



# Minutes of Meeting: Interpathy Clinic

Meeting: 15<sup>th</sup> Feb 2021, Hospital building meeting at 12 to 1pm

Attendance: Dr. Shyam Ashtekar, Dr Soudamini Naik, Dr Noel Gomes, Dr Sanjay Jadhav,  
Dr. Shilpa Badhe, Dr. Jitesh Thakur, Dr Anushree Netke, Dr Ashwini Kundalwal

## **AYUSH and Modern Medicine Integrated Holistic Clinic and wellness centre in SMBT Hospital OPD**

आयुष्मान सेवा केंद्र . Here is a brief account of yesterday's progress on Interpathy clinic. Integrated approach on several ailments and about wellness is a new initiative by GOI, although such effort is rooted in the past and has a rich history. Incidentally many modern medicines are active principles of old world remedies including Ayurveda. At SMBT we would like to start a joint effort for integrated management of select ailments/health problems and a wellness initiative. Primarily this would be a cooperative project between SMBT Ayurved College and SMBT medical college hospital. Here is a brief outline of the project Integrated Treatment and Wellness Center. We need to coin a Marathi name for this. Holistic Clinic can be named as Ayushman Clinic आयुष्मान/ संयुक्त आरोग्य सेवा केंद्र in Marathi.

### **1. Rationale**

Human health and wellness needs a holistic approach. India is endowed with a rich legacy of AYUSH. We have both modern medicine and Ayurveda colleges in the SMBT campus. With a synergistic approach we can open a joint treatment and wellness clinic in SMBT hospital OPD with support from various depts. Many NCDs (non-Communicable diseases) chronic pain and even some communicable diseases may be well managed with integrated approach. We need a scientific and rational approach.



## 2. Participating physicians and AYUSH experts with weekly timetable

संयुक्त आरोग्य सेवा केंद्र सकाळी ११ ते दुपारी १

Day 11 am to 1pm	Clinic day for	Modern Medicine specialist	AYUSH Specialist for the clinic	Diseases of interest /targeted
Monday	ObGyne	Dr Soudamini Naik	Dr. Prashant Patil	Menorrhagia, Pelvic inflammatory disease (PID)
Tuesday	Child Health	Dr Vaibhav Gode	Dr. Jitesh Thakur	Childhood Asthma, malnutrition, U5 failure to thrive
Wednesday	Gen Medicine	DR Noel Gomes	Dr. Ankush Gunjal	COPD, GERD-Gastro Esophageal Reflux Disease, IBS Chronic gastritis,
Thursday	Geriatrics	Dr Sudeepti Pana/ Dr Shyam Ashtekar	Dr Anushree Netke	Health promotion, early detection of NCDs, NCD care, problems of old age
Friday	Orthopedics-	Dr Sanjay Jadhav	Dr. Shilpa Badhe	Chronic arthritis, back-pain,
	Pain management		Dr. Shilpa Badhe	Chronic pains including terminal cancers

- This clinic is mainly for referrals from other specialities
- But there will be a board in waiting hall about this facility and patients will be routed through respective specialities for Interpathy clinic held as per schedule (Patients will sent to the IP clinic on specific days-which is a limitation for now)

## 3. Speciality-wise shortlist of health problems

Primarily we can focus on some ailments and develop protocols. The MUHS also has a dept of inter-pathy research. Following 15 health problems can be shortlisted for collaborative management in this clinic

- Medicine: CVD, COPD, GERD-Gastro Esophageal Reflux Disease, IBS Chronic gastritis.
- OBGYN: Menorrhagia, Pelvic inflammatory disease (PID).
- Paediatrics: Childhood malnutrition, U5 failure to thrive.
- Orthopedics: chronic arthritis, back-pain.
- Geriatric: Geriatric health problems, chronic pains due to various causes including cancers.



#### 4. Framework for collaboration

All faculty are requested to develop a comprehensive framework/ approach for the IP clinic activity for their speciality sitting with concerned AYUSH expert, working on known advances and experiences of running the clinic on pilot basis till end of December 2020. Here is a suggestive template/framework you can use for this purpose.

#### 5. General Framework for developing protocols for each health problem at IP clinic

	Modern Medicine	AYUSH
1) Defn of health problem & ICD10 nomenclature		
2) Defining criteria,		
3) Reason for integrated approach		
4) Benchmark info clinical & lab studies		
5) Approved therapeutic Management		
6) Cochrane review & other references for evidence if any		
7) Integrated protocol		
8) Outcome(s) for monitoring		
9) Advice and follow up instructions		
10) Hypothesis to generate or test if ANY		

#### 6. Logistic support

The dept of PSM will help in coordination of IP clinic. Other depts. to help will be GAD, Pharmacy, Lab services, MRD. Two interns will be posted by dept of CM in this clinic to help coordination and data management with help of MRD. We will use national protocols/standard treatment guidelines for disease management for both MM and Ayurveda, but have freedom for reasonable variation.



### **7. Record keeping and monitoring**

A standard format will be developed jointly by clinical faculty including CM and MRD. This will be generated and tested till April 2021 for final version.

### **8. Inter institutional Interpathy committee involvement**

SMBT campus has many institutes and there is an Interpathy committee established in Nov 2020. This committee will oversee and participate in the proceedings of IP clinic apart from committee functions.

### **9. Suggestions to HODs for patient referral to IP clinic संयुक्त उपचार.**

A framework has to be evolved for referral of patients (with due consent) for referring to this clinic. Primarily each dept and faculty will select patients for this purpose and direct them to IP clinic on the right weekday as per schedule. WE will also take walk in patients on experimental basis. But the primary responsibility for referral will be with the listed depts. in IP clinic. A color code will be used for additional case sheet for referral from usual specialties to the IP clinic. Any panchkarma required will be done in the Ayurveda College.

### **10. Wellness centre & geriatric care**

On Thursdays, the dept of Community Medicine will hold a specialised OPD for geriatric services and wellness, along with Ayurved expert.

### **11. Research Component**

The IP clinic is a joint service center with research unit. The operational aspects of the IP clinic will be aligned with overall research /development agenda for Interpathy.

### **12. Timeline**

The protocols to be developed by 22<sup>nd</sup> Feb 2021, the clinic should start from 15<sup>th</sup> March 2021. Meeting will be held on every 2<sup>nd</sup> week of February

**Dr. Shyam Ashtekar (coordinator)**

Tuesday, 16 February 2021

CC

Hon Dean, SMBT IMS &RC

Hon Principal, SMBT Ayurved College