



# THE BOMBAY CITY AMBULANCE CORPS

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

GRATIS

No.661

January, 2019

THE BOMBAY CITY AMBULANCE CORPS  
WISHES PATRONS, LIFE MEMBERS AND WELL WISHERS OF THE SOCIETY  
A VERY HAPPY AND A PROSPEROUS NEW YEAR (2019)

NOTE: Our alternative Telephone No.66334897 is disconnected

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

## PART – I NOTIFICATION

### Results of First Aid Instructors' Examination

The Examination of the students of the Specialist Instructors' Course in First Aid to the Injured (Course No I/245) of Jamsetji Tata Ambulance College was conducted in November 2018 by the Board of Examiners appointed by the Medical Board of the Society consisting of (1) Dr. A.H. Kantharia, M.D. (Bom), and (2) Dr. Girish G. Lad, M.S. (Bom.), The Board was assisted by (i) Mr. Anjan S. Lalaji, B.Com., Dip. Amb. Work: and (ii) Mr. Nitin S. Lalaji, B.E., Dip Amb. Work and (iii) Mr. Nitin P. Thakkar, B.A., LL.B. as assessors for practical tests. The following students have been declared successful in order of merit:

1. Mrs. Shailaja R. Rane, B.Com., 2. Mrs. Arlene N. Fernandes, M.A. 3. Mrs. Pradnya S. Moghe, B.A. 4. Mr. Neville F. Fernandes, B.A. 5. Mrs. Lynette Fernandes, B.A., 6. Mrs. Laksha A. Jani, M.Com., 7. Dr. Mamta D. Lawankar, M.B.B.S, and 8. Dr. Vinayak L. Suradkar, B.A.M.S.

### Awards

- Mrs. Shailaja R. Rane, B.Com., has been awarded the "First Aid Instructors' Cup" for standing first in the examination.
- Mrs. Arlene N. Fernandes, M.A., has been awarded the "First Aid Instructors' Prize for standing Second in the examination.

### One day Seminars on CPR for Bystanders

No.	Date 2018	No. of Participants	Participants from
18/S/CPR/5	October 20	11	Students of I/245
18/S/CPR/6	November 17	06	BFY

### Simulated Disaster in compound of SNDT University, Mumbai

Interdisciplinary International Conference was held at the Patkar Hall, New Marine Lines, Mumbai with a theme "Emergencies- Be aware, Be Ready, Be Prepared. The conference was conducted by Leelabai Thackersy College of Nursing, SNDT University. Dr. Shobha Gaikwad, Assistance Professor coordinated the activities.

### Sequence of events:

Simulated Bomb blast in the campus of SNDT University 4.45 p.m.

- Evacuation of Hostel Rooms nearby. Evacuation team search any enclosed places around. They evacuated 40 persons including 10 casualties.
- Assembly Point Near Patkar Hall lobby 5.00 p.m.
  - Head Count by Evacuation team i/c 5.05 p.m.
  - Formation of Teams and start assignment 5.10 p.m.
    - First Aid Treatment: Three Teams of 2 members each. Case were Head Injury, Unconscious lady, Bleeding Chest and Thigh, mentally disturbed, Fractured Knee, Sprained ankle, Breathing difficulty,
    - TRIAGE
    - Transport to Ambulance Post (Two ambulances from The

Bombay City Ambulance Corps and Parsi Ambulance Division) load casualty in Ambulance car and sent to nearest Hospital for further treatment.

- Training and the exercise: Capt. Lad and Mrs. Snehal Mane.
- Dr. Khushrav Bhajan, Consultant Hinduja Hospital conducted post disaster triage system as carried out in Hospital.
- Demonstrating Team 4th year students of B.Sc. Nursing.
- The Drill was witnessed and appreciated by Vice Chancellor of SNDT University Dr. Shashikala Wanjari, Principal, L. T. College of Nursing Nancy Fernandes.

### Public Duty

Ambulance Car 12 (MH-01-LA-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football/Hockey Ground for football/Hockey matches organised by **Mumbai Hockey Association** as under :

Date 2018	Time
October 26, 29 & 30	8.30 a.m. to 11.00
October 28, November 4	9.00 a.m. to 4.30 p.m.
October 29, November 5, 6, 10, 11, 13 to 16, 18 & 20	4.00 p.m. to 6.00 p.m.
November 1	7.00 p.m. to 8.40 p.m.
November 2	3.30 p.m. to 4.00 p.m.
November 23	6.00 to 8.30 p.m.
December 2	1.30 p.m. to 6.00 p.m.
December 9	9.00 a.m. to 3.00 p.m.
December 23	2.00 p.m. to 6.00 p.m.

### Donations to Service Station Fund

Date 2018	Amount (Rs.)	Donations received from:
November 3	10,000/-	Mr. Sudhakar Rane
November 11	8,000/-	Mr. Sudhakar Rane
November 17	1,000/-	Mrs. Shalaka Anand Kulkarni
December 3	4,900/-	BFY
December 14	1,000/-	Anonymous
December 17	7,200/-	Mr. Sudhakar Rane
December 20	1,500/-	Mr. S. D. Sharma
December 20	19,000/-	Mr. Sudhakar Rane
December 26	500/-	Mrs. Mangala Anant Chile
December 26	1,100/-	Mr. Chandermohan P. Dhingra

### Donations to General Fund

Date 2018	Amount (Rs.)	Donations received from:
November 1	21,000/-	Aatmabodh Academy of Yoga
November 27	10,000/-	Manav Jagriti Foundation
December 3	21,000/-	Aatmabodh Academy of Yoga

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### Earmarked Donations to Hall AC Fund

WE have received on December 1, 2018, Rs. 1,50,000/- from General practitioner's Association, Greater Bombay for purchase of Air Conditioners for our Hall. We look forward for some more donation for the purpose.

### Earmarked Donations to New Ambulance Car

WE have received on December 20, 2018, Rs. 1,00,000/- from Trustees of Tulsi Public Charitable Trust for purchase of New Ambulance Car. We look forward for some more donation for the purpose.

## PART II

### MOST PAINFUL HEALTH COMMON CONDITIONS

Being ill can affect your daily life—you might choose not to go to work to try to recover, you may not need to spend some time in hospital or have to cancel your weekend plans. But for some people, illness and conditions can be so painful that your regular daily routine becomes utterly impossible to get through.

An international healthcare system has reportedly compiled a list of painful illness that can prevent someone from performing daily tasks. Some are so common that you might have experienced a few yourself.

- 1. CLUSTER HEADACHES :** Cluster headaches are excruciating attacks of pain in one side of the head, often felt around the eye. According to OUCH, a cluster headache is charity, although estimated to be same number of cluster headache sufferers in UK as there are sufferers of Multiple sclerosis, "hardly anyone" has heard of the condition. Most people affected by this condition often struggle alone with the pain.
- 2. SHINGLES :** Shingles, also known as herpes zoster, is an infection of a nerve and the skin around it; it usually affects a particular area on one side of the body. The main symptom is painful rash that develops into itchy blisters that contain particles of the virus. An attack usually lasts between two and four weeks, but 20% of sufferers go on to develop nerve pain in the affected area of skin. This pain can be severe and last for several months or even longer. Shingles can occur at any age, but it is most common in people over the age of 70. It is much less common in children.
- 3. FROZEN SHOULDER :** Frozen shoulder means your shoulder is

painful and stiff for months, sometimes years. Health experts say that the joint can become so stiff that it is virtually impossible to carryout simple movements, such as raising your arm. Daily activities can become an ordeal. It is not clear what causes frozen shoulder, but it can happen after a shoulder or arm injury, and is more common with diabetes.

- 4. BROKEN BONES :** This is an obvious one but a fractured ankle, hip, arm or nose is one of the most painful things you can experience. That is unless the break is small, but usually, a broken bone is very painful, especially when you try to move it. Broken bones can heal by themselves, but may need to be lined up and fixed in position so that it set properly. As a general rule, the older you are and the bigger the bone that is broken, the longer it will take to heal.
- 5. SICKLE CELL DISEASE :** Sickle cell disease is the name for a group of inherited conditions that affect the red blood cells. A sudden episode of pain, known as a pain crisis is one of the most common symptoms of this condition. The pain, which occurs in the bones and joints, can vary from mild to severe and last for up to seven days. Some people may have an episode every few weeks.
- 6. SLIPPED DISC :** One of the most common causes of back pain is a slipped disc, which is often the result of twisting or lifting injury. One of the discs in the spine ruptures and gel inside leaks out. Most people with a slipped disc experience sudden and severe lower back pain. It is usually eased by lying down and often made worse by moving, coughing or sneezing. It can also cause leg pain.
- 7. ENDOMETRIOSIS :** Endometriosis is a gynaecological condition where tissue similar to the lining of the womb grows in other areas of the body, most commonly in the pelvic region. This tissue responds to hormones in the same way as the lining of the womb but, with no outlets, it can cause inflammation, scarring and adhesions, leading to severe pain and many other symptoms.

The classic symptoms of endometriosis are severe pain during or between periods; very long, heavy and regular periods, painful bowel movements; pain in the bladder and pain during or after sex. Extreme fatigue is very common, and fertility also may be affected.

Endometriosis is estimated to take 7.5 years to diagnose. There is no cure for endometriosis, but the condition is manageable and timely diagnosis could save women from many years of living in constant pain.

There is no definitive cause for endometriosis and the only conclusive way to determine if a woman has endometriosis is through a laparoscopy, usually done under general anaesthetic.

- 8. ACUTE PANCREATITIS :** Acute pancreatitis is the swelling of the pancreas, a banana-sized organ in the digestive system. The common symptom is severe abdominal pain that appears suddenly and gets worse steadily and can travel along your back below your left shoulder blade. Eating or drinking, especially fatty foods, may make you feel worse. Leaning forward or curling into a ball may help to relieve the pain, but lying flat on your back often increases.

(To be continued)

— *Courtesy Mumbai Mirror*

SERVICE STATION STATISTICS		
Year 2018	November	December
Calls Registered	08	06
Removal Services	13	07
Services for which NO donations were received	06	03
<b>Donations received on account of :</b>		
Removal Services	₹ 2,000/-	₹1,350/-
Donations to the Station Fund	₹ 19,000/-	₹14,600/-
Run of Ambulance (Car No.12)	224 Kms.	169 Kms.
Total services rendered till date	80,912	80,919

**KINDLY SEND YOUR OPTIONS TO RECEIVE BRIGADE GAZETTE ON WEBSITE (bcac.co.in) OR BY E-MAIL (send your email id)**

Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Officer Commanding, The Bombay City Ambulance Corps, at Head Quarters, 21 New Marine Lines, Mumbai - 400 020 and printed by him for the owners of the Publication "The Bombay City Ambulance Corps".

### BOOK - POST

To,

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**From :**  
**THE BOMBAY CITY AMBULANCE CORPS**  
**21 New Marine Lines, Mumbai - 400 020.**  
**Telephone No. : 2201 42 95**