am to 11.00 am & 5.00 pm to 7.30 pm		
October 7	9.30 am to 7.00 pm		
October 11	12.30 pm to 7.00 pm		
October 12	5.30 pm to 8.00 pm		
October 14	9.00 am to 7.00 pm		
October 16	6.15 pm to 8.00 pm		
October 21	9.00 am to 12.30 pm		
October 23	9.30 am to 11.45 am		

**ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS**

### *Basic First Aid*

No.	Date 2018	No. of Participants	Participants from
B/18/FA/3	July 31 & Aug 1	33	TISS
B/18/FA/4	September 22 & 29	17	Revoluters Foundation
B/18/FA/6	September 22	05	Safepro Center for Training
Bb/18/FA/7	October 6 & 13	10	Revoluters Foundation

### *Seminars of CPR*

No.	Date 2018	No. of Participants	Participants from
18/S/CPR/3	September 15	12	BFY
18/S/CPR/4	September 22	03	Safepro Center for Training

### *Donations to General Fund*

We have received the following donations to the General Fund of the Society: -

Date 2018	Amount (Rs.)	Donation received from
September 1	21,000/-	Aatmabodh Academy of Yoga
September 10	12,000/-	TATA Institute of Social Science
October 1	21,000/-	Aatmabodh Academy of Yoga

### *Donations to Station Fund*

We have received the following donations to the Station Fund of the Society: -

Date 2018	Amount (Rs.)	Donation received from
August 27	2,000/-	The National Sports club of India
September 6	2,600/-	Nisha Industrial Service Pvt. Ltd
September 12	16,000/-	Reliance Capital Ltd.
September 15	700/-	Mr. Selwyn Terence Jacinto
September 15	700/-	Mr. Ganesh G. Tadoor
October 5	7,000/-	BFY
October 6	8,000/-	Mr. Sudhakar Rane

**Note:** Next CPR Seminar will be held on December 8, 2018 at the College campus from 2 pm to 6 pm. SMS/WhatsApp on 9930847744 for registration in advance. Registration for the seminar will be at 1.30 pm on the same day.

## PART II

### *Hospital Care at Home*

In past, if person suffered from prolonged fever, the preliminary diagnosis was done at their home. The patient would be hospitalized if he/she need intravenous injections. The path to evaluation was: treat the symptoms and observe. This is still valid today. Back then, well-off patients would insist that the GP should come home and give the injections. But the four hourly and eight hourly doses of antibiotics made this difficult.

Today, the system of house visit is no longer popular or practical, and consultants insist that patients with severe symptoms head for the emergency room for evaluation. The consultant intervenes at a later stage, either in person or through an assistant. There is an article in the Annals Internal Medicine promoting the concept of 'Hospital at home'. Obviously, it covers patients who are not that sick to be hospitalized but also not healthy enough

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to be sent home after outpatient care.

The home hospitalization concept may have a problem: patients who may not appear in to need hospitalization could become moribund in just a few hours. That's how some disease work – they don't give immediate signs, but spread quickly and case may be too late to shift a patient from his/her home to the hospital. However, this is not saying that if admitted and given the best possible care, the patient's chances won't improve.

The hospital at home' concept is gaining some attention in the west because medical care is very expensive there. And with the cost of hospitalization going in Mumbai, the idea may be relevant too.

The study published in the Annals of Internal Medicine involves 455 patients. The authors state acute medical care is hazardous for older patients (65 and above) because they experience functional decline and are more vulnerable to hospital-acquired infections. The authors examined cases chronic heart failure, community-acquired pneumonia, exacerbation of chronic bronchitis and emphysema, and an infection of skin and subcutaneous tissues called cellulitis.

The patients were hospitalized in the Phase I and in Phase II, when they became better, they could choose home hospitalization or constant medical care. Sixty percent of the patients chose the former. Such patients had shorter home stays, fewer procedures, and consultation and indwelling devices. Initially, they received continuous nursing care. In the later stages, there were daily visits by a nurse and a physician. Only a few indwelling devices were inserted because the patients were not under the physician's constant care.

A surprising thing about home is that 78 percent of the patients received oxygen therapy at their residence. The incidence of delirium was low and that is understandable in the case of the elderly who are familiar with the conditions at home and therefore do not experience fits of delirium.

Home hospitalization is a novel concept need to be explored in greater detail with more supervision. This stands true even though the patients covered in the study had a physician on call 24 hours.

— Edited - Courtesy Mumbai Mirror

## DRINK UP

(How much water should you drink in a day? Facts and Myths)

How much water to drink in a day?

- Six to eight glasses (1.2 litres) a day is something you should be aiming for. But remembering you get some of this from food.

Do tea and coffee count?

SERVICE STATION STATISTICS		
Year 2018	September	October
Calls Registered	14	18
Removal Services	20	16
Services for which NO donations were received	05	15
<b>Donations received on account of :</b>		
Removal Services	₹ 3,450/-	₹2,450/-
Donations to the Station Fund	₹ 22,000/-	₹15,000/-
Run of Ambulance (Car No.12)	266 Kms.	398 Kms.
Total services rendered till date	80,873	80,899

- Yes, they do. Despite their caffeine content they do in fact count towards your water tally. They also have health benefits so don't feel like you have to rule them out. They are dehydrating because they are both diuretic – but they contain enough water to make up for this.

- Green tea has also been shown to speed up metabolism and aid weight loss.

What the scientist has to say?

- What water does for us: It allows you to digest your food, it lubricates everything from your joints to your eyes to your mouth to more intimate parts. Sweating helps the body regulate its temperature. At acellular level, pretty much every part of the body is essentially suspended in water – it's also the key to the body's moving things around. It provides the medium for the body get rid of toxins and things it doesn't need. In short, if you don't drink water, everything stops, overheat and you die.

- The myths debunked: In an article for The New York Times, Aaron E. Carroll, professor of Paediatrics and Assistant Dean for Research Mentoring at Indiana University School of Medicine, writes, "If there is one health myth that will not die, it is this: You should drink eight glasses of water a day. It's not just true. There is no science behind it".

- Eating vegetables counts: He says the original advice was people needed the equivalent of eight glasses of water a day. However, scientists included the amount of fluid ingested through other food and vegetables, and never intended for people to drink eight glasses of water on top of their food and drink.

- Don't go over the top: Spero Tsindos, at La Trobe University in Melbourne, sparked controversy by claiming that eight glasses of water a day 'is over the top' and instead of hydrating our body's cells, we just urinate most of it out.

### The best way to tell if you are drinking enough water

- The colour of your: "The best way to tell if you are drinking enough water is to look at the colour of your urine," says Dr. Sarah Brewer, "A pale straw colour shows you are drinking enough – if it is darker than this, you should aim to drink more. Don't count the first urine of the day as it is naturally darker as you have been asleep."
- Tiredness: There are also other symptoms that should let you know you are dehydrated. Fatigue and tiredness, head ache and poor concentration are earlier sign.

### Tips on how to up your drinking

1. Infuse your drinks if you are not a fan of water, try lemon or fresh fruit flavours. You can also get bottles that do this for you.
2. Drink a glass after every toilet break
3. Take a sip before every meal
4. Dilute sugary drinks with water and ice
5. Keep a jug next to you
6. Invest in filter
7. Choose sparkling or mineral water over soda drinks
8. Eat water-rich foods
9. Drinking alcohol? Stick to the one-to-one rule
10. Mark how much you need to drink on the side of your bottle.

— Courtesy Daily Mirror

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## BOOK - POST

To,

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