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Here is the bird's eye view of articles covered in this issue of NJ

With increasing longevity the world over, the proportion of geriatric populations is gradually on the rise. Providing appropriate health care to them is becoming a formidable issue. **Narayani Sahu & Umesh Kumar Sharma** dwell on the efficacy of behavioural interventions in promoting health behaviour of geriatric population with reference to respiratory pandemics. Their study concludes that behaviour interventions help prevent or mitigate spread of respiratory pandemics.

The article by **Akashpreet Kaur et al** assesses the prevalence of hypothyroidism among adults in urban Amritsar and how it is related to the epidemiological parameters.

The underlying current of article, second on the elderlies, by **Gurjeet Kaur et al** is, that overmuch dependence on machines and involvement in worldly pursuits is tending to impinge on the cult of natural laughter, a highly effective modality to de-stress and heal. Based on a study in selected old age homes in Amritsar the authors demonstrate the positive impact of laughter therapy for better health outcomes among the elderlies.

Extra-medical issues can play havoc with the health of the patient significantly. **Sinciya Sabastion et al** analyse the magnitude of morbidity associated with use of medical adhesives, which can cause skin injuries of different kinds. The authors recommend mandatory training in application of medical adhesives for enhancing quality care by minimising skin injuries.

Incidences of diabetic foot ulcers are rising in tandem with cases of diabetes mellitus. **JVV Jeevitha et al** show that a fourth of diabetics are hospitalised due to foot ulcer. Since the condition, if not treated, can lead to extremity amputation and mortality, it is suggested to identify 'at risk' patients to reduce complications and significant economic and social costs.

Dementia, a major world-wide mental issue of our era needs to be addressed holistically. WHO, in International Classification of Diseases has laid elaborate guidelines for identification, and subsequently management of dementia. Dementia patient requires special handling by the care taker at home or in health facility. In their study on care takers' burden, **Ranjit Kaur Dhanjal & Aditi Chaudhari** suggest not ignoring the increasing burden of caretakers particularly when the patients show significant changes in behavioural and psychological symptoms.

People can die of mere imagination, it is said. Cancer continues to be a challenge in all stages from diagnosis to treatment due to erratic nature of cancer cells. Equally daunting is the psychological impact associated with its diagnosis and management. Dwelling on the psychological aspects in its diagnosis, **Neeraj Kumar & Reeja Raju** plead for psychological care and support facilities for managing the emotional burden of the care takers of both the patient and the family.

Tradition and science, both have established that breastfeed is best for growth & development of the new-born; the next best is express milk i.e. the milk from the other lactating mother. This entails well organised human milk banks and educating the needy mothers. **Venkat Raman Kampeli et al**, based on their study on knowledge and attitudes of antenatal mothers conducted in Telangana recommend educating such mothers in shedding the myths related to feeding outside breast milk so that vast number of young ones are not deprived of the optimum nutrition.

Advancements in medico-surgery warrant improvement in skills of practising nurses. **A Serma Subathra et al** undertook a TNAI-funded study on perioperative surgical competencies among operation theatre nurses in Telangana (HEWON workshop). Authors conclude that the high-end workshop was effective in raising the quality of care by upgrading the OT skills of nurses.

Evelyn P Kannan

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