

INDIAN HEAD INJURY FOUNDATION

Newsletter (Jan-Jun 2020)



Dear Trustees, Supporters, Friends & Well Wishers of IHIF,

On behalf of our Chairman, His Highness Maharaja GajSingh of Jodhpur-Marwar and all Staff of IHIF, I wish you and your families good health and much happiness. Do take good care of yourselves and stay safe at home as far as possible during the ongoing Pandemic. Our prayers and wishes are continuous to achieve rapid reduction of mortality and trauma caused by accidents or otherwise. Simultaneously, we continue to provide Rehab to more and more needy victims of TBI, SCI, Stroke, PTSD and similar ailments through Video Conferencing online support and education of home caregivers. Our hearts are with Persons with Disabilities (PWDs) who are really going through very difficult days.

During the period 01 Jan to 30 June 2020, IHIF has met targets set for itself in the areas of provision of Rehab to various categories of patients including stroke victims and children affected by CP and Autism. Also, we have expanded rapidly in educating school children and their parents about adoption of safety precautions so as to prevent such injuries in the first place. Our motto being "Prevention is better than Cure". Our grateful thanks to our sponsors for our various activities. Some of them are SBI General Insurance Company Limited, One Kind Act, HT Parekh Foundation, CITI Corp, British Polo Day, ICICI Lombard, and John Bissell Foundation. As mentioned in the earlier letter, we have received immense support from SBIG for expansion of our Delhi Rehab Centre. However, due to the COVID pandemic, our plans for expansion have been very slow since mid March 2020.

Included in this newsletter, below are some of our activities that were conducted inspite of the Corona scare and lockdown restrictions.

Stay safe healthy and happy, and take all precautions, exercise regularly and build up your immunity.

Commodore Ranbir Talwar
Executive Director

Completion of Ride To Safety- Delhi Campaign

With the commendable support provided by ICICI Lombard in spreading the message of children's safety on roads through its "Ride To Safety" Campaign in Delhi, IHIF successfully completed donation of 6,000 helmets in the period under review. IHIF covered a total of 27 government schools, educated 3000 children and 2500 parents. The helmets were distributed against a copy of their parent's driving license. Like I mentioned in our earlier newsletter, involving parents and distributing helmets to both child and parents has given a new zeal to the Campaign and helps in passing the awareness message through to the entire family. Infact schools are also enthusiastically participating and contributing to this campaign. However since end March, all our outdoor activities have had to be stopped. Also, schools are closed and there is no indication as to when they would re-open.



IHIF-Umang Cooperation

IHIF has joined hands with Umang, Jaipur to support pediatric rehabilitation at their Jaipur Centre/School. Umang works primarily in the field of educating and providing equal opportunities to children with mental disabilities like CP, autism, head injuries, etc. They work towards education and empowerment in a format that leads to creation of job skills in such children when they grow up. Umang also advocates and recommends to Corporates, Hotels and other Employers to gainfully employ such young men. IHIF is privileged to work in partnership with Umang in different ways and intends to donate assistive devices like wheelchairs, calipers etc to students, and conduct training sessions for Umang therapists at our Rehab Centre to update them on latest Neuro Rehab Techniques. We also plan to conduct Neuro Rehab Camps in Jaipur for the needy people etc. The pandemic has put a brake on our plans and the same shall be revived as soon as this crisis is over.





Seminar on Post-Crash Care

IHIF participated in a seminar on 'Post Crash Care' organized by Society of Indian Automobile Manufacturers (SIAM), Delhi Traffic Police & Ministry of Road Transport & Highways. Dr. Rajendra Prasad, emphasized on the important 'Role of Trauma Care in saving precious lives post accidents'. IHIF Peer Mentor, Mr. Nuruddin also shared his journey and experience on wheels from the stage of his accidents and how his life might have been if he had not received help in the 'Golden Hour' i.e. within one hour of his accident. Their message was well received by all the panelists and audience.

Peer Mentoring

Peer mentors are former patients who have learned how to manage their condition and navigate resources in the community to pursue life goals, like returning to school or work after injury. IHIF has on its rolls wheelchair users with various ambulatory disabilities including traumatic brain injury and spinal cord injury to act as Peer Mentors. These Peer Mentors go out into the community to teach bedside prevention, wheelchair skills, and independent living skills, as part of a transitional living and outreach program. This makes the victims develop sensibility, confidence, knowledge, social skills and reliability. Our Peer Mentor Home in partnership with ESCIP has continued to function even during the Pandemic and some pre-pandemic photos (Jan-Mar 2020) are here.



Wheelchair Marathon

Our Peer Mentors participated in a 5 Km wheelchair race. Three of them finished the task in one hour and fifteen minutes. The event was organized by IDBI bank. 42 amputees and wheel chair users participated. Their participation proves that the human spirit is one of ability, perseverance and courage that no **disability** can take away. As soon as the pandemic is over, such activities will be continued with double the vigour.

First Responders Training

Under the aegis of Citi Group, IHIF conducted a series of Primary Trauma Care Courses in First Response for various road users. This includes hands on training on Airway breathing, Cardiopulmonary Resuscitation (CPR), Fracture Stabilization, log roll and safe transportation. IHIF has conducted sessions for taxi drivers, auto drivers, IIT Roorkee students & Delhi Traffic Police. Unfortunately, here again brakes had to be applied after mid-March 2020.



Tele-Rehabilitation

During COVID lockdown, to avoid any glitches in the treatment and recovery rate of our Rehab patients, IHIF has continued to provide online services guidance and support for caregivers & Persons with Disabilities (PWDs) to help them in Home Rehabilitation. This is a 24 x 7 service available via phone, Skype and video calls and is still continuing, especially for senior citizens. IHIF is providing tele-rehab to over 80 PWDs every month. This has helped our patients to continue their regular therapy exercises, building muscles and most importantly helped in keeping their morale high. Here are some video photos of patients exercising at home. Meanwhile, two of our three Centres have continued to remain open during the Pandemic.



Phone a Counsellor

This helpline is an initiative by our Delhi Rehab Centre partner Delhi Commonwealth Women's Association (DCWA). It has 27 Counsellors who provides free counselling, empathy and hope to all those who are suffering mental stress, anxiety, showing negativity or experiencing various aspects of emotional, behavioural and financial difficulty during the COVID crisis.

Timings: 8 AM to 9 PM | Phone: +91 8169891233 | email: phone-a-counsellor@outlook.com

Campaign for Hygiene First for PWDs

During this pandemic crisis, IHIF has modified some of its work and started a Campaign to provide basic hygiene items to underprivileged PWDs with the support of our CSR donations and other funds. Many of them especially quadriplegics and paraplegics, need a Caregiver to help them for even a simple change of position (while sitting or on bed) or else they could develop bed sores, etc. These hygiene items contain glove boxes, male catheters, uro-bags, cotton rolls, micropore dressings, bandage tape, etc. Like we all need food, water and air as basic necessities of life, many PwDs essentially require these items for their daily existence to prevent UTI, fever and skin infections. We have been contacted by many quadriplegic & paraplegic PWDs from the weaker sections to help out with these items in these very difficult times and responded in equal measure to ensure that safety of PWDs is not compromised.



Donation of Assistive Devices

Keeping in mind all lockdown and social distancing norms, we have donated 20 assistive devices like calipers, crutches and cerebral palsy chairs to a few needy PWDs. We have also procured 40 high quality active wheelchairs for donation and have put the distribution to the needy victims on hold due to non-availability of safe public transport and lockdown in certain areas.

Patna & Jodhpur Rehab Centres - Fully Operational and Covid Safe

IHIF has resumed full working at the Patna and Jodhpur Neuro Rehab Centres and is rigidly following social distancing norms. We are providing Personal Protective Equipment (PPE) Kits to our Therapists and masks and gloves to all patients. These are being and will continue to be distributed to all Patients, Caregivers, Therapists and Housekeeping Staff who use our Centre till the crisis ends. The PPE kit consists of an N95 mask, face-shield, a pair of gloves, a head cap and a gown. In addition, for added safety, all patients on arrival are being tested through a Thermal Gun for temperature, a Pulse Oximeter for checking oxygen Saturation levels and the Aarogya Setu App for Green. Those who don't meet the standards are being directed to a Physician for follow up. All these safety precautions are already in place at both our Centres. The Delhi Rehab Centre lies in the Containment Zone and hence continues to provide alternate methods of Rehab via video, online and have visits when essential.



New OT Unit at Delhi Rehab Centre

It gives me great pleasure to inform that we have expanded the Occupational Therapy Unit at Delhi Neuro Rehab Centre. This would not have been possible without the unconditional support provided by SBI General Insurance Limited. This extension of the space will help in creating wider physical distance between patients during the COVID phase and post COVID we can treat more victims from the weaker sections and provide enhanced supervised therapy sessions to them.



Few Case Studies: Prior to Mid March 2020

CASE 1

This 4 years old girl is suffering from diplegic cerebral palsy. She was unable to stand, walk, had spasticity in both lower limbs & right hand, weak muscles in both legs. She underwent occupational therapy for four & half months for functional stretching of tight muscles, strengthening of lower limbs & hand activities.

She is now able to walk with Ankle-Foot Orthosis, able to use right hand to play & perform different activities.



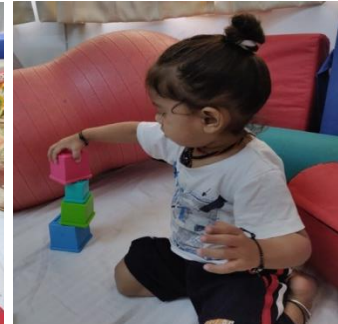
CASE 2

This 2 month old baby boy is diagnosed with left Erb's palsy. Unable to move left hand and not responding to any stimulus applied. After 3 months of OT management which included splinting, sensory stimulation, passive range of motion (ROM) of left upper limb, weight bearing on affected limb & development therapy, he is now able to move his left hand, bring his left hand towards mouth & roll on his right side.



CASE 3

This 2 year old boy came to us with complaints that he doesn't make eye contact, does not respond to his name call, does not sit in one place, cries in crowded places and has fear of swings. It was found that he had low registration, sensory avoiding vestibular processing, tactile defensiveness, oral sensory defensiveness & hyperactivity. He underwent sensory integration therapy for one month. Now able to give eye contact, responds on call, play meaningful games, gives social smile, identifies his parents, enjoys swings.



CASE 4

This 31 year old male had a stroke (right side hemiplegia) in 2018. There was loss of speech and facial deviation. He came to IHIF in April 2019. His higher mental functions such as cognition and recent memory were also impaired with muscle weakness on right side. He had several impairments and was unable to feed, groom, bathe, walk, sit, stand or pick up objects etc. At IHIF, we used different rehab Neurodevelopmental treatment techniques, Proprioceptive Neuromuscular facilitation, task oriented approach, along with advanced neuro-rehab techniques like gait training, theravital cycling, Pablo, FES, Biofeedback and balance trainer.

Currently, he has regained a significant amount of motion as well as muscle power in all joints and muscles. He can now perform different activities independently like holding and drinking a glass of water , grooming and dressing himself, lying down and getting up on his own. Walking, a main aspect of rehab, has also improved drastically. The pattern and control that he showed over his movement and balance is also commendable. One of the most appreciable improvements is in his confidence and problem solving approach, which has grown over time remarkably. Further prognosis is good.



BE SAFE..TRAVEL SAFE..SAFETY SAVES!!

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