



GAPIO accolades the achievements of Dr. Vivek Murthy

Dr. Vivek H. Murthy is the First Indian-American to hold the post of Surgeon General of the United States. Dr. Vivek has occupied the position of America's Surgeon General for the second time. In 2013, President Barack Obama nominated Dr Murthy to be the Surgeon General and second time by President Joe Biden on 25th March 2021.

During his first tenure as Surgeon General, he tackled the most urgent health issues in the USA like addiction, the opioid epidemic, health risks of e-cigarettes. He also launched efforts to increase physical activity in communities across the country by promoting walking and exercise. He has also focused on chronic stress and isolation as prevalent problems that have profound implications for health, productivity, and happiness. He also commanded a uniformed service of 6,600 public health officers, serving the most underserved and vulnerable populations in over 800 locations domestically and abroad. Besides being the Surgeon General, he is the Co-Founder of **Visions**, Swasthya Project, TrialNetworks and Doctors for America.

Along with his parents, he has set up the self-funded SCOPE foundation in their village Hallegere, Mandya district, Karnataka.

Global Association of Physicians of Indian Origin (GAPIO) and India is proud of Dr. Vivek Murthy, Surgeon General, USA.



IN THIS ISSUE

GAPIO ACCOLADES THE ACHIEVEMENTS OF DR. VIVEK MURTHY

PAGE 1

CELEBRATION OF INTERNATIONAL NURSES WEEK

PAGE 2

THERAPEUTIC OPTIONS IN MANAGEMENT OF COVID-19

PAGE 3

SESSION ON RICKETS (VITAMIN D3 DEFICIENCY)

PAGE 3

WORLD FAMILY DOCTORS DAY

PAGE 4

LAUGHTER IS THE BEST MEDICINE

PAGE 4

A DIGITAL APPROACH TO HYPERTENSION MANAGEMENT

PAGE 4

WAYS FOR NURSES TO HANDLE EMOTIONS, STRESS AND BURNOUT DURING COVID-19 PANDEMIC

PAGE 5

NATIONAL DENGUE DAY

PAGE 5

WORLD NO TOBACCO DAY

PAGE 6

THE EMERGING ROLE OF AI IN HEALTHCARE

PAGE 6

ASTHMA: BE AWARE, BE PREPARED

PAGE 6


Celebration of International Nurses Week

The contribution of nurses in healing the suffering humanity is indeed incomparable. The pandemic has reminded all of us that how much we depend on nurses from our first day to our last day. Hence, on the occasion of 'International Nurses Week' GAPIO organized a session on digital platform titled "The Nursing Hour" for nurses across the globe. Theme of the session was "Nurses - A voice to lead". Theme for the session was "Nurses - A voice to lead". Held on 8th May 2021, the session completely focused on nursing and its contribution to healthcare. World renowned faculty from India and overseas gave their talks and shared their experiences.

More than 750 participants from 18 countries joined the 60 minutes virtual session, followed by a question-answer round. Nurses keep our health systems running every single day. GAPIO honors their contribution and pays gratitude to the nursing community,

On 12 May 21, GAPIO celebrated International Nurses Day, thanking them for their contribution beyond the call of duty to save the precious lives of the patients.

Also, Dr. Anupam Sibal, the President of GAPIO thanked the nurses for the efforts they put into patient care. Nurses are the angels on earth serving humanity. Showing gratitude towards the nursing community, Dr. Sibal appreciated them for their tireless service. Dr. Anupam Sibal released a video on social media. Snapshot is given below.



GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN

Celebrates

The International Nurses Week

"THE NURSING HOUR"

THEME: NURSES A VOICE TO LEAD

08 MAY 2021 SATURDAY

7:00 PM IST | 6:30 AM PST
8:30 AM CST | 9:30 AM EST
2:30 PM BST (UK) | 11:30 PM (Australia)

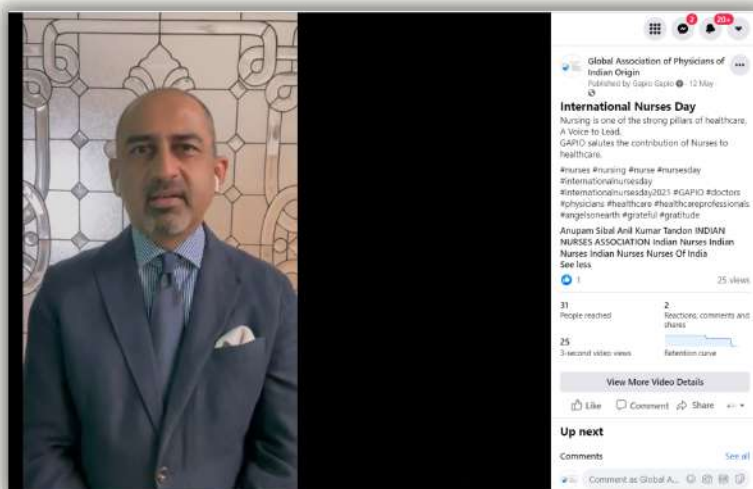
Join us : <https://bit.ly/3doG8DK>

Opening remarks	Dr Arun Garg, Canada	3 minutes
Key Note Address	Capt. (Dr) Usha Banerjee, India	4 minutes
Impact Nurses have on overall patients outcomes	Ex Lt Susan Edamala, USA	8 minutes
Impact of Evidence based Nursing practice	Dr Jothi Clara J Micheal, India	8 minutes
Role of Nurses in Cardiology outcomes	Cllr Rajeev K Metri, UK	8 minutes
Allowing nurses to SPEAK UP to improve clinical outcomes	Ms Thankam Gomez, India	8 minutes
Q & A	Dr Seema Arora, USA Dr Vinita Saran, Philippines	10 minutes
Closing remarks	Ms Shreedevi Balachandran, Muscat Oman	4 minutes

MODERATOR :- Dr Arun Garg, Canada

CHAIRPERSONS :- Dr Seema Arora, USA | Dr Vinita Saran, Philippines

Dr Anupam Sibal President, GAPIO
Dr Nandakumar Jairam Vice President, GAPIO
Dr Sudhir Parikh Secretary General, GAPIO
Dr Rohini Sridhar Joint Secretary, GAPIO
Dr Abhijat Seth Treasurer, GAPIO



International Nurses Day



12 May 2021

GAPIO Believes

Nurses - A Voice to Lead



Celebrates International Nurses Week

"The Nursing Hour"

08 May 2021, Saturday

7:00 PM IST | 8:30 AM CST |
2:30 PM BST (UK) | 6:30 AM PST |
9:30 AM EST | 11:30 PM (Australia)

Register Now : <https://bit.ly/3doG8DK>

THEME

Nurses - A Voice to Lead

Speakers

Ms. Thankam Gomez India Allowing nurses to SPEAK UP to improve clinical outcomes	Capt Dr. Usha Banerjee India Key Note Address
Dr Jothi Clara, J. Micheal India Impact of Evidence based Nursing practice	Ex. Lt. Susan Edamala USA Impact Nurses have on overall patients outcomes
Ms. Shreedevi Balachandran USA Closing remarks	Cllr Rajeev K Metri UK Role of Nurses in Cardiology outcomes
Dr. Arun Garg Canada Moderator	Dr. Vinita Sharan Philippines Chairperson
Dr. Seema Arora USA Chairperson	

Dr. Anupam Sibal President, GAPIO
Dr. Nandakumar Jairam Vice President, GAPIO
Dr. Sudhir Parikh Secretary General, GAPIO
Dr. Rohini Sridhar Joint Secretary, GAPIO
Dr. Abhijat Seth Treasurer, GAPIO

Therapeutic Options in Management of COVID-19

For the rapidly changing phase of the COVID-19 waves and the rising mutants, GAPIO organized a 60-minute online session that aimed for the therapeutic Management of COVID-19. The session covered the new updates and the latest developments focusing on the current pandemic condition and was scheduled at 7:00 PM IST on Saturday, 29th May 2021 through zoom to keep abreast of the latest developments. This highly informative event was conducted by the collaborative.

Reputed well known speakers from USA, UK and India covered different therapeutic options in 'Management of COVID 19' to keep abreast of the latest developments in management of COVID-19.

Speakers covered where the Tocilizumab, Favipiravir, Itolizumab, Baricitinib, Interferon 2DG, Ivermectin should be tried and when and how long to use, what to watch out, when not to use as well as indications where 'Monoclonal Antibody' should be tried.

The session was followed by 15 minutes question and answer session.

GLOBAL INDIAN PHYSICIANS COVID-19 COLLABORATIVE
Let's Collaborate to Combat the COVID-19 Pandemic
Therapeutic options in the Management of COVID-19

29 MAY 2021 SATURDAY
7:00 PM IST
6:30 AM PST 8:30 AM CST
9:30 AM EST 2:30 PM BST (UK)
11:30 PM (Australia)

Register to join: <https://bit.ly/3fta5Cc>

A 60-minute update to keep abreast of the latest developments

Remdesivir	Dr. Ram Gopalakrishnan, India	5 mins
Tocilizumab	Dr. Ravi Mehta, India	5 mins
Monoclonal Antibody Cocktail	Dr. Sanjay Agarwal, USA	5 mins
Favipiravir	Dr. Sushmita Roy Chowdhury, India	5 mins
Itolizumab	Dr. Pooja Shah, USA	5 mins
Baricitinib	Dr. AV Balaji, UK	5 mins
Interferon, 2DG	Dr. Suneetha Narreddy, India	5 mins
Ivermectin	Dr. Anupam Prakash, India	5 mins
Question & Answer	Dr. Sai Praveen Haranath, India Dr. Rajesh Chawla, India	15 mins

MODERATORS
Dr. Anupam Sibal, India | Dr. Arun Garg, Canada | Dr. Anupama Gotimukula, USA |
Dr. Gautam Bodiwala, UK | Dr. Rohini Sridhar, India

LEADERSHIP
Dr. Praveen C. Reddy, Founder President, GAPIO
Dr. Anupam Sibal, President, GAPIO
Dr. Sudhakar Jannalagadda, President, AAPI
Dr. Ramesh Mehta, President, GAPIO
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Dr. Suresh Reddy, Past President, AAPI
Dr. Anupama Gotimukula, President Elect AAPI, 2021-2023
Dr. Arun Garg, President, CINS
Dr. Sudhir Parikh, Secretary General, GAPIO
Dr. Sunil Patel, President, CAPHE
Dr. Palla Malowalia, President, AIMGA
Dr. Raju Apparwal, Ex VP & Past Secretary, AIMGA
Dr. Nandakumar Jairam, Vice President, GAPIO
Dr. Rohini Sridhar, Joint Secretary, GAPIO
Dr. Abhijit Seth, Treasurer, GAPIO
Dr. A. K. Sengupta, Advisor, GAPIO
Dr. Ravi Kulkarni, Vice President, AAPI, 2020-2021
Dr. Rajan Shrivastava, Chair, Board of Trustees, AAPI
Dr. Shama Chhabria, USA

Session on Rickets (Vitamin D3 deficiency)

A session on "Rickets (Vitamin D3 deficiency)", was organised by GAPIO on Saturday, 22nd May 2021 from 09:00 PM IST to 10:00 PM IST through a digital platform.

Reputed well known speaker Prof. Nick Bishop from UK shared his views on "Vitamin D Deficiency, Rickets and inherited forms". Also, Dr. Vaman Khadilkar from India covered different aspects of Calcium and Vitamin D deficiency in the Indian scenario. Dr. Ramesh Mehta from UK, Past President of Global Association of Physicians of Indian Origin (GAPIO) and President British Association of Physicians of Indian Origin (BAPIO) were the Chairperson of the session. The session was moderated by Dr. IPS Kochar, Senior Consultant Pediatrics and Adolescent Endocrinologist from India.

It was then followed by a 15 minutes' question and answer session.

IAP - GAPIO
International lecture series
Session on Rickets (Vitamin D3 Deficiency)

IF UNABLE TO VIEW ON ZOOM JOIN US
GO TO [DIAPINDIA.ORG/EVENT-CALENDAR](https://diapindia.org/event-calendar) OR [CLICK HERE](#)
GO TO [GAPIO.IN/EVENT-DETAIL](https://gapiio.in/event-detail) [CLICK HERE](#)

Speakers:
Prof. Nick Bishop, UK
Topic: Vitamin D Deficiency Rickets and inherited forms
Dr. Vaman Khadilkar, India
Topic: Calcium and Vitamin D Deficiency - Indian Scenario

Moderator:
Dr. IPS Kochar, India
Consultant Pediatric and Adolescent Endocrinologist Apollo Hospitals, New Delhi

Chairperson:
Dr. Ramesh Mehta, UK
President, British Association of Physicians of Indian Origin (BAPIO)

CLICK HERE FOR REGISTRATION
(Limited seats join early) [ZOOM](#)

22.05.21
9:00PM-10:00PM IST
Corresponding Time:
3:50pm PST, 10:30pm CST,
11:50pm EST, 4:30pm BST

LEADERSHIP
IAP
DR. PIYUSH GUPTA, PRESIDENT
DR. REMESH KUMAR R, PRESIDENT 2022
DR. BAKUL JAYANT PAREKH, PRESIDENT 2020
DR. GV BASAVARAJA, HON. SEC. GEN. 2020-21
GAPIO
DR. ANUPAM SIBAL, PRESIDENT
DR. NANDAKUMAR JAIRAM, VICE PRESIDENT
DR. SUDHIR PARIKH, SECRETARY GENERAL
DR. ROHINI SRIDHAR, JOINT SECRETARY
DR. ABHIJIT SETH, TREASURER



World Family Doctors Day

Family Doctors are the roots of the healthcare system and their contribution adds value to the system of primary health care. The building blocks for the health of various families, family doctors play a central role in healthcare delivery. Acknowledging their personal and comprehensive patient care, GAPIO thanked and congratulated all the family doctors and general practitioners for delivering the best quality healthcare to the patients.

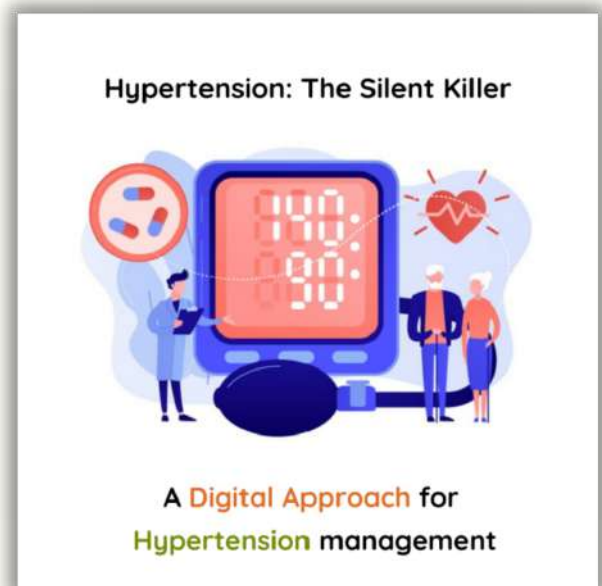
Laughter is the best medicine

From strengthening your immune system and boosting mood to diminishing pain, nothing works better than a good laugh. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. And the best part, this healing medicine is free of cost! Adding to the physical and mental health benefits laughter is nothing less than medicine. GAPIO addressed this fact on the social media as World Laughter Day falls in the month of May.

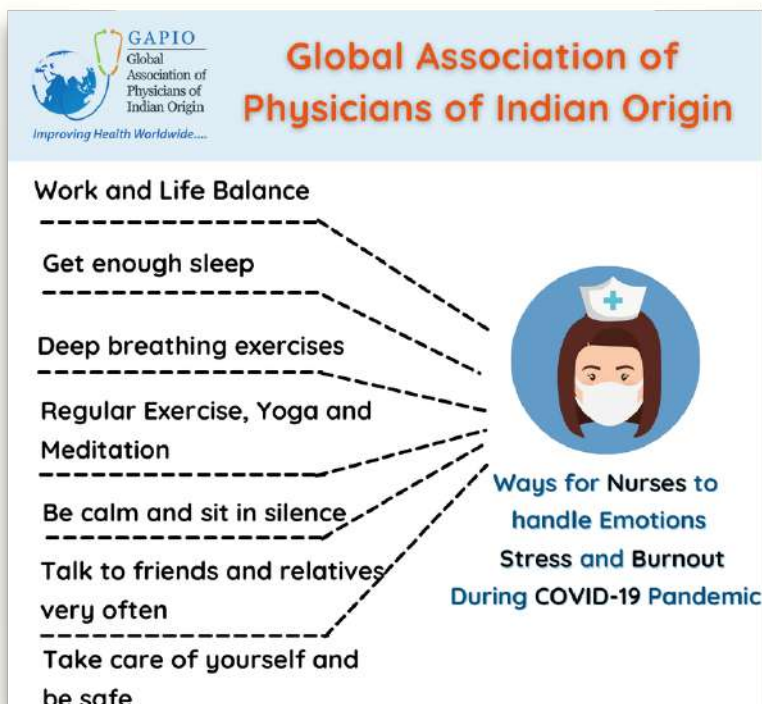


A digital approach to hypertension management

Managing and controlling hypertension is necessary before it damages our body. Increasing at an alarming rate in present times, hypertension needs to be addressed. A recent study revealed that more than 50 percent of physicians have been found to have uncontrolled hypertension or high blood pressure (BP) due to the increasing stress levels. Also, timely diagnosis and management of blood pressure are very essential for doctors as they are prone to high stress levels during this pandemic. A blog post on "A digital approach for Hypertension Management" was shared by GAPIO on 23 May 2021



Ways for Nurses to handle Emotions , Stress and Burnout During COVID-19 pandemic



From over the past year now, nurses have been at the core of response to COVID- 19, providing 24 by 7 care to patients, and also in many heart-breaking cases accompanying patients in their final moments. This has affected the lives of nurses in almost all aspects including the handling of emotions and stress.

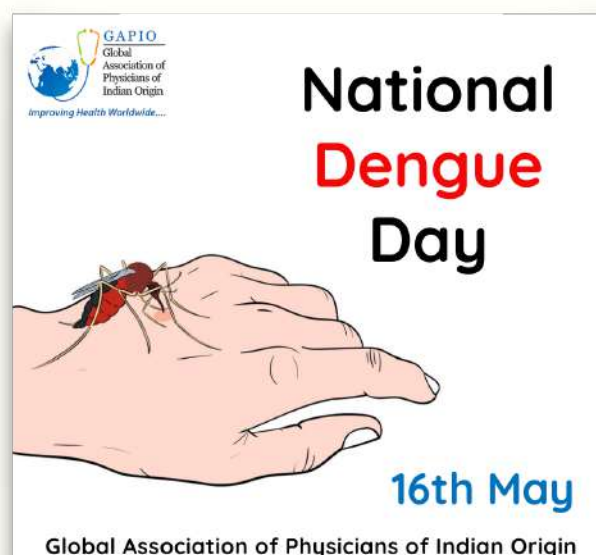
GAPIO realizes the burnout that the nursing professionals have to go through since the pandemic has started.

To emphasize on this, GAPIO shared a short infographic showing the ways to deal with these problems that included :

1. Maintaining Work and Life balance
2. Getting enough sleep
3. Practicing Deep breathing exercises
4. Making Regular Exercise, Yoga, and Meditation a part of daily routine
5. Being calm and sitting in silence for some time
6. Talking to friends and relatives very often
7. Taking care of themselves and being safe

National Dengue Day

Stepping in a fight to prevent dengue GAPIO stood by the country's vision to stop dengue-related morbidity and mortality rate in India. Causing around more than 400 million infections per year dengue is the highest growing mosquito-borne disease in the world today! Dengue prevention and control is everyone's responsibility. Hence to spread awareness, seriousness, and understanding of the disease GAPIO addressed National Dengue Day on 16 May 2021



World No Tobacco day

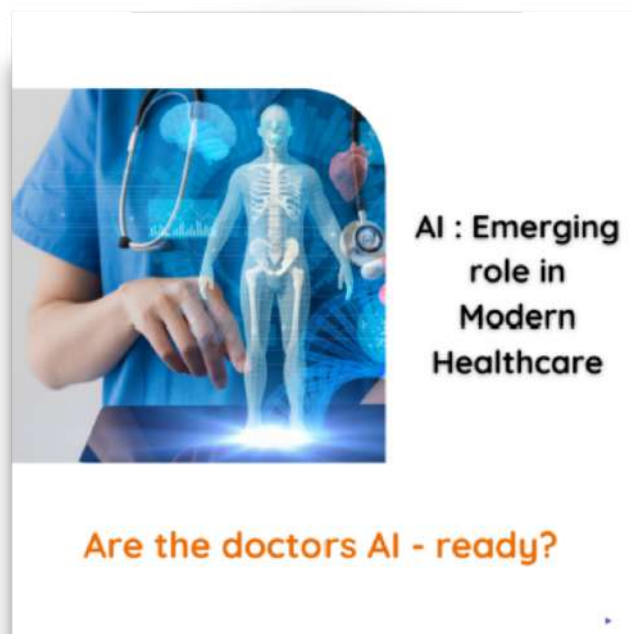


Tobacco can take your breath away, and many people despite knowing the fact simply ignore it. Tobacco is a major cause of various cardio and chronic pulmonary diseases, and can even lead to certain eye diseases, and problems of the immune system, including rheumatoid arthritis in advanced cases. With the aim of public awareness, GAPIO addressed World Tobacco Day on social media on 31 May 2021 with a message "Give priority to your health, not tobacco."

Asthma: Be Aware, Be Prepared

Asthma is often neglected by the general public as in many cases it is common and normal, but what people do forget many times is the severity of the disease. Every 5-10 percent of children with mild Asthma go on to develop severe Asthma later in life. Underdiagnosis and undertreatment later result in severe health conditions. Tackling asthma in the initial stage is the only way to deal with it. Proper steps can reduce the possibility of Asthma Attacks. Hence to bring awareness and understanding among the general public, GAPIO shared a blog post titled "Asthma : Be Aware, Be Prepared"

The emerging role of AI in healthcare



Artificial Intelligence is undoubtedly one of the most prominent and major introductions to healthcare. And the way AI is changing the healthcare industry today is a total game-changer, there are many instances wherein AI can perform healthcare tasks as well as or better than humans. The implementation of AI applications in the healthcare industry was significantly addressed in the GAPIO Blog Post shared on 27 May 2021.

