



KERALA UNIVERSITY OF HEALTH SCIENCES, THRISSUR

ReCaB @ KUHS

A NEWSLETTER FOR RESEARCH CAPACITY BUILDING

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In this issue:

From the Editor's Desk

Recent Publications

News Updates

Forthcoming Programmes

**Call for Research Proposals/
Fellowships**

From the Editor's Desk

Multimorbidity, functional impairment and the need for long-term care are emerging public health challenges for aging populations. These new challenges are happening, along with unprecedented social and economic restructuring of our society. We now have more women, joining the formal work force. A large proportion of young adults relocate and live away from the family. The average family size is dwindling. There are fewer people at home to share the responsibility and labour associated with home-based care. This has led to resource limitations for home-based care of people with functional impairment. The stress and strain of caregivers is on the increase and can lead to adverse impact on productivity, health and wellbeing of those engaged in home-based care. We need to create a reliable knowledge base to design and implement user-friendly services for our aging population.

Proactive policies are needed to meet the public health challenges of this nature. Formulation of effective policies and programmes would require a good understanding about the current care arrangements and unmet needs of our aging

population. Research done elsewhere cannot provide the information relevant for the health care context of Kerala. Extrapolating from research done elsewhere is neither appropriate or reliable especially in the long run. We need high-quality, home-grown research to address the problems we encounter.

Research, the trajectory for creation of new knowledge, must be given due importance. Let us begin our efforts by promoting research in our own institutions. Please encourage trainees and faculty to look at issues related to population aging and identify the knowledge gaps that exist. We will be happy to assist you in capacity building activities for the faculty and trainees interested in aging research. KUHS will be happy to network with researchers from affiliated colleges. We will form special interest groups with focus on specific issues related to aging and health care of older people. Please send an email to dean.research@kuhs.ac.in expressing your willingness to be part of the "Aging Research Group"

Looking forward to hearing from you.

**Dean Research
Editor**

STATE RESOURCE CENTRE FOR OLDER PEOPLE: A Report

The WHO has declared the decade from 2021 to 2030 as 'Decade of Healthy Aging'. The idea is to transform our world to one where everyone can live a long and lead a healthy life. Kerala, like other parts of South Asia is witnessing rapid social and demographic changes. The Kerala University of Health Sciences (KUHS) in collaboration with the Social Justice Department (SJD) and the Kerala Social Security Mission (KSSM) has taken the initiative to establish a "State Resource Centre for Older People". This joint initiative will try to identify the unmet social care needs of Kerala's aging population. There will be special focus on long-term care and support. We propose to take up tasks which will result in improvements in the quality of social care delivered through institutions under SJD. We seek the support from researchers of the affiliated institutions in designing and carrying out community based research to improve the current care arrangements of older people.

Two sets of activities are being considered for the first year of the operations of the State Resource Centre for Older People.

1. To support SJD in providing good quality Long-term Care through the institutions for older people under its management by setting standards for care.

2. The following research activities are also being considered. The initial plan is to:

- ◆ Design and implement a program to prevent falls of older people with support from Local Self Government Institutions (LSGI).
- ◆ Design and implement research programs to identify unmet social care needs of older people.
- ◆ Design and implement innovative action programs to meet the social care needs of older people.

The resource center will compile the knowledge and information relevant for social care of the older people of Kerala. We hope to make this accessible for professionals engaged in the care of older people. The resource center is located at the KUHS headquarters, near the Govt. Medical College Thrissur.

The Dean Research will officiate as the Director. The Professor, School of Family Health Studies, KUHS is the Joint Director. The Associate Professor, Centre for Gerontological Studies, KUHS is the Assistant Director.

Please send your queries and suggestions regarding this by Email to:
dean.research@kuhs.ac.in.

Recent Publications

1. Lischka A, Eggermann K, Record CJ, Dohrn MF, ... Govindaraj GM et al. Genetic landscape of congenital insensitivity to pain and hereditary sensory and autonomic neuropathies. *Brain*. 2023 Dec 1;146(12):4880-4890. doi: 10.1093/brain/awad328. PMID: 37769650; PMCID: PMC10689924
2. Sathyan S, Ayers E, Blumen H, Weiss EF, Adhikari D, Stimmel M, Abdulsalam K, Noone M, George RK, Ceide M, Ambrose AF, Wang C, Narayanan P, Sureshbabu S, Shaji KS, Sigamani A, Mathuranath PS, Pradeep VG, Verghese J. Epidemiology of Motoric Cognitive Risk Syndrome in the Kerala Einstein Study: Protocol for a Prospective Cohort Study. *JMIR Res Protoc*. 2023 Aug 17;12:e49933. doi: 10.2196/49933. PubMed PMID: 37590054; PubMed Central PMCID: PMC10472178

News Updates

1. WHO published Technical document "HIV drug resistance – brief report 2024".
Link: <https://iris.who.int/bitstream/handle/10665/376039/9789240086319-eng.pdf?sequence=1>
2. WHO published "Deinstitutionalization of people with mental health conditions."
Link: <https://iris.who.int/bitstream/handle/10665/376123/9789290211211-eng%20.pdf?sequence=1>
3. WHO published "Landscape analysis of pregnancy exposure registries in low- and middle-income countries".
Link: <https://iris.who.int/bitstream/handle/10665/376095/9789240087941-eng.pdf?sequence=1>
4. WHO published "Hearing aid service delivery approaches for low- and middle-income settings"
Link: <https://iris.who.int/bitstream/handle/10665/376092/9789240087927-eng.pdf?sequence=1>
5. WHO launches "Pharmaceutical Quality Assurance guidelines, 10th edition".
Link: <https://www.who.int/news/item/29-02-2024-who-launches-pharmaceutical-quality-assurance-guidelines--10th-edition>
6. WHO announced "Recommended composition of influenza virus vaccines for use in the 2024-2025 northern hemisphere influenza season".
Link: https://cdn.who.int/media/docs/default-source/influenza/who-influenza-recommendations/vcm-northern-hemisphere-recommendation-2024-2025/recommended-composition-of-influenza-virus-vaccines-for-use-in-the-2024-2025-northern-hemisphere-influenza-season.pdf?sfvrsn=2e9d2194_7&download=true



