

# GURUPADIGAM



20.03.2022 to 26.03.2022

# Weekly Case Census:

Physiotherapy  
Clinical  
Services

<b>OPD Cases</b>	<b>309</b>
<b>IP Cases</b>	<b>380</b>

## Faculty Development Programme

Dr.Prathap.S, Dr.K.Ramana, Dr.M.Kamalakaran,  
Dr.S.Vignesh, Dr.S.Jennifer Augustina, Dr. N. Senthilkumar had participated in the National **Faculty development program** titled “The Know and Know How-Innovative Teaching Learning Methods” organized by Department of Anatomy, Saveetha Dental College, and Hospitals, SIMATS on 22.3.2022.



**SAVEETHA**  
INSTITUTE OF MEDICAL AND TECHNICAL SCIENCES  
(Declared as Deemed to be University under Section 3 of UGC Act 1956)



**SAVEETHA**  
DENTAL COLLEGE

**DEPARTMENT OF ANATOMY  
NATIONAL FDP**






10:00 am to 11:00 am IST

**Dr Angela A Viswasom,**  
Professor of Anatomy  
Travancore Medical College  
Kerala

**The Know and Know  
How – Innovative  
Teaching Learning Methods**

**Organised by : Department of Anatomy**  
Saveetha Dental College and Hospitals,  
Saveetha Institute of Medical and Technical  
Sciences (SIMATS), Chennai

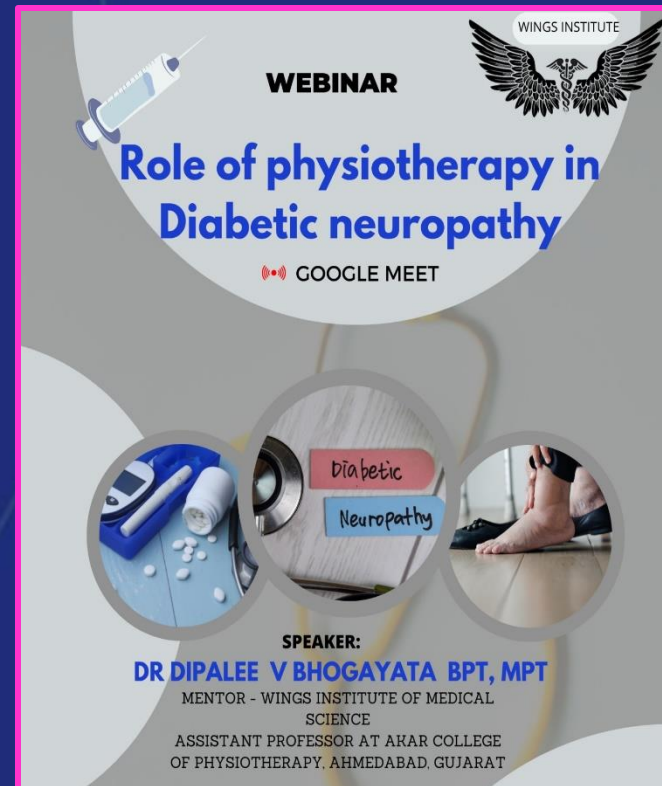
**Session Moderator by:**  
**Dr. Lavanya Prathap,**  
Contact for queries: +91 87549 45245



Dr.P.Divya Laxmi had participated in Webinar titled “Role of Physiotherapy in Diabetic Neuropathy” on 27.3.2022.



Webinar



WINGS INSTITUTE

**WEBINAR**

**Role of physiotherapy in Diabetic neuropathy**

GOOGLE MEET

**SPEAKER:**  
**DR DIPALEE V BHOGAYATA BPT, MPT**  
MENTOR - WINGS INSTITUTE OF MEDICAL SCIENCE  
ASSISTANT PROFESSOR AT AKAR COLLEGE OF PHYSIOTHERAPY, AHMEDABAD, GUJARAT

Dr.A.Jagatheesan and Dr.Indrani along with our PGs (Dr.Vishnupriya [OBG] & Dr.Ramya [Pediatrics]) had published two Scientific papers in INTI University Journal, Malaysia, titled;

1. Coccydynia and disability on Post Partum Vaginal Delivery Women
2. Impact of Covid -19 on Caregiver burden among parents of differently abled children : A Survey

## Publications

### Coccydynia and Disability on Postpartum Vaginal Delivery Women

Vishnupriya Suresh<sup>1</sup>, Jagatheesan Alagesan<sup>2\*</sup>, Dasarapu Indrani<sup>3</sup>

<sup>1</sup> Post graduate student, <sup>2</sup> Professor, Saveetha College of Physiotherapy, Saveetha Institute of Medical and Technical Sciences <sup>3</sup> Assistant Professor, Saveetha College of Physiotherapy

Email: vishnupriya.s412@gmail.com

#### Abstract

**Background and Objective:** Coccydynia is strain or discomfort in the area of coccyx. The common causes are trauma in the gluteal region, repetitive microtrauma, or childbirth. Delivery through vagina is often related to damage of sacrococcygeal ligaments and progress of the fetus through the birth canal may cause acute damage to the coccyx, this can be further provoked by forceps delivery. Although tension and damage of ligaments attached to coccyx have been thought to be the general cause for coccydynia occurring after childbirth. A study was conducted in France on postpartum women with coccydynia have concluded that 7.3% of cases of coccydynia in female related after delivery. Hence, this study was taken with an intention to find the coccydynia and disability on vaginal delivery postpartum women.

**Method:** An observational study was conducted on 378 vaginal delivery postpartum women in Saveetha Medical College and Hospital, Chennai. This study was done by using Oswestry Questionnaire for disability and examination for coccydynia between the age of 20 and 40 years of postpartum vaginal delivery women.

**Results:** Among 378 postpartum women 196 have coccydynia with age from 20 to 40 years. The postpartum women according to Oswestry Scoring 96 women were in moderate disability, 69 women were in severe disability and 31 women were crippled.

**Conclusion:** From the results it was concluded that coccydynia and disability on postpartum vaginal delivery women was 51 percent.

### Impact of COVID-19 on Caregiver Burden among Parents of Differently Abled Children: A Survey

Ramya Chandran<sup>1\*</sup>, Jagatheesan Alagesan <sup>1</sup>

<sup>1</sup> Post graduate student, <sup>2</sup> Professor, Saveetha College of physiotherapy, Saveetha Institute of Medical and Technical Sciences, Chennai, Tamilnadu, India.

Email: ramyachandran3396@gmail.com

#### Abstract

**Introduction:** During COVID19 outbreak, parents of differently abled children have to quit their institutional rehabilitation session as a result of pandemic. Many factors lead to depressing experience on caregiver's mental health, burden, and health status. Caregiver Health Self-Assessment Questionnaire will be helpful in determining the mental behavior and health risk of parents or caregivers of developmentally delayed individuals.

**Objective:** The present study was aimed to examine the impact of COVID19 on caregivers of differently abled children and to compare the burden, stress, and health status of differently abled children's parents in terms of gender and different age group.

**Methodology:** From the period of October 2020 to March 2021, 30 caregivers of 30 differently abled children's who were under developmental therapy in child developmental center in Saveetha medical college and hospital were asked to participate in the study through telephonic interview.

**Results:** The mean stress and health status scores among parents of Female children (8 and 7.18) were much higher than parents of male children (5.73 and 4.52). On comparing the age groups, parents of preschool had high caregiver burden and stress mean value of 10 and 7.37, the mean value of school and toddler age group is (8.75, 6.28) and (6.57, 7) parents of infant age group scores lowest burden score compared to the others.

**Conclusion:** Caregivers of differently abled children's experiences burden, stress and health issues. Children with developmental disability were completely dependent on their caregivers on activities of daily living and decline in their health also inversely have an impact on health status of the caregivers. Our team is working out with home-based exercises facilitated through tele consultation and handouts to reduce the possible impact of COVID19 on these children and caregivers.



Dr. M.Manikumar and Dr.Balasaravanan, PhD Scholar had published Scientific paper in the Journal of Positive School Psychology (Scopus Indexed) titled;

1. Effect of Ischemic Compression Therapy with Eccentric Exercises on Selected Outcome Variables in Tennis Elbow patients- A Pilot Study

## Publication

Journal of Positive School Psychology  
2022, Vol. 6, No. 3, 1542–1546 <http://journalppw.com>

**Effect Of Ischemic Compression Therapy with Eccentric Exercises on Selected Outcome Variables in Tennis Elbow Patients - A Pilot Study**

<sup>1</sup>Dr. R. Balasaravanan,  
*<sup>1</sup>M.P.T., Research scholar, Saveetha institute of medical and technical sciences, Thandalam, Chennai, India*

<sup>2</sup>Dr. M. Manikumar,  
*<sup>2</sup>M.P.T., Ph.D., Professor, Saveetha College of Physiotherapy, Saveetha University, Thandalam, Chennai, India.*

<sup>3</sup>Dr. H. B Shivakumar,  
*<sup>3</sup>M.S (Ortho) Professor of Orthopaedics, Kempegowda Institute of Medical Sciences, Bangalore, Karnataka, India.*  
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**Background**  
Tennis elbow is the condition characterized by pain and tenderness over the lateral epicondyle of elbow caused due to repetitive movements of wrist and forearm. It is a painful condition which needs early intervention for optimal recovery.

**Objective:** To assess the effectiveness of the ischemic compression therapy with eccentric exercise on pain, grip strength and amount of difficulty in activities among tennis elbow patients.

**Methods:** 10 subjects, 6 females and 4 males were recruited for study. The study duration was three weeks and age group from 30 to 45 years were included for the study. All patients received ischemic compression therapy at with the respective painful site followed by eccentric exercises. The outcome measures were pain, grip strength and difficulty in activities, tools used to measure were visual analog scale (VAS), hand grip strength dynamometer and patient-rated tennis elbow evaluation respectively.

**Results:** Mean difference values of visual analog scale, hand grip strength dynamometer and patient-rated tennis elbow evaluation were  $7.40 \pm 3.00$ ,  $13.80 \pm 23.60$  and  $65.00 \pm 22.00$ . All outcome measures were highly significant with  $p < 0.0001$ .

**Conclusion:** This study concludes that there is significant improvement in pain, grip strength and amount of difficulty in activities in subjects with tennis elbow following ischemic compression therapy and eccentric exercises.

**Key Words:** Ischemic compression therapy, Eccentric exercises, Tennis elbow, Pain, Hand grip strength, Amount of difficulty in activities.

## Student academic council meeting

Student Academic council meeting was held on 25/03/2022 and student representatives from Final year BPT were called upon to discuss their suggestions in terms of Academics and administration to enhance quality delivery to them. They actively took part in the discussion and all their suggestions were noted and recommended for immediate action.



Dr.Kumaresan.A had presented a scientific paper titled “Physiotherapy intervention to promote coma recovery following severe traumatic brain injury” in the International Conference Mangalore Physiocon2022 held on 25<sup>th</sup> and 26<sup>th</sup> March 2022.



## Scientific Paper Presentation





Dr.S.Jennifer Augustina had been invited as External Examiner for PG examinations in Sri Ramachandra College of Physiotherapy on 21.3.2022.



External  
Examiner

External

**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Affiliated to Sri University)  
Pondicherry - 605 014

**Dr. R. JOTHIMALAR, MD, DNB,MBA**  
CONTROLLER OF EXAMINATIONS

Phone : 2476 8028 - 31 Ext :3175/3243  
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STRICTLY CONFIDENTIAL AND FOR IMMEDIATE ACTION

Ref. No. : R003758 / E000851 Date: 08-03-2022

To  
**MRS. JENIFER AUGUSTINA**  
Assistant Professor  
Dept. of. Urology And Obstetrics Physiotherapy  
Saveetha college of physiotherapy  
Saveetha Nagar, Thandam,  
Chennai - 602 105  
MobileNo. 9952448947  
Email Id: jeniferaugustina.scpt@saveetha.com

Sir / Madam,

I am, by direction, to inform you that you have been appointed as Examiner to conduct Clinical / Practical and Oral Examination and valuation of answer papers for the following Courses:

S.No.	Course Code /Course	Date	Exam Type	No. of Students	Program(s)
1	PMT18C102: TRANSLATING RESEARCH TO PRACTICE	21/MAR/2022	Theory	1	MPT WH
2	POB18C103: ADVANCED PHYSIOTHERAPY INTERVENTION IN GYNAECOLOGY (PRACTICALS)	21/MAR/2022	Practical	4	MPT WH
3	POB18C104: ADVANCED PHYSIOTHERAPY INTERVENTION IN OBSTETRICS (PRACTICALS)	23/MAR/2022	Practical	4	MPT WH
4	POB18C105: ADVANCED PHYSIOTHERAPY INTERVENTION IN GYNAECOLOGY	21/MAR/2022	Theory	4	MPT WH
5	POB18C106: ADVANCED PHYSIOTHERAPY INTERVENTION IN OBSTETRICS	23/MAR/2022	Theory	4	MPT WH

- The acceptance or non-acceptance may be sent to us by email within a day.
- Even, in the case of your NON-ACCEPTANCE, your early reply by email / phone will help me to make alternative arrangements.
- The Convener/Senior Internal Examiner is responsible for the correctness of the entry of Practical/Clinical marks and totalling of marks entered. He / She will be held answerable for any discrepancy if found at a later stage.
- Kindly ensure that the print out of the practical/ theory marks entered in the MIS be verified and signed by all examiners before submission.
- I request you to decline the appointment, if any member of your family or relative is appearing for the examination
- Practicals shall be conducted on campus and the marks shall be submitted on MIS on the date provided above and also indicated in the signed hard copy of mark statement.
- The theory script evaluation is central (at COE office)

Thanking You,

Yours Sincerely  
*J. Jothimalar*  
CONTROLLER OF EXAMINATIONS

Note : 1) The date(s) fixed are FINAL. Separate confirmation letter will not be sent.  
2) The Outstation examiners are requested to plan their return journey after the scheduled time of completion of viva voce/oral.

## Community Outreach Activity

Saveetha College of Physiotherapy has provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Vayalanankur, Kolappancheri on 22.3.2022. The camp was coordinated by Dr.S.Senthil Kumar and 25 patients with periartthritis shoulder, tennis elbow, osteoarthritis knee, cervical spondylosis and low back pain benefitted from the camp.



## Community Outreach Activity

Saveetha College of Physiotherapy provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Vayalanankur, Kolappancheri on 23.3.2022. The camp was coordinated by Dr.S.Senthil Kumar and 22 patients with periarthritis shoulder, tennis elbow, osteoarthritis knee, cervical spondylosis and low back pain benefited from the camp.



## Community Outreach Activity

Saveetha College of Physiotherapy had provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in High court campus on 25.3. 2022. The camp was coordinated by Dr.S.Senthil Kumar and 45 judges and lawyers with conditions like osteoarthritis knee, cervical spondylosis, low back pain and neurological problems benefitted from the camp.



## Community Outreach Activity

Saveetha College of Physiotherapy had provided Clinical support services for community camp organized by Saveetha Medical College and Hospital in Sirukalathur on 26.3. 2022. The camp was coordinated by Dr.S.Senthil Kumar and 35 patients with osteoarthritis knee, cervical spondylosis and low back pain benefitted from the camp.

