

WELLNESS WINDOW

WELCOME TO HAMSA REHAB E-NEWSLETTER

Welcome to the April edition of our newsletter. As the summer season begins, so does our commitment to providing exceptional care and support to our patients, more for the kids as they take a break from their school. The festivals brought much joy with Ugadi, Ramzan and Tamil Puthandu. But the highlight at HAMSA was celebrating Autism awareness month at various branches.

Autism is a developmental disability caused by differences in the brain. It usually appears before the age of 3 and affects in different ways including behaviours with learning, communication and behaviour.

At HAMSA, such kids get behavioural, developmental, psychological, educational, social, relational and complementary treatments like music, art etc. It is a condition for life, but early treatment can make a big difference in development for a child with autism, helping the child as well as the family lead a better life.

Ms.Pavithra, Deglutologist & Speech Pathologist throws light on dysphagia in elderly in her blog.

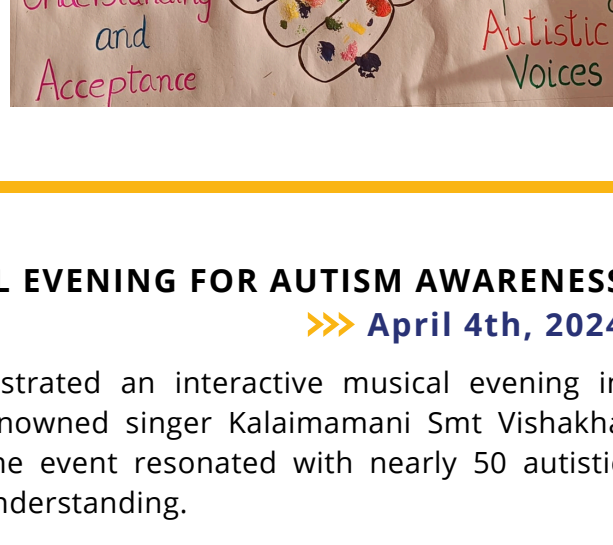
Stay informed, stay inspired and stay connected with us to get more information through our blog by Ms Sumithra, Clinical Psychologist on Autism in our next edition.

EVENTS HIGHLIGHTS

AUTISM AWARENESS DAY AT OMR

➤➤➤ April 2nd, 2024

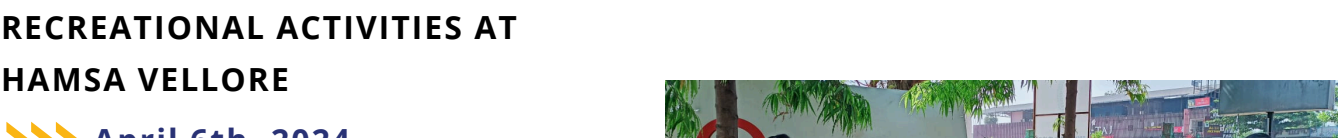
On World Autism Awareness Day, Hamsa Rehab for Kids lit up OMR with a vibrant hand-painting activity, celebrating the theme of "Understanding and Acceptance - Empowering Autistic Voices." The event was a canvas of inclusivity, fostering awareness and acceptance among children.



INTERACTIVE MUSICAL EVENING FOR AUTISM AWARENESS

➤➤➤ April 4th, 2024

Harmony filled the air as Hamsa Rehab orchestrated an interactive musical evening in collaboration with the Rotary Club, featuring renowned singer Kalaimamani Smt Vishakha Hari. With storytelling and Carnatic melodies, the event resonated with nearly 50 autistic children, nurturing a supportive environment of understanding.



RECREATIONAL ACTIVITIES AT HAMSA VELLORE

➤➤➤ April 6th, 2024

Inpatients at Hamsa Vellore enjoyed group activities outdoors, including ball games and social interactions, promoting holistic well-being and camaraderie among patients. HAMSA believes in holistic care of patients, and group entertainment helps in faster recovery.



SWISS BALL WORKSHOP AT HAMSA REHAB FOR KIDS

➤➤➤ April 6th, 2024

A Swiss ball workshop was conducted for students and professionals from various institutions, offering both theoretical insights and practical training. Participants from Hindustan College, Sathyabama University, and Tamilnadu Sports University benefitted from this enriching session.



PHYSIO AT ON-FIELD BADMINTON EVENT

➤➤➤ April 14th, 2024

As the physiotherapy and first aid partner of the Chennai Warriors Badminton Tournament, Hamsa Rehab provided acute injury management and facilitated players' recovery, ensuring their safe return to the game.



NEURO REHAB CONFERENCE AT PONDICHERRY

➤➤➤ April 14th, 2024

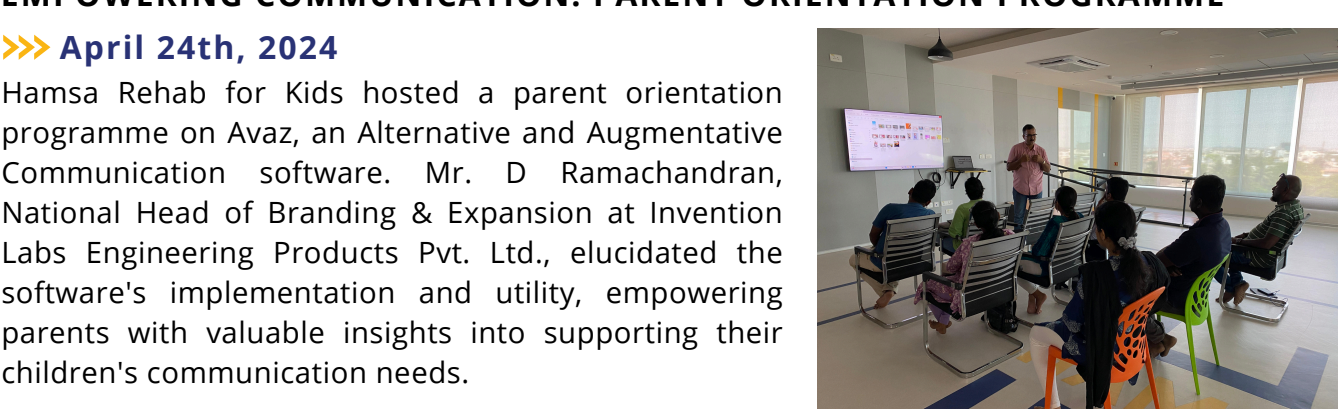
Therapists from Hamsa Rehab, Trichy presented papers at the conference organized by the Indian Federation of Neuro Rehabilitation. The event explored recent advancements and future frameworks in neurorehabilitation, fostering knowledge exchange and networking among healthcare professionals.



SUMMER SOAR: SPECIAL SUMMER CAMP LAUNCH

➤➤➤ April 15th, 2024

April heralded the launch of a tailored summer camp for special children, offering engaging activities and skill development sessions. From communication skills to sensory play, the camp catered to the unique needs of each child.



EMPOWERING COMMUNICATION: PARENT ORIENTATION PROGRAMME

➤➤➤ April 24th, 2024

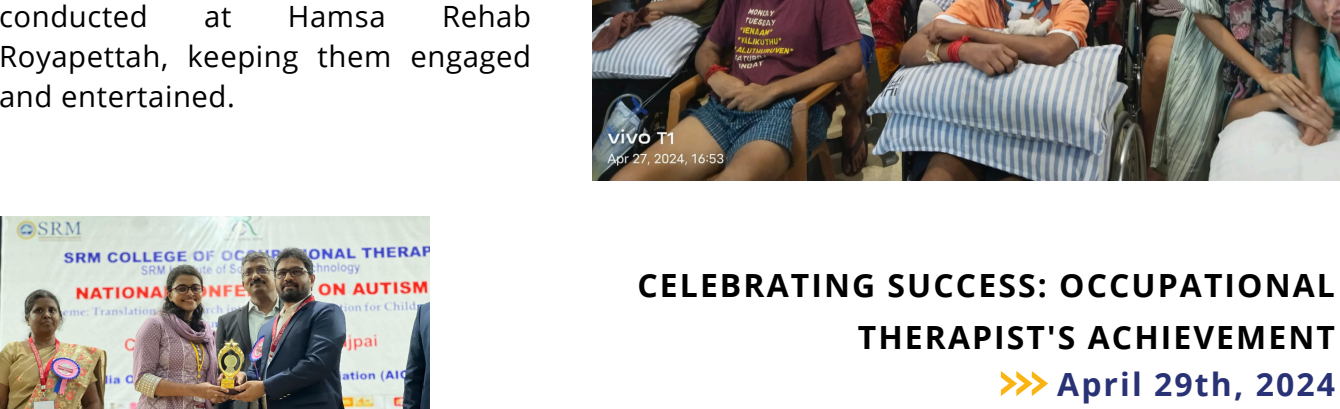
Hamsa Rehab hosted a parent orientation programme on Avaz, an Alternative and Augmentative Communication software. Mr. D Ramachandran, National Head of Branding & Pvnation at Invention Labs Engineering Products Pvt. Ltd., elucidated the software's implementation and utility, empowering parents with valuable insights into supporting their children's communication needs.



RAISING AWARENESS: TRICHY AUTISM EVENT

➤➤➤ April 27th, 2024

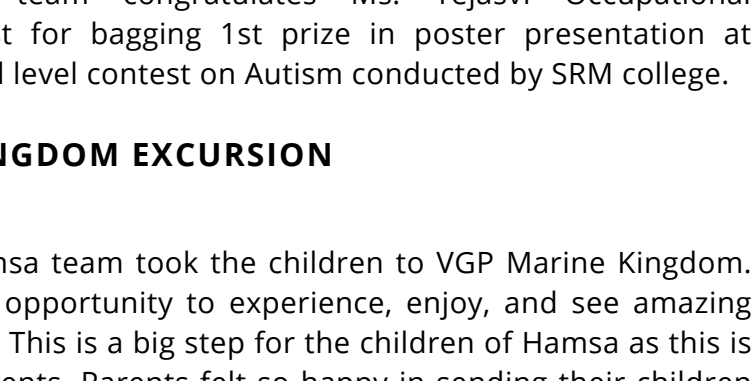
On the occasion of Autism awareness month, HAMSA team from Trichy had arranged an awareness event followed by a fancy dress competition for kids.



ROYAPETTAH RECREATION

➤➤➤ April 27th, 2024

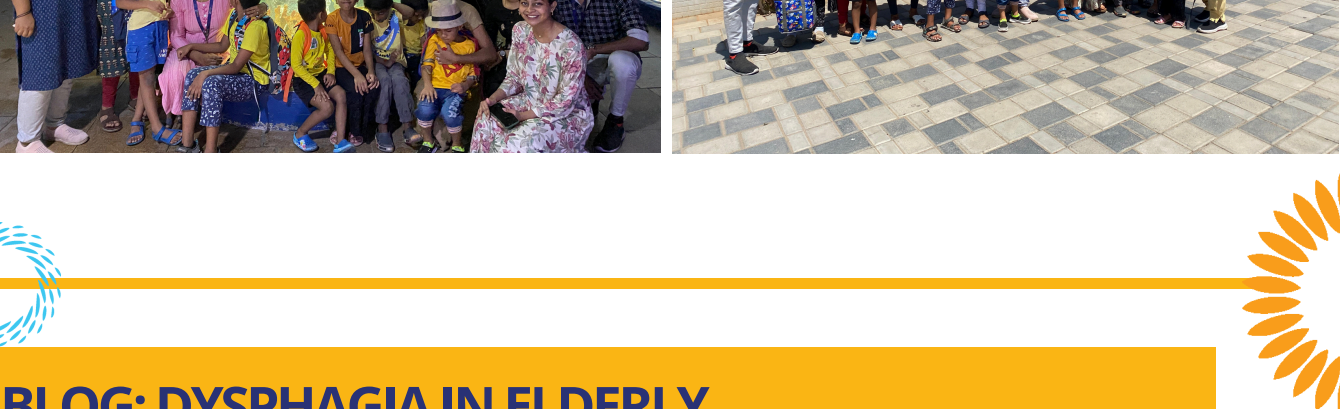
How can Chennai be behind? Recreational activity for both patients & family members was conducted at Hamsa Rehab Royapettah, keeping them engaged and entertained.



A SEA OF FIRSTS: VGP MARINE KINGDOM EXCURSION

➤➤➤ April 30th, 2024

As a part of the summer camp, the Hamsa team took the children to VGP Marine Kingdom. During this event, the children had the opportunity to experience, enjoy, and see amazing aquatic animals and the mermaid shows. This is a big step for the children of Hamsa as this is the first time travelling without their parents. Parents felt so happy in sending their children for the trip.



BLOG: DYSPHAGIA IN ELDERLY

Dysphagia, or difficulty swallowing, can be a significant issue in the elderly, impacting their ability to eat, drink, and take medication. Managing dysphagia effectively is crucial for maintaining health and quality of life. Here are some general do's and don'ts for managing dysphagia in elderly individuals:

Do's

- 1. Consult Healthcare Professionals:**
 - Seek advice from a Doctor or Speech-language pathologist specializing in swallowing disorders. They can assess swallowing function and recommend appropriate therapies or modifications.
- 2. Modify Diet:**
 - Adapt the texture of foods to make them easier to swallow. This may include pureed foods or preparing them in a soft, cohesive manner.
 - Provide thickened liquids if recommended, which can be easier to control while swallowing.
- 3. Ensure Proper Nutrition:**
 - Work with a dietitian to ensure that the modified diet meets nutritional needs, considering that pureed or soft diets might reduce the intake of essential nutrients.
- 4. Use Adaptive Utensils:**
 - Employ utensils designed for those with swallowing difficulties, such as cups with cut-out rims or spoons that maintain food in a scoop.
- 5. Implement Safe Swallowing Techniques:**
 - Teach and encourage techniques like chin tuck or swallowing twice per bite to help prevent aspiration.
- 6. Monitor Hydration:**
 - Keep track of fluid intake to ensure adequate hydration, particularly if the person is on a thickened liquid diet.
- 7. Maintain Oral Hygiene:**
 - Ensure good oral care to reduce the risk of infections like pneumonia, which can be caused by inhaling bacteria from the mouth.

Don'ts

- 1. Avoid Rushing Meals:**
 - Allow plenty of time for meals so the person can eat slowly and safely. Rushing can increase the risk of choking and aspiration.
- 2. Don't Serve High-Risk Foods:**
 - Avoid hard, sticky, or very dry foods, as well as thin liquids if advised by a healthcare professional. These can be difficult to swallow and may increase the risk of choking.
- 3. Avoid Distracting Eating Environments:**
 - Minimise distractions during meals to help the individual concentrate on chewing and swallowing properly.
- 4. Don't Ignore Symptoms:**
 - Be vigilant for signs of choking, coughing, or food being stuck. Regularly reassess swallowing safety and effectiveness, especially after any health changes.
- 5. Don't Skip Medication Modifications:**
 - Consult with a doctor before modifying how medications are taken (e.g., crushing pills, altering forms), as some medications are not effective or safe when altered.
- 6. Avoid Laying Down Immediately After Eating:**
 - Encourage sitting upright during and after meals for at least 30 minutes to reduce the risk of reflux and aspiration.

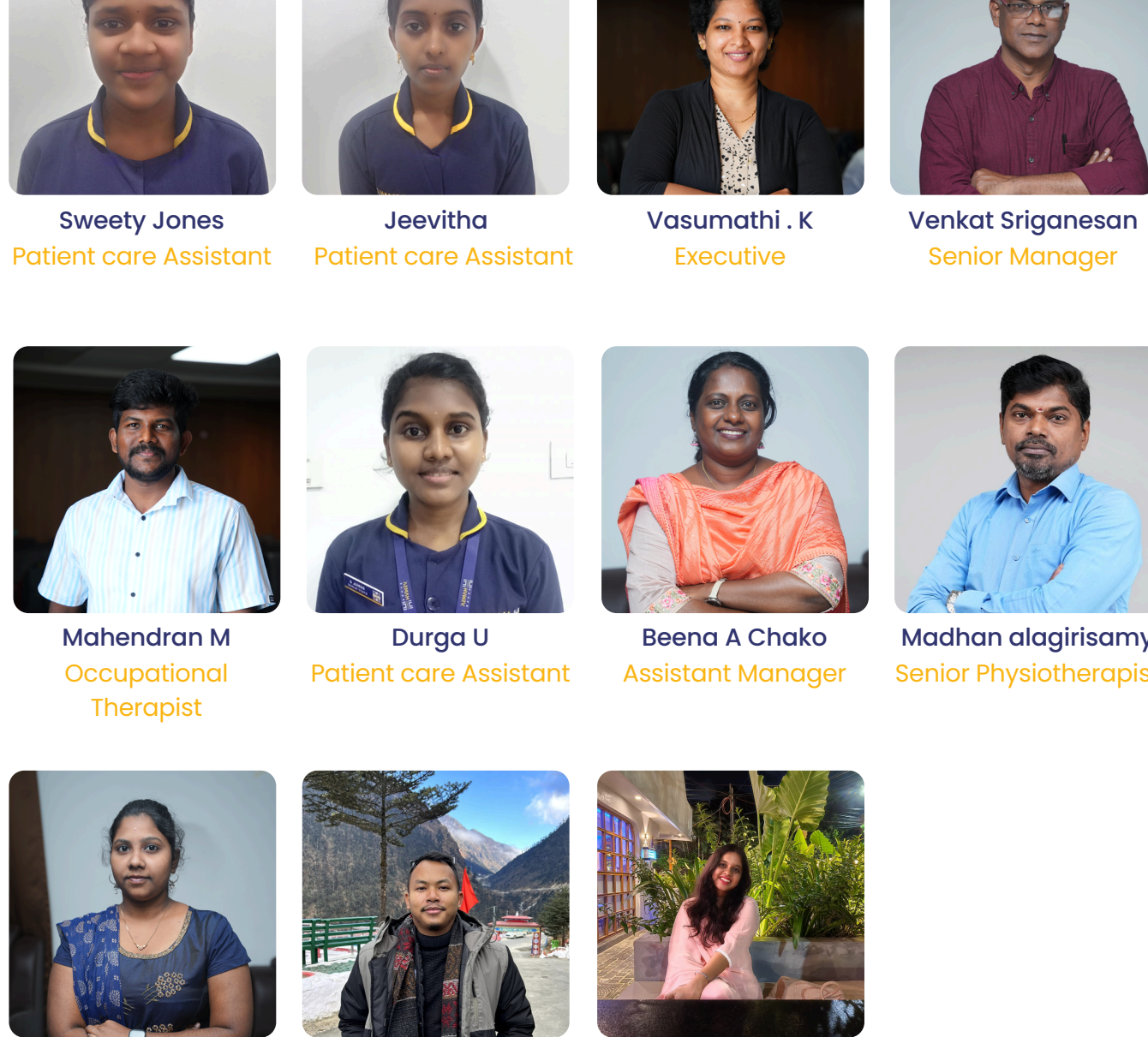
These guidelines can help manage dysphagia more effectively and improve overall comfort and safety for elderly individuals with swallowing difficulties. Each individual's needs may vary, so it's important to tailor strategies to their specific condition and capabilities.

Ms. Pavithra,
Deglutologist and
speech pathologist,
Trichy



APRIL Birthday BASH

Wishing Happy Birthdays to Our Fantastic April Folks!



Creativity - Ms Shwetha, Designer
Content - Mrs. Sumithra, Psychologist
Blog - Ms. Pavithra,
Deglutologist and speech pathologist,