



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

(Registered under Acts XXI of 1860 and XXXIX of 1950)

## BRIGADE GAZETTE

GRATIS

No.677

November 2021

### WISH YOU ALL A VERY HAPPY DIWALI AND BALI PRATI PADA

#### PART – I

##### NOTIFICATION

###### Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2022 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 3, 2022 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. Enrollment 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 p.m. and 8 p.m. from December 1 to 28, 2021.**

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

##### NEWS

###### Basic First Aid Course in First Aid to the Injured

(B/21/FA/1)

On line Basic First Aid course for students (of 15 sessions) started with effect from August 7, 2021 on every Saturday from 6.45 p.m. to 8 p.m. **Practical Sessions have been conducted at the Head Quarters from October 18 to 21 each day from 1 p.m. to 4 p.m.**

###### One day Seminar on Cardio Pulmonary Resuscitation

No.	Date 2021	Number of Participants	Participants From
S/21/CPR/2	October 20	10	Aatmabodh Academy of Yoga

###### Donations to Service Station Fund

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

Date 2021	Amount Rs.	Donations Received from
October 21	7,500.00	Participants of CPR S/21/CPR/2

###### Donation to General Fund

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

Date 2021	Amount Rs.	Donations Received from
September 9	10,000.00	Sumukhi Performing Arts Foundation
September 21	21,000.00	Aatmabodh Academy of Yoga
October 12	10,000.00	Sumukhi Performing Arts Foundation
October 20	5,000.00	Mrs. Sonal N. Doshi

###### Life Member

Mrs. Sonal N. Doshi, Advocate & Solicitor, has been enrolled as Life Member by Managing Committee of society at meeting held on Saturday, October 16, 2021. We welcome her and look forward for her contribution for enhancing our trust cum society.

#### SERVICE STATION STATISTICS

Year 2021	September	October
Calls Registered	15	15
Removal Services	30	27
Services for which NO donation were received	28	26
<b>Amount of Donations received on account of :</b>		
Removal Services	Nil	Rs.6,700.00
<b>Donation to Station Fund Rs.</b>	Nil	Rs.7,500.00
Run of Ambulance Car (Amb. Car No.13)	715 Kms	411 Kms
Total Services rendered till date	81,183	81,210

#### PART II

##### COPD

Chronic Obstructive Pulmonary Disease (COPD) is the second highest cause of deaths in India after heart disease; killing nearly one million (9,68,000) Indians a year (2017). There are many types of inhalation devices available for treatment of COPD patient viz pressurized metered dose inhalers and dry powder inhalers. Prescription of the right inhalation devices by a physician is based on a patient's age and severity of disease. However, despite giving all instructions; 92 % of patients made errors during their inhalation with devices as per the study published in NPJ Primary Care Respiratory Medicine (2018).

Nebulizer is useful alternative in patients who are unable to use an inhaler (such as elderly patients) or need a large dose of an inhaled medication. Nebulizer has been frequently used for home maintenance treatment for respiratory diseases like asthma, COPD, cystic fibrosis and bronchiectasis etc.

In Elderly COPD patients, drug delivery via nebulization may provide an effective alternative to hand held inhalation device. Nebulization allows medication to reach the lungs quickly and effortlessly, with little need for coordination by the patient, a common challenge seen with hand held inhalers.

A nebulizer is an inhalation device that converts liquid medicine (either solution or suspension) into vapor, aerosol or a mist so that it can be inhaled by the patient and delivered directly into the lungs. While jet nebulizers are commonly used in India. They are bulky and require a power source. Innovations in the technology have introduced with advanced vibrating mesh nebulizer which are small, portable and efficiency deliver medication to the lungs in less time with less drug wastage.

The latest mesh technology nebulizers are patient-friendly as they are efficient, pocket size, hassle-free, easy to clean and come with long battery life. Indian Chest Society (ICO), the apex body of pulmonologists in India, recommends the use of mesh nebulizer over jet nebulizer; as it reduces aerosol related risk of transmission in the era of COVID-19.

(Disclaimer: The views/suggestions/opinions data in the article are the sole responsibility of the expert/organization)

- Curtsey Bombay Times

##### DRY EYES

4. Dry eyes are a nuisance for most and for others, it is a nearly debilitating problem. And the pandemic has not made things easier.

In online survey published in January, two-thirds of respondents reported having symptoms of dry eye, and of those, more than a quarter said their symptoms were made worse by wearing face mask. Mask may indeed cause ocular discomfort, an association between mask-wearing and dry eye per se is unlikely. More likely it may be association between dry eyes and pandemic-related stress.

**What causes dry eyes?**

It can be complicated to keep eyes moist and irritating dryness, a need more challenging by an ever-greater reliance on screens for work and play. When people stare at computer screens for hours, at the end, they blink less often, resulting in tired, distressed and dry eyes.

Inadequate lubrication of the ocular surface can also result in blurry vision.

Although dry eye problems are most common in people older than 50, they are also increasing among young adults, which may be due to smartphones and computers. Prolonged wearing of contact lenses may also cause dry eye.

Dry eye is a hallmark symptom of 'Sjogren's symptom' and other autoimmune disorders that impair body's lubricating tissues.

Some people develop chronically dry eyes because their lids don't close completely during sleep.

**How does the eyes stay lubricated through the day?**

There are three layers of films. The Meibomian glands in the upper and lower eyelids create an oily outer layer that stabilize the film. If the film breaks up too quickly, blurry vision is likely to result. Next are two sets of lacrimal glands that supply the watery tears. Innermost is the mucin layer that attracts water and helps to spread the tear film over the surface of cornea. Even if the tear supply is adequate, a mucin deficiency can impede wetting of the cornea and damage its surface.

Both the meibomian and lacrimal glands have receptors for the sex hormones, androgen and estrogen, and a decrease in hormone levels likely explains why dry eye problems increase in women at menopause and in men who are treated with anti-androgen therapy for prostate cancer.

**What can you do to relieve dry eyes?**

Environmental conditions that can exacerbate dry eye problems include smoky or excessively dry air, which can result from indoor heating and air conditioning. Wearing eyeglasses when outdoors especially on windy days, to protect your eyes from dryness and grit can help.

Be sure to wear goggles while swimming to prevent salty or chemically treated water from irritating eyes.

Apply warm compress on eyelids in morning and at night to assist meibomian gland function.

Use of artificial tears several times a day is essential for most cases of dry eye. Although no product precisely mimics the composition of natural tears. Many are useful if regularly used.

However, if over-the-counter remedies and the practical measures fail to bring adequate relief. Consult an eye specialist.

**Classification of Drugs**

Drugs are classified according to their use and their action on the patient. Some of the common groups are:-

- (1) **Anaesthetics** - these act on the nervous system and are either general or local. General anaesthetics produce loss of consciousness and muscle relaxation, e.g., ether, chloroform. Local anaesthetics

cause loss of sensation or insensibility to pain in the part to which they are applied, e.g., procaine, cocaine.

- (2) **Analgesics** - they only relieve pain, e.g., aspirin, codeine compound.

- (3) **Antibiotics** - These are drugs obtained from living moulds and fungi that have the power to prevent multiplication of bacteria, e.g., penicillin, streptomycin. While they produce very few side effects, they prove dangerous if used incorrectly. If given in wrong dose, or if the form used is not the specific drug for the particular infection, harm may follow.

- (4) **Antidotes** - these are substances used to counteract the effects of poison, e.g., dilute alkali for acid poisoning.

- (5) **Antipyretics** - these reduce fever, e.g., quinine.

- (6) **Barbiturates** - these preparations, usually tablets, are the most common of the hypnotic group of drugs and produce a refreshing dreamless sleep. If taken in excess, their effect is poisonous.

- (7) **Carminatives** - these drugs cause expulsion of gas from the stomach and intestine, e.g., ginger, mint, carminative.

- (8) **Cathartics** - these cause intestinal evacuation and are of the following varieties:

(a) **Laxatives or Aperients**: these produce mild bowel action, e.g., senna, cascara, liquid paraffin.

(b) **Purgatives** - more powerful in action, e.g., castor oil, magnesium sulphate.

(c) **Drastic** - cause violent action, e.g., croton oil.

- (9) **Diuretics** - these increase the output of urine by their effect on the kidneys, e.g., potassium citrate, digitalis, Lasix.

- (10) **Emetics** - these are substances which produce vomiting, e.g., mustard and water, salt and water, apo-morphine.

- (11) **Expectorants** - these increase the bronchial secretion and help in expulsion of mucus, e.g., cough expectorants.

- (12) **Hormones** - these are substances obtained from the secretions of certain ductless glands. Examples are: (a) **Insulin** extracted from the pancreas used in the control of diabetes; (b) **Thyroid Extract** used to control conditions of under activity of the thyroid gland; (c) **Cortisone** - obtained from the outer part of the supra-renal gland for relieving pain in arthritis and for treating some acute inflammatory conditions.

- (13) **Sedatives** - these lessen the body activity, e.g., opium.

- (14) **Stimulants** - these increase the functional activity of an organ, e.g., caffeine, stimulates the central nervous system.

- (15) **Stomachers** - (or gastric - tonics) are drugs which increase appetite, e.g., B-complex.

- (16) **Sulphonamide Group of Drugs** - These retard the growth of bacteria in the body allowing the white blood corpuscles to overcome the infection. They have an antiseptic action. To be effective the drug must be administered in the correct dose and at regular intervals, as ordered by the doctor, day and night, the patient being awakened if necessary. Examples of this group sulphadiazine, sulphadimidine.

*From precis of Home Nursing Course*

**DONATION APPEAL**

**We have received very small amount of Service Station Fund Donations and General Fund Donations since April 2020. Philanthropists are requested to donate.**

**KINDLY VISIT OUR WEBSITE TO READ BRIGADE GAZETTE - bcac.co.in**

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**BOOK-POST**

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