IIHMR BANGALORE | INSTITUTE OF HEALTH MANAGEMENT RESEARCH
South Campus, IIHMR Group

PULSE e-NEWSLETTER

ISSN: 2584-279X (Online)

Vol. 02, Issue No. 06 May - June 2024 Pages: 13

Transforming Healthcare using Internet of Things (IoT) and Internet of Medical Things (IoMT)

Dr. Pankaj Rahi
Associate Professor
Health Information Technology
IIHMR Bangalore

The integration of IoT (Internet of Things) and IoMT (Internet of Medical Things) represents a transformative leap forward in healthcare delivery, promising to revolutionize patient care, clinical practices, and operational efficiency. These technologies leverage interconnected devices and sensors to collect, monitor, and analyze vast amounts of health-related data in real-time, enabling healthcare providers to offer more personalized and proactive treatments. IoT in healthcare extends beyond traditional boundaries, facilitating remote patient monitoring, predictive maintenance of medical equipment, and enhanced patient engagement. Devices such as wearable sensors and smart home health devices provide continuous health monitoring outside clinical settings, empowering patients to take an active role in managing their health. IoMT, on the other hand, encompasses a specialized subset of IoT devices tailored specifically for medical applications, including implantable sensors and connected medical equipment within hospital settings[1].

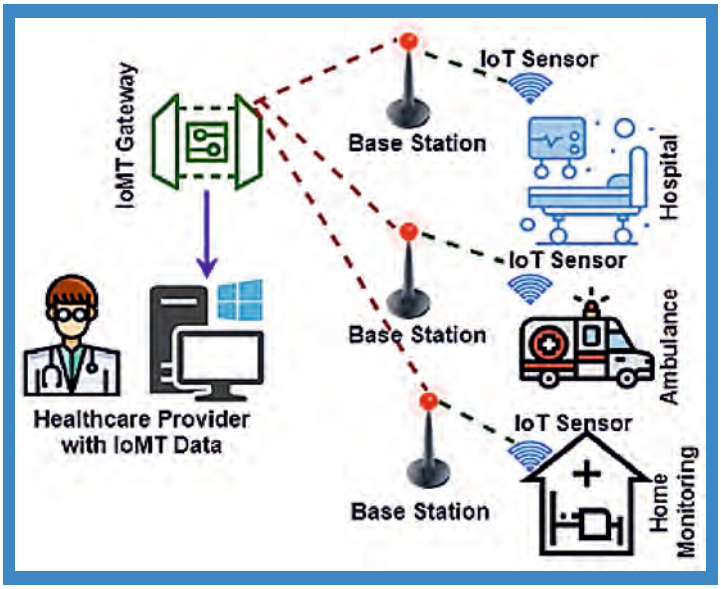

Figure1 : IoMT based architecture for Data Acquisition in Healthcare-setting[1]

Image Credit: https://www.freepik.com

This article explores the multifaceted impact of IoT and IoMT on NextGen healthcare. It delves their use as well as role in improving patient outcomes, optimizing healthcare workflows, and addressing challenges such as data security and interoperability. By examining current trends, benefits, and potential future developments, this discussion aims to illuminate the transformative potential of IoT and IoMT in shaping the future of healthcare delivery as well as the overall healthcare ecosystem

IoT in Healthcare: Enhancing Patient Monitoring and Management

IoT technology has enabled healthcare providers to move beyond traditional episodic care towards continuous, remote monitoring of patients. Devices such as wearable sensors and smart home health devices collect real-time data on vital signs, activity levels, and medication adherence. This constant stream of data allows for early detection of health issues, personalized treatment plans, and improved patient outcomes.

Remote Patient Monitoring: IoT devices facilitate remote monitoring of chronic conditions such as diabetes, hypertension, and heart disease. Continuous data collection enables timely interventions and reduces the need for sporadic visits to healthcare facilities. Remote monitoring through IoT devices can also reduce healthcare costs associated with frequent hospitalizations or emergency room visits.

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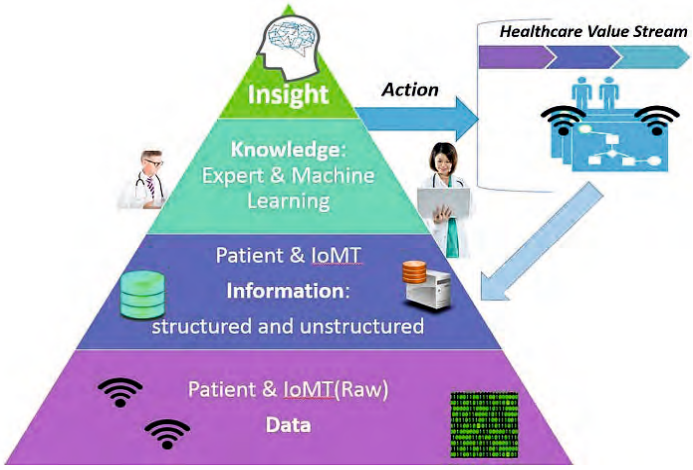
It allows for proactive management of chronic conditions, which can prevent costly healthcare interventions if reported late-stage or time.



Personalized Medicine: By utilizing the AI techniques and machine learning algorithms for analyzing data sensed through the IoT devices, the healthcare providers could tailor treatment plans to individual patient for improving their care and treatment needs. This personalized approach improves medication adherence, quality in services and patient compliance, ultimately leading to better management of chronic diseases.

Enhanced Patient Engagement: IoT empowers patients to actively participate in their healthcare management and also follow adequate adherence to the prescribed treatment. Access to real-time health data encourages healthier behaviors and facilitates informed decision-making about their health.

IoMT: Revolutionizing Healthcare Delivery

IoMT extends the capabilities of IoT specifically within the healthcare domain, encompassing a wide range of connected medical devices, from wearable gadgets to implantable sensors and smart hospital equipment. These devices are designed to improve patient care, optimize clinical workflows, and enhance the overall healthcare experience.

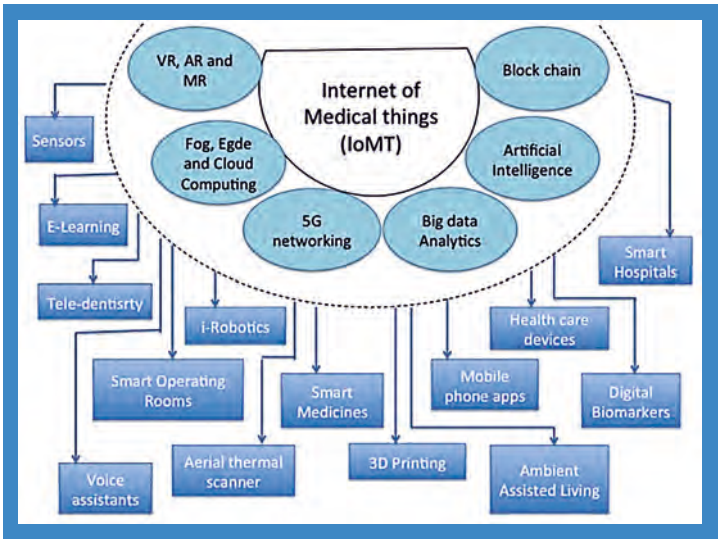


Figure 3: Emerging applications and use of IoMT in Healthcare [3]

Wearable Devices: IoMT wearable devices such as smartwatches and fitness trackers monitor vital signs, activity levels, and sleep patterns. This data aids in preventive care, early diagnosis, and management of chronic conditions.

Implantable Devices: Devices implanted within patients, such as pacemakers and insulin pumps, continuously monitor and regulate physiological parameters. IoMT implantable provide real-time feedback to healthcare providers, enabling proactive interventions and enhancing patient safety.

Telehealth and Telemedicine: IoMT supports telehealth initiatives by facilitating remote consultations, virtual visits, and telemonitoring. This capability is particularly valuable for patients in rural or underserved areas, improving access to specialized care and reducing healthcare disparities.

Benefits and Challenges of IoT and IoMT in NextGen Healthcare

Although devices like IoT and IoMT offer numerous benefits for transforming healthcare delivery, but there devices simultaneously offers several challenges that must be addressed to maximize their potential.

Benefits:

- **Improved Patient Outcomes and quality in healthcare services:** Early detection, personalized treatment plans, and continuous monitoring lead to better health outcomes. Such connected care services could only be enabled with the induction of IoTs and IoMTs for real-time-data sensing and sharing techniques.
- **Operational Efficiency:** The systematic use of sensors in the areas like Workflows Managements, predictive maintenance of medical equipment management, and optimizing the resource allocation, to reduce costs and enhance overall operational efficiency.
- **Patient Empowerment:** In today's healthcare landscape, IoT (Internet of Things) and IoMT (Internet of Medical Things) technologies are empowering patients in unprecedented ways. Using these technologies, interconnected devices and sensors to provide real-time health monitoring and personalized care solutions, enhancing patient engagement and autonomy. Also, by integrating with mobile apps and cloud-based platforms, IoMT devices allow patients to actively participate in managing their health, access to their personal health data etc will further empowers patients in managing their health and related decision-makings.

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Challenges:

- **Data Security:** Protecting patient data from cyber threats and ensuring compliance with healthcare regulations ((HIPAA) in the fragmented architecture of the edge devices like IoT is challenging and Specific architecture for addressing this challenge is required.
- **Interoperability:** Integrating diverse IoT and IoMT devices with existing healthcare IT systems to enable seamless data exchange and interoperability in the different settings of Healthcare is also challenging.
- **Ethical Considerations:** Addressing issues related to patient privacy, Consent and its management, and the responsible use of AI and machine learning as well secured transmission of Sensors'data in healthcare and its related decision-making processes is suggested.

Future directions and conclusion

The global market size of internet of medical things (IoMT) was USD 47.32 billion in 2023. The market is projected to grow from USD 60.03 billion in 2024 to USD 814.28 billion by 2032 at a CAGR of 38.5% during the forecast period [4]. The future of IoT and IoMT in healthcare holds tremendous promise for advancing patient-centered care, improving clinical outcomes, and driving innovation in medical technology. As these technologies continue to evolve, stakeholders must collaborate to address challenges and harness their full potential to shape the future of NextGen healthcare. In conclusion, IoT and IoMT are pivotal in transforming healthcare into a more connected, proactive, and personalized system. By leveraging these technologies, healthcare providers can achieve significant improvements in patient care, operational efficiency, and overall healthcare delivery.

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ACADEMIC PROGRAM

INAUGURAL CEREMONY (BATCH 2024-26)

The inaugural ceremony at IIHMR Bangalore for the batch of 2024-2026 commenced with the traditional Lighting of the Lamp, a symbolic act to seek blessings from the almighty, setting a serene and auspicious tone for the event.

Dr. Gyan Chandra Kashyap, the faculty in charge of academics and student affairs, warmly welcomed the new students, laying a strong foundation and inspiring a sense of belonging among them. Dr. Usha Manjunath, Director of IIHMR Bangalore, delivered the inaugural address, where she eloquently painted a picture of the promising future that lies ahead for the students. She took everyone through the remarkable journey of IIHMR's growth into a pioneering institute in healthcare research, highlighting its significant contributions and milestones.

The inaugural ceremony at IIHMR Bangalore for the batch of 2024-2026

The ceremony then saw an inspiring address by the Guest of Honor, Mr. Manish Trivedi, Hospital Director at Manipal Health Enterprises Pvt Ltd. He spoke about the immense potential this PGDM course holds and motivated the students to leverage this opportunity to achieve great success in their careers. Dr. Anupama Shetty, the Distinguished Guest, shared her remarkable journey from being a physician to a hospital administrator, earning a PhD, and now leading Biocon Foundation as the Mission Director. Her narrative was a testament to perseverance and dedication, advocating for CSR and sustainability while guiding students through her illustrious career.

Dr. S D Gupta, President of the Management Board at IIHMR, addressed the batch with foundational advice, emphasizing that learning is paramount and highlighting the supportive nature of the faculty at IIHMR. He encouraged students to choose careers that align with their interests and to continuously seek knowledge. Further Dr. P Allen Ugargol, Associate Professor at IIM Bangalore, also addressed the students, emphasizing how IIHMR serves as a platform to gain vital skills and prepare for the future.

The sense of celebration was further enhanced by a vibrant cultural program. Dr. Kavya from the batch of 2024-26 enthralled everyone with a semi-classical dance performance. This was followed by a melodious singing performance by Mr. Suryatanaya Dey from the same batch. The cultural segment continued with a graceful classical dance by a first-year student, and the festivities concluded with a mesmerizing song by Mr. Deepan Manna from the batch of 2023-25.

The event was wrapped with a heartfelt vote of thanks delivered by Dr. Amita Mukhopadhyay, expressing gratitude to all who made the ceremony memorable. The national anthem marked the formal conclusion, followed by a delightful hi-tea session.

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IIHMR Bangalore welcomes new batch with a Human Process Lab

IIHMR Bangalore conducted a class on Human Process Lab for their new PGDM 2024-26 batch students to develop interpersonal relationships and networking. It was a 4 day class to motivate and encourage the students for their journey in the IIHMR Bangalore ahead. The sessions were conducted by Mr. Madaiah Madegowda from NIMHANS Bangalore.

During the lab sessions Mr.Madaiah shed some light on how positive and negative attitude and skill influence one's life. He encouraged students to ask questions rather than blindly agreeing and to express their thoughts or opinions. He incorporated various activities which had practical applications. An activity on human emotions brought out the artistic abilities of the students. It was done on various human emotions, indications and their management. Students as teams prepared charts and even enacted to convey them effectively.

"Stick to concepts but enjoy while reading you will not fall asleep" was a message Mr.Madaiah gave to students. The sessions also included the important points covered such as emotional intelligence, priority matrix, communication, holistic perspective and many more.

This class helped students to overcome inferiority complex in public speaking, build self-confidence, stress management and resilience. It also offered actionable tips and techniques that students can apply in their daily lives to grow both personally and professionally.

PGDM 2024-2026 Batch Starts with Essential Skills

The PGDM 2024-2026 batch at IIHMR has embarked on an exciting journey with a week-long non-credit course designed to equip students with essential skills for their curriculum. The sessions commenced with a focus on Information Technology, beginning with MS Excel, by Mr. Vinay R Srihari, Assistant Professor. The students explored fundamentals of data entry and basic formatting, progressing to advanced topics such as complex formulas, pivot tables, and data visualization for impactful charts and graphs using M S Excel.

Following Excel, the curriculum moved to MS Word, where students learned document creation, formatting, and editing. Hands-on activity, including drafting personalized informal letters, features like complex formatting techniques, styles, and templates were covered to enhance documentation skills.

Dr. Deepashree M R, Assistant Professor conducted the session on PowerPoint presentation. Starting with the basics of creating presentations and progressing to advanced features such as custom animation and multimedia integration. Students were tasked with developing presentations on trending healthcare topics, showcasing their skills, and receiving feedback on effective communication and presentation techniques.

The final segment focused on Medical Terminology, covering the origins and formation of medical terms, exploring terminology related to biological systems, and applying terms through case studies. Dr. Amita Mukhopadhyay, Professor, conducted the session in a comprehensive approach, that ensured students gained practical knowledge applicable to real-world scenarios.

Overall, the sessions effectively combined technical skills with practical application, setting the stage for a productive academic journey in PGDM-Hospital and Healthcare management program.

ISSN: 2584-279X (Online)

BANGALORE DARSHAN

The Bangalore Darshan for the batch 2024-26 of IIHMR Bangalore, commenced with great enthusiasm and anticipation. This year the destination for intermingling and a relishing experience for the students was "Odysssey Retreat Resort". The students were accompanied by faculties Dr. Amita Mukhopadhyay, Dr. Rajeshwari B S, Dr. Subodh S Saheesh, Mr. Satish Kumar Singh, Sr.Manager Academics, admissions team Ms Joyce Jaison, Ms. Narmadha and Ms Bhavana.

The journey began with a very comfortable bus ride. As soon as everyone reached the resort, they were thrilled and filled with enthusiasm. Following breakfast, the resort team instructed the whole group into performing fun activities which warmed everyone up for the upcoming day. Students were later given some time to indulge in activities like paintball shooting, air cycling and so on.

This was followed by riveting games like Dumb Charades, Volleyball and handball which brought all the students together, giving a sense of comfort and enjoyment simultaneously. The extended fun began post lunch when students changed into their swimming costumes and dived right into the swimming pool! There was music, rain dance and wave pool and lots of amusement. Students laughed till their stomachs hurt and danced till their feet could take no more. The cheerful day ended with High-Tea and some amazing snacks.

Overall, it was a really refreshing experience, where students mingled well with one another and also learned a lot about the accompanying faculties. Instead of the traditional ice-breaking sessions, this Bangalore Darshan turned out to be a natural mood enhancer and sociable experience for the new students at IIHMR Bangalore.

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CULTURAL EVENTS

INVIGORATING YOGA SESSION: A JOURNEY OF HOLISTIC WELL BEING

A yoga session led by yoga guru Mr. Devananda from Atma Darshan Yog Ashram, would typically offer profound and enriching experience, infused with traditional teachings and practices of Yoga for the students of IIHMR Bangalore.

The session started with greeting "Hari Om Tat Sat" and a prayer (Shanthi Mantra) invoke divine blessings and resonates with essence of unity and harmony. The sessions engaged the participants in a series of asanas meticulously chosen to harmonize the body's energy centers. Each posture from grounding Tadasana, Niralamba Bhujangasana, Pawanamuktasana to healing Shavasana serves a purpose beyond mere physical flexibility. Participants developed deeper into sequences, experienced power of yoga firsthand – feeling Rejuvenated, centered and more connected to themselves and their surroundings.

ALUMNI SPEAK

Mr. Ajay Dubey
Senior Product Manager
Microsoft R&D India

Mr. Ajay Dubey, a Senior Product Manager at Microsoft R&D India with 11 years of experience, has a deep passion for exploring new places, cooking, and gardening. He finds inspiration in books like 'Bootstrapping, the Origins of Personal Computing by Bardini Thierry', The Worlds I See, and last but not least The Autobiography of Yogi by Paramahansa Yogananda. His role model is Dr. Devi Shetty, who inspired him during his postgraduate studies.

Mr. Ajay completed his bachelor's degree in computer science engineering from Guru Ghasidas Central University in Bilaspur, Chhattisgarh. Later, he pursued a Post Graduate Diploma in Hospital and Health Management from IIHMR Bangalore. His interest in healthcare began during a graduation project where he helped develop a Hospital Management System at Apollo Hospital in Bilaspur. This experience sparked his interest in healthcare administration and led him to further his education in this field.

At Microsoft, Mr. Ajay focuses on leveraging cloud and AI technologies to drive innovation in healthcare. He leads strategic initiatives to create impactful solutions that meet the evolving needs of the industry, ensuring Microsoft remains at the forefront of healthcare innovation. Throughout his career, Ajay has held various roles, including Business Analyst, Product Trainer, Project Implementation Specialist, and Product Owner. He has managed projects in diverse regions, such as the US, Australia, NHS, and Nordic countries, working on areas like Ambulatory EHR, Health Information Exchange, Mobility solutions, and Governance projects.

Transitioning into the Healthcare IT Industry without a medical background was challenging for Ajay. He dedicated significant time to gaining knowledge in hospital workflows, clinical processes, and relevant technologies like HL7, HIPAA, EDI, SQL, HL7 v2, CDA, and FHIR.

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SOFT SKILL DEVELOPMENT TRAINING PROGRAM

IIHMR Bangalore has successfully organized a 5- day soft skill development program for the employees. The training program was meticulously designed to enhance the soft skills of our employees, focusing on a wide range of essential topics crucial for personal and professional growth. The topics covered in this program were effective email communication, nurturing personal and professional conduct, effective time management techniques, cultivating self-motivation, developing organizing skills and effective team management skills.

HEALTH AWARENESS CAMP AND BLOOD PRESSURE SCREENING

The Kauvery Hospital, Electronic City organized a health awareness camp at the IIHMR Bangalore. This event included free blood pressure screening and a presentation on how to control blood pressure, aiming to enhance health awareness among IIHMR employees.

ALUMNI SPEAK

This commitment helped him overcome the obstacles and succeed in his career. Meditation plays a crucial role in managing his stress, helping him maintain balance and focus.

Mr. Ajay's future plans involve contributing to the AI startup ecosystem, particularly in addressing challenges within the healthcare space. He believes that empathy and adaptability are essential skills for managers. Looking ahead, he hopes to see improvements in interoperability and data sharing within the healthcare ecosystem.

For those aspiring to follow a similar career path, Ajay advises staying curious, reading extensively, and striving to become techno-functional. He emphasizes the importance of not comparing one's journey with others, as everyone has their unique path. Most importantly, he encourages maintaining happiness and enjoying the journey.

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RESEARCH AND PUBLICATIONS

STRENGTHENING 1ST 1000 DAYS AND EARLY CHILDHOOD CARE AND DEVELOPMENT (ECCD) IN URBAN SLUMS OF BANGALORE

Under the project the team enrolled a total of 77 children (48 boys & 29 girls), 81 males and 159 females for this quarter in Anadapuram and Mayabazar communities. On 7th and 8th of June 2024, the Urban Slum Communities of Anandapuram and Mayabazar celebrated World Food Safety Day and World Environment Day with a focus on education and engagement. Beneficiaries participated in educational activities, including a fireless cooking competition that highlighted cross-contamination awareness, proper food handling, and the crafting of nutritious snacks. Additionally, a sorting game elucidated the distinctions between healthy and unhealthy foods, while digital posters enlightened beneficiaries on waste segregation, composting, importance of clean water, and the profound interplay between the environment, food, and health. Emphasizing the significance of hygiene in the surroundings, the event also shed light on essential rules of food safety and on the adverse effects of unclean environments. Through a blend of interactive sessions and hands-on activities, the event aspired to craft an impactful and memorable experience for a more sustainable future. A total of 55 beneficiaries were reached through this event.

Beneficiary Enrolment in Anandapuram & Mayabazar

World Food Safety Day and World Environment Day in Anandapuram & Mayabazar

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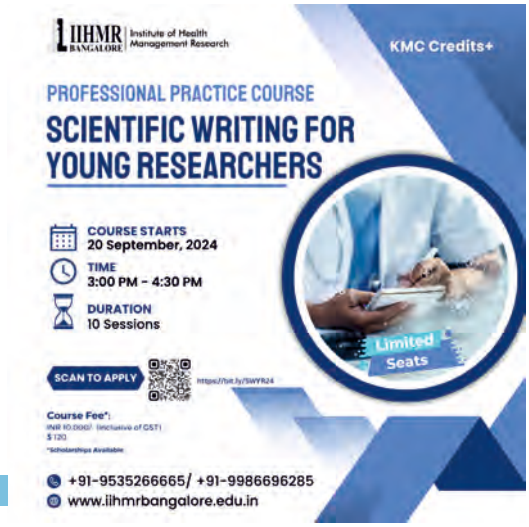
CENTRE FOR LEARNING & DEVELOPMENT

IIHMR Bangalore offers dedicated training programs which aims to provide support to students and working professionals that they will be able to comprehension about the Healthcare industry.

TRAINING / WORKSHOPS ORGANIZED

Professional Practice Course Scientific Writing for Young researchers

IIHMR Bangalore organized 8 weeks online course on "Professional Practice Course Scientific Writing for Young researchers". The course enabled the participants to understand the structure and process of writing the manuscript. It develops the needed skills to process the ideas into the final draft of the manuscript. It facilitates the decision on choosing the right journal for the manuscript. It empowers to respond to the comments from the reviewer.



Certificate Course in Advancing Excellence in Clinical Nutrition

IIHMR Bangalore organized online certificate course in "Advancing Excellence in Clinical Nutrition". The course enabled the participants to integrate the knowledge of nutritional screening and assessment, various medical conditions, and their nutritional management. It also upskill and upgrade practical knowledge in the field of clinical nutrition.

Certificate Program in Public Health Nutrition COHORT 2

IIHMR Bangalore organized 10 days certificate course in "Public Health Nutrition COHORT 2". The course aimed to equip participants with comprehensive knowledge and practical skills to address malnutrition through dietary interventions, enhance nutrition program management and achieve public health nutrition outcomes through effective strategies.

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HEALTHCARE NEWS

Ayushman Bharat health scheme to provide free treatment to those aged above 70 years: President Murmu

"Under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana, free health services are being provided to 55 crore beneficiaries," Droupadi Murmu said. "The opening of 25,000 Jan Aushadhi Kendras in the country is also progressing at a fast pace," she said while addressing the joint sitting of Parliament. "Under the Ayushman Bharat-Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), free health services are being provided to 55 crore beneficiaries," Ms. Murmu said.

Read more at : https://www.thehindu.com/news/national/ayushman-bharat-health-scheme-to-provide-free-treatment-to-those-aged-above-70-years-president-murmu/article68339649.ece

Indian Pharma exports: 'USD 10 bn opportunity up for grabs in off patent drug market by 2029'

blockbuster drugs whose revenues worth USD 112 billion will be off-patented during 2023 to 2029 and the Indian pharma industry will have a growth opportunity of USD 10 billion in the form of generics (including complex), a top official of Pharmaceuticals Export Promotion Council of India (Pharmexcil), a body under the Department of Commerce said on Thursday.

Read more at : https://www.ptinews.com/story/business/indian-pharma-exports-usd-10-bn-opportunity-up-for-grabs-in-off-patent-drug-market-by-2029-/1615009

Lilly collaborates with OpenAI to discover novel medicines to treat drug-resistant bacteria

Eli Lilly and Company (NYSE: LLY) announced a collaboration with OpenAI that will allow Lilly to leverage OpenAI's generative AI to invent novel antimicrobials to treat drug-resistant pathogens. Antimicrobial resistance (AMR) is one of the top public health and development threats across the global health landscape.

Read more at : https://investor.lilly.com/news-releases/news-release-details/lilly-collaborates-openai-discover-novel-medicines-treat-drug

Sun Pharma Completes Taro Merger

Dilip Shanghvi, Chairman and Managing Director of Sun Pharma, said, "We are pleased with the successful completion of Taro merger process. This milestone marks a significant step forward for both organizations, allowing us to effectively leverage each other's strengths and capabilities. Together, we are excited about starting this new chapter and creating a. more robust, successful future for the combined entity."

Read more at : https://www.prnewswire.com/il/news-releases/sun-pharma-completes-taro-merger-302180232.html

100-day agenda for new Govt should focus on fundamental public health aspects

The newly-elected government's initial 100 days should focus on the importance of promotive and preventive health measures, sanitation under the Swachh Bharat initiative, access to clean drinking water, and improved nutrition focusing on millets.

Read more at: https://health.economictimes.indiatimes.com/news/industry/pm-modis-100-day-agenda-should-focus-on-fundamental-public-health-aspects-ahpi/111225989

ISSN: 2584-279X (Online)

India plans incentives for diabetes, obesity drug makers in 2026, government official says

India is planning to offer incentives to promote local manufacturing of GLP-1 drugs used to treat diabetes and obesity, in 2026, a top government official said on Friday. GLP-1 drugs, originally approved to treat diabetes, are also widely being used to treat obesity as they slow digestion, helping patients feel full longer.

Read more at : https://www.reuters.com/business/healthcare-pharmaceuticals/india-plans-incentives-diabetes-obesity-drug-makers-2026-government-official-2024-06-28/

Indian medical care sector opts for dynamic financing approach with AI, blockchain, and advanced analytics

According to Gaurav Gupta, co-founder & CEO, CarePay, the challenges faced by the healthcare sector are the high out-of-pocket expenditure incurred by patients, the burgeoning uninsured population that will go bankrupt in a second if a medical emergency befalls, as well as the strain on healthcare providers to manage rising costs while maintaining quality care.

Read more at : https://www.pharmabiz.com/NewsDetails.aspx?aid=169955&sid=1

FDI inflow into hospitals & diagnostic centres grows 89 per cent in 2023-24

The Foreign Direct Investment (FDI) equity inflow into the hospital and diagnostic centres sector in the country has witnessed a growth of around 89 per cent during the fiscal year 2023-24, while the foreign equity infusion into the medical and surgical appliances sector grew 21.6 per cent during the financial year compared to the previous year.

Read more at : https://www.pharmabiz.com/ArticleDetails.aspx?aid=169783&sid=1

NABH asks healthcare organizations to strengthen their fire safety protocols

In a significant move to ensure the safety of patients, staff, and visitors, the National Accreditation Board for Hospitals and Healthcare Providers (NABH) has issued a comprehensive advisory urging all healthcare organizations (HCOs) to strengthen their fire safety protocols. This directive is based on the Union ministry of health's notification highlighting the urgent need for enhanced fire safety measures across healthcare facilities in India.

Read more at : https://www.pharmabiz.com/ArticleDetails.aspx?aid=169271&sid=1

Medical imaging is undergoing revolution due to advances in MRI & AI integration: Sathish Balakrishnan

Medical imaging is undergoing a revolution due to the advancements in Magnetic Resonance Imaging (MRI) technology and the incorporation of AI-driven solutions. These breakthroughs not only improve diagnostic precision and operational efficiency but also emphasize patient well-being, said Sathish Kumar Balakrishnan, vice president, global MR R&D Leader, Philips Innovation Campus.

Read more at : https://www.pharmabiz.com/ArticleDetails.aspx?aid=169502&sid=1

DCGI emphasises need for sample test for standards for medical devices and IVDs

Drugs Controller General of India (DCGI) Dr Rajeev Singh Raghuvanshi has emphasised that the medical devices and in-vitro diagnostics (IVD) sold in the county should be tested for the standards prescribed by the Bureau of Indian Standards (BIS) for its quality and performance in the country. The DCGI has issued a circular to all stakeholders in the sector, including all medical devices testing laboratories and manufacturing associations, elaborating the requirement for testing.

Read more at : https://www.pharmabiz.com/ArticleDetails.aspx?aid=169485&sid=1

PULSE e-NEWSLETTER
ISSN: 2584-279X (Online)
Vol. 02, Issue No. 06 May - June 2024

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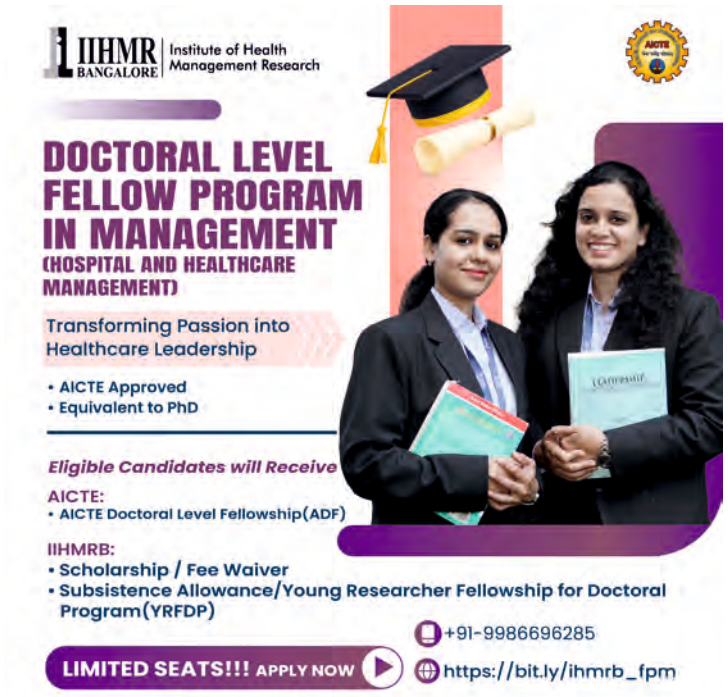

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