

SISHU PARIPALAN



**A new look, the same trusted care:
The CHILDS Trust Hospital**

From the MD's Desk



Dear colleagues,

It gives me immense pleasure to present this edition of our newsletter, which reflects the many milestones achieved at KKCTH over the past few months. Every new initiative, academic programme and clinical service highlighted in these pages represents our unwavering commitment to delivering compassionate, evidence based and patient centred care.

Together, let us continue to build a healthier future for every mother and child.

With warm regards,
Dr. Janani Sankar
Medical Director, KKCTH

KKCTH proudly unveils its refreshed exterior, making a new chapter in our journey of excellence in paediatric & maternal healthcare. While our appearance has evolved with a modern, welcoming facade, our commitment to providing compassionate, world class care for every mother and child remains the same.

A sincere gratitude to late Mr. Rengarajan, our ex-CEO for making this into a reality.

Welcome !

We would like to extend a warm welcome to our new CEO, Mr. Sanjay Chandran who assumed charge on 29/06/26. He joins CHILDS Trust Hospital after 35 years with the Murugappa group, where his work spanned operations, people and institutional systems. His mandate is to uphold the hospital's legacy of clinical excellence, to support teams who care for every child and to strengthen CHILDS Trust's ability to serve a larger group of children especially the underprivileged.



Mr. Sanjay Chandran



Postnatal clinic

Recognising that a mother's health and well being are just as important as her baby's, KKCTH has launched a dedicated Postnatal clinic held on every Tuesdays 11 AM .

This clinic is designed to provide comprehensive postnatal care for mothers whose babies are admitted in our NICU, ensuring that their physical recovery and ongoing health care needs are not overlooked during this challenging period.

The clinic also offers psychological support through dedicated counselling sessions by Mrs. Radha, Perinatal Mental health specialist.

What's new ?

Cystic fibrosis clinic

Department of
Pediatric Pulmonology,
KKCTH, Chennai,
is pleased to announce the launch of

CYSTIC FIBROSIS CLINIC

This is a multidisciplinary clinic
to care for children with
Cystic Fibrosis

The clinic will be held on the
SECOND SATURDAY
of every month

1:00 p.m.
to
4:00 p.m.

From
JUNE
onwards

DISCIPLINES INVOLVED

PULMONOLOGY
 GASTROENTEROLOGY
 NUTRITION
 PHYSIOTHERAPY
 PSYCHOLOGY
 SOCIAL WORK
 ENDOCRINOLOGY

MULTIDISCIPLINARY CARE
 COMPREHENSIVE MANAGEMENT
 CHILD-CENTRIC APPROACH

KANCHI KAMAKOTI CHILDS TRUST HOSPITAL
12 A, Nageswara Road, Nungambakkam, Chennai - 600034. Contact: 044-4200 1800 Extn: 140 | Mobile: 9677003334 | E-mail: md.office@kkcth.org

We are delighted to announce the launch of the Cystic Fibrosis Clinic at KKCTH. This dedicated monthly multidisciplinary clinic will bring together specialists from the involved departments through co-ordinated rotational model, ensuring seamless, comprehensive and patient-centred care. This milestone reflects KKCTH's commitment to delivering integrated, high quality care.

Academic activities

Kawasaki CME

KKCTH successfully hosted the Mid-Term Continuing Medical Education (CME) Program on Kawasaki Disease on 19 April 2026, under the auspices of the Indian Society of Kawasaki Disease. The academic event brought together leading experts in paediatric rheumatology from across India, who delivered insightful sessions on the latest advances in the diagnosis, management and long term care of Kawasaki disease.



KMC celebration

International Kangaroo mother care day was celebrated at KKCTH on 15/05/26. The theme for this year was "Stillness is strength". Many interesting sessions such as quiz for nurses, interactive teaching for mothers on KMC and hands on training were conducted by the NICU team.

Paediatric City Meet



The City paediatric meet was hosted by KKCTH in the renovated auditorium on 17/06/26. The program was well received with excellent attendance.

Paediatric Trauma care workshop



KKCTH conducted a Paediatric Trauma care Workshop on 24/04/26, workshop featured simulation-based training and practical skill sessions led by distinguished faculty, Dr. Debasis Das Adhikari and Dr. Murugan from Christian Medical College Vellore. Through realistic clinical scenarios and interactive demonstrations, participants strengthened their knowledge and enhanced their confidence in managing critically injured children.

Alumni corner

Thalassemia in Pediatric Practice: A Practical Clinical Review

When Should a Pediatrician Suspect Thalassemia?

Thalassemia should be suspected in every child presenting with:

- Persistent microcytic hypochromic anemia
- Pallor beginning after 6 months of age
- Failure to thrive
- Progressive splenomegaly
- Hepatomegaly
- Family history of anemia or repeated transfusions
- Previous sibling with thalassemia
- Consanguinity
- Poor response to iron therapy
- Recurrent blood transfusions



Dr.C.S.Ranjith Kumar, DNB, DM, MRCP, SCE

Consultant Pediatric Hematooncology
& Stem cell transplantation,
Sindhu Hospitals, Hyderabad

Management of Transfusion-Dependent Thalassemia:

Goals of transfusion:

Current international guidelines recommend maintaining a pre-transfusion hemoglobin between 9.0–10.5 g/dL, individualized according to growth, cardiac status, and clinical response. Packed red blood cells (10–15 mL/kg) are usually administered every 3–5 weeks. Leukoreduced blood should be used routinely. Extended antigen matching, particularly for Rh (C, c, E, e) and Kell antigens, significantly reduces alloimmunization and should ideally be performed before initiating chronic transfusion programs.

Chelation Therapy:

Chelation should generally begin after:

- Approximately 10–20 transfusions
- Cumulative transfused blood ≥ 120 mL/kg
- Serum ferritin persistently >1000 ng/mL
- Liver iron concentration >5 mg/g dry weight

Indications for Splenectomy:

- Marked increase in transfusion requirement
- Symptomatic hypersplenism
- Severe thrombocytopenia
- Severe leukopenia

Curative Therapy:

Hematopoietic Stem Cell Transplantation

Emerging Therapies:

Several novel therapies are changing the therapeutic landscape. Luspatercept enhances late-stage erythroid maturation and reduces transfusion burden in selected patients. Gene therapy using lentiviral β -globin addition and gene editing using CRISPR-Cas9 targeting the BCL11A pathway have demonstrated encouraging long-term transfusion independence in clinical trials.

Clinical pearls:

- Persistent microcytosis should never be assumed to be iron deficiency. It is important to differentiate iron deficiency anemia from thalassemia trait.
- Always measure serum ferritin before prescribing prolonged iron therapy.
- HbA₂ estimation should be repeated after correcting iron deficiency when clinical suspicion remains high.
- Rising transfusion requirements should prompt evaluation for hypersplenism, alloimmunization, hemolysis, or poor transfusion adequacy.
- Ferritin alone is an imperfect marker of iron burden; MRI-based assessment should be used whenever available.
- Growth failure is often the earliest manifestation of endocrine dysfunction.
- Extended Rh and Kell antigen matching reduces alloimmunization in chronically transfused patients.
- Children should be referred for HSCT evaluation soon after establishing transfusion dependence rather than after the development of irreversible organ damage.

Thank you !

Paediatric haemodialysis machine



Heartfelt gratitude to Rotary Club for donating this advanced hemodialysis machine which can be used for standard dialysis, slow long duration dialysis and plasmapheresis.

NICU Transport ambulance



On 26/06/26, Rotary Club of Madras East, along with their overseas partners, donated a state-of-the-art, fully equipped Neonatal Transport Ambulance to KKCTH.

Bronchoscopic cryotherapy



We would like to thank Amphenol Omniconnect India Pvt. Ltd. for donation of Bronchoscopic cryotherapy & EBUS on 30/06/26

Upcoming events



CHENNAI PEDIATRIC AIRWAY CONGRESS 2026





BREATHING INNOVATION, NURTURING FUTURE

EVENT HIGHLIGHTS

INDIAN AND INTERNATIONAL COLLABORATION

- 1 **Holistic Panel Discussions and Lectures**
On every single topic in Pediatric Airway
- 2 **Live Airway Endoscopic procedures**
At Kanchi Kamakoti Childs Trust Hospital
- 3 **Hands on Endoscopic workshop**
Airway Endoscopy (Transnasal Flexible Laryngoscopy, Flexible Bronchoscopy, Rigid Bronchoscopy), Endoscopic Swallowing Assessment(FEES), Laser Procedures in the Airway
- 4 **Hands on Sheep Dissection**
For Laryngotracheal Reconstruction, Partial Cricotracheal Resection, Tracheal Resection and Anastomosis, Slide Tracheoplasty in trachea models.

4, 5 & 6, SEPTEMBER 2026

THE SAVERA (FOR 4TH AND 5TH)
146, DR RADHA KRISHNAN SALAI, MYLAPORE, CHENNAI, TAMIL NADU- 600004

APOLLO SIMULATION CENTRE (FOR 6TH HANDS ON WORKSHOP)
64, VANAGARAM TO AMBATTUR, YADAVALLI ST. OFF POONAMALLEE HIGH ROAD, VANAGARAM, CHENNAI, TAMIL NADU 600095



Kanchi Kamakoti
CHILDS Trust Hospital
(A Unit of "The CHILDS Trust")

**SOUTH INDIA'S
Premier Pediatric & Women
CARE CENTER**

Pediatric Pulmonology
• CME & WORKSHOP •

CYSTIC FIBROSIS 2026:

FROM DIAGNOSIS TO PRECISION THERAPY

Inaugural Launch of the
Multidisciplinary Cystic Fibrosis Clinic



Better Care.
Together for every child with CF.

DATE:
19 JULY 2026

VENUE:
KKCTH, CHENNAI

WHAT TO EXPECT



Latest Updates
in Cystic Fibrosis



Multidisciplinary
Approach



Precision Medicine
& Emerging Therapies



Hands-on
Workshops



Networking &
Collaboration

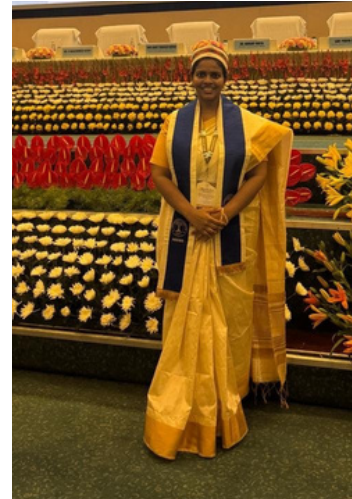
Congratulations !

NBE Gold Medal

Dr. Rajarajeswari
Best performance in Paediatrics 2023



Dr. Priyatharshini
Paediatric Critical care



**Dr. Nandhini (Post Diploma DNB PG) &
Dr. Kavibharathi, DNB PG - 2nd place in vacciquiz
conducted at SRM Medical College Trichy -
organised by IAP trichy branch on 16/05/26**



**Dr. Akshara, DNB 1st year PG - 2nd place in poster
presentation & PG quiz at Midterm PIDA conference
held at Chennai on 23rd and 24th May 2026**



**Dr. Ayesha Mariam- Junior consultant Paediatric
Neurology ,completed the IAP/ICP Certificate
course in Children & Adolescent Mental Health**

In Focus : Life at KKCTH



**Doctor's day
celebration bash !**

Pet therapy at PICU



**Dr. B.Chidambaram
Farewell dinner**

100th delivery at KKCTH



Coffee club fun !