

SISHU PARIPALAN

THE KKCTH NEWSMAGAZINE
JANUARY 2026 ISSUE -1



ACADEMIC EXCELLENCE

Dr Vignesh.N, Dr Varshini S, Dr Dharani.E, DNB pediatric Postgraduates won second place in the Hemato-oncology quiz conducted at Dr Rela Hospital, Chennai as a part of Pediatric Hemato oncology CME on 22.11.2025.

Dr Vignesh N and Dr Varshini S, final year DNB Pediatrics post graduates secured 3rd prize in the Pediatric Diabetology quiz conducted at INSPIRE 2026 on 04.01.2026

Dr.Mansi , first year DNB postgraduate won second prize in poster presentation "Rabson mendenhall syndrome - a rare cause of severe insulin resistance with long term follow up" in INSPIRE 2025 held at Apollo children's hospital, Chennai



We welcome Dr.V.Vivekanand- Senior Consultant Interventional Pulmonologist at KKCTH



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AWARDS AND ACCOLADES

AHPI Excellence award 2025 Single speciality hospital of the year - North zone



01 DR.JANANI SANKAR MEDICAL DIRECTOR,KKCTH
has been appointed as President of Tamil Nadu Chapter of ANBAI for 2025-27.

02 Dr.K.Dhanalakshmi, Senior Consultant, Infectious disease
has been appointed as TN PIDA Chairperson for 2026.

03 Dr Archana, Final year, DrNB Neonatology PG
won the Gold medal for award paper category at Mangani Annual state Neocon held at Salem on 15th and 16th November 2025.

04 Dr.Akshaya & Dr.Gayathri ,PICU, Fellows
won the 1st prize in the Pediatric Critical Care quiz held at the National Conference, PEDICRITICON2025, held in Hyderabad on 7th November 2025.

National Newborn Week 2025

The National newborn week 2025 was celebrated at KKCTH by the Department of Neonatology between Nov 15th and 21st. The events included a brain storming quiz for post graduates in paediatrics on the theme - Preterm care.

The team from CSI kalyani bagged the first prize and the second prize was shared by the teams from Mehta and ESI hospital.

We also conducted an innovative hands on workshop for nurses on the theme - "Safety quality and nurture - Every touch, Every time, Every baby". Over 35 nurses from various nursing homes across the city attended the workshop.



Key Message

Comprehensive pediatric diabetes care—combining medical management, education, and family empowerment—is essential for optimal outcomes.



World Diabetes Week 2025

World Diabetes Week was observed at our institution from 20th-22nd November 2025, featuring academic and educational activities focused on comprehensive diabetes care in children.

- 20th November: A quiz for doctors on diagnosis, insulin therapy, complications, and evidence-based management, promoting holistic clinical decision-making.
- 21st November: A scientific symposium highlighting principles of diabetes mellitus, insulin regimens, individualized care, and the importance of a multidisciplinary approach.
- 22nd November: An interactive education session for parents and children on insulin pens, injection techniques, carbohydrate counting, and daily self-care.

Vembu Memorial Lounge-Enhancing Comfort for Patient Attenders

As part of Kanchi Kamakoti CHILDS Trust Hospital's continued commitment to holistic and compassionate care, we are pleased to announce that the Vembu Memorial Lounge donated by Zoho Foundation — a dedicated Attenders' Waiting Area—is now fully operational. The facility has been designed to provide comfortable accommodation for around 22 caretakers.

Perinatolotgy Meet -Timing of delivery in PPROM (Preterm premature rupture of membranes)

The second perinatology meet was conducted by the department of Obstetrics & Gynaecology and department of Neonatology, KKCTH on 28/11/25 on “Timing of delivery in PPROM. The meet was open to delegates from other hospitals and institutes of Chennai and close to 25 participants attended. The session commenced with brief presentation on overview of PPROM from obstetrician & neonatologist’s view followed by an interesting reverse panel on different clinical scenarios on PPROM, moderated by Dr. Vaanathi.V Senior Consultant & HOD Neonatology and Dr. Usha Vishwanath, Director OBG services, KKCTH as the expert. It ended with an interactive quiz session conducted by the PG’s of Neonatology. Overall the program was well received and we aim to continue such perinatology meets in the future.

Key PEARLS - Timing of delivery in PPROM

1. Gestational age at PPROM matters

- previable PPROM is better to terminate (viability depends on the NICU set-up) ,
- > 34 weeks – deliver
- between viability to 34 weeks expectant management can be considered.

2. Patients who are offered expectant management needs to have a detailed counselling session with the Obstetrician and NICU on prognosis post delivery.

3. Expectant management can be offered if there are no contra-indications such as chorioamnionitis / fetal distress/ established preterm labour. Patient needs to be followed with bi-weekly with NST, AFI, TC,DC and CRP.

4. Antenatal steroid coverage can be offered till 34 weeks and MgSO4 infusion for neuroprotection till 32 weeks. Antibiotics coverage is essential against GBS. There is no role for tocolysis in PPROM.

5. Expectant management can be continued till 34 weeks if fetal surveillance is normal and there are no signs of infection clinically and by biochemical parameters.

6. Mode of delivery depends on gestational age and other obstetric risk factors. PPROM > 34 weeks, EFW > 1.5 kg, cephalic presentation with no obstetric complications can be offered vaginal delivery.

7. Complications and risks for mother includes sepsis and labour complications such as dysfunctional labour and postpartum haemorrhage.

8. Neonatal complications and risks include sepsis, complications of prematurity such as RDS, IVH, NEC and prolonged NICU stay. Prognosis depends on the gestational age and fetal weight at delivery with associated factors like presence of infection.

Laughter it is said is the best medicine!



Little Theatre in Chennai runs a medical clowning program called India's first Hospital Clowns troupe. Founded by Aysha Rau, the group of certified hospital clowns uses performance techniques to help reduce patient anxiety and pain. They have been trained in improvisation and physical theatre to interact with children in hospitals. The team entertained children in our hospital.



Leading by example!-Our Alumini Corner!



Update on Allergic Rhinitis in Children: ARIA-Based Practical Approach

Overview

Allergic rhinitis (AR) is a common chronic airway disease in children that significantly affects sleep, school performance, and quality of life. ARIA guidelines advocate a symptom-based, patient-centred approach for optimal control



⚠ Key Symptoms & Signs

Nasal congestion is the cardinal symptom, often accompanied by sneezing, itching, rhinorrhea, mouth breathing, allergic shiners, nasal crease, and pale, boggy turbinates.

⌚ Assessment & Diagnosis

ARIA classifies AR by duration and severity, focusing on impact rather than symptom count. Skin prick testing is the gold standard; serum IgE and component-resolved diagnostics aid selected cases.

💊 Management Strategy

Intranasal corticosteroids, with or without intranasal antihistamines, form the cornerstone. Avoid routine long-term oral antihistamines or LTRAs.

🌿 Long-term Care

Saline irrigation, realistic allergen avoidance, and allergen immunotherapy offer sustained benefits.

Dr.R.Prasanna,
DCH, DNB,
MRCPCH,MRCPE,DPAA
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Neonatology,
SRM Medical College Hospital &
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Kanchi Kamakoti CHILDS Trust Hospital
In association with IAP CCB
Proudly presents

**PAEDIATRIC
SUBSPECIALTY
CME**

A promotional banner for a Paediatric Subspecialty CME event. It features the text 'Kanchi Kamakoti CHILDS Trust Hospital' and 'In association with IAP CCB'. It also includes the text 'Proudly presents' and 'PAEDIATRIC SUBSPECIALTY CME'. The banner features a background image of a doctor interacting with children. A QR code is in the bottom right corner. The text 'Update your expertise in paediatric subspecialties' is also present.

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