



VPS LAKESHORE HOSPITAL AND RESEARCH CENTRE ,KOCHI ,INDIA

1 INTRODUCTION OF OUR ORGANISATION

VPS Lakeshore Hospital and Research Centre in Kochi is one of the largest (500 bedded) most comprehensive multi-specialty hospitals in Kerala, India. Over the years the hospital has merged as a center of international healthcare excellence for patients in India and abroad through a broad range of advanced clinical programs and cutting-edge treatment and diagnostic services. The hospital also runs fellowships and postgraduate causes in various super-specialty departments under the National Board of Examinations (NBE). The spirit of research has always been kept alive at VPS Lakeshore, The hospital supports pioneering research and is used to conduct various academic programs and public education.

BACKGROUND

Kochi, a port city, in the Ernakulam district of Kerala, has an estimated population of 3 million. Kochi is known for its rich cultural heritage, vibrant trade, and picturesque backwaters. However, like many rapidly urbanizing areas, Kochi faces significant challenges related to air pollution. It is an important port town and houses the Southern Naval Command of the armed forces, the largest international container trans-shipment terminal in India, the Cochin shipyard, and the offshore mooring of the Bharath Petroleum Corporation Limited (BPCL). It is also an important chemical industrial and manufacturing hub and an emerging information technology center in Kerala.

Sources of Air Pollution: The sources of air pollution in Kochi are varied and multifaceted. Rapid urbanization and population growth have led to an increase in vehicular traffic, which is one of the primary contributors to deteriorating air quality. Emissions from buses, cars, and two-wheelers release significant amounts of particulate matter (PM), nitrogen oxides (NO_x), and sulfur dioxide (SO₂) into the atmosphere. Additionally, industrial activities and construction projects contribute further to the pollution levels, often releasing toxic pollutants.

Brahmapuram Landfill Fire: The fire incident at Brahmapuram waste plant, the largest waste plant with a 110-acre open biomining segregating and conversion center incident which happened in March 2023 made the city like a gas chamber. The massive uncontrolled fire created serious air pollution and subsequently, people from nearby areas were evacuated and Hundreds were admitted to nearby hospitals with respiratory problems and worsening cardiac and respiratory conditions. After this serious measure was taken for waste segregation, avoiding open dumping and burning of waste materials. Various activities regarding clean air and pulmonary health issues were done in and around Kochi. We

Lakeshore Hospital was also involved in conducting medical camps in the Brahmapuram area for those affected by the fire.

Mitigation Efforts: Addressing air pollution in Kochi requires a multifaceted approach. The local government has begun implementing measures to reduce emissions, such as promoting public transportation, encouraging the use of electric vehicles, and improving traffic management. Public awareness campaigns are also essential to educate citizens about the sources and effects of air pollution, motivating them to adopt cleaner practices. Additionally, enhancing green spaces in the city can help mitigate air pollution. Trees and vegetation act as natural air filters, absorbing pollutants and releasing oxygen. Urban planning that incorporates parks and green belts can significantly improve air quality and the overall health of the urban ecosystem.

2 GOALS AND OBJECTIVES OF HEALTHY LUNG FOR LIFE -KOCHI

- 1-To educate regarding the importance of clean air.
- 2- To spread awareness regarding reducing air pollution.
- 3-To communicate the need for exercise for a healthy life and healthy lung.
- 4-To find out people suffering from chronic lung conditions like asthma, COPD, ILD and allergies.
- 5-To educate people regarding the importance of vaccinations, smoking cessation.

3 PROGRAM OVERVIEW AND STRUCTURE

We conducted camping inside the hospital from 25 to 30 September 2024 and one day 28th September outside the hospital at Lulu Mall Kochi. (Largest mall in India)

Through the program, we offered the public.

- 1-Free screening consultation
- 2-Free PFT
- 3-Vaccination guidance
- 4-Smoking cessation guidance
- 5-Awareness regarding pollution and Air Quality
- 6-Activities like inflating balloons and cycling were also performed.

The campaign started on 25 September 2024 as a part of World Lung Health Day celebrations. The chief guest Hospital Managing Director Mr. SK Abdulla inaugurated the program. Pulmonologists Dr Mujeeb Rahman and Dr Hari Lakshman delivered a talk on

pollution and lung health. Dr H Ramesh (Medical superintendent), and Dr Shawn Joseph (Chief Medical Officer) delivered talks on various messages related to Lung Health covering the importance of air pollution, the need for clean air, and the importance of vaccination and exercise.

MEDIA OUTREACH

1. Facebook – VPS Lakeshore (vpslakeshorehospital.com)

<https://www.facebook.com/100000367770628/posts/pfbid028j6qNdmqqS6VuLRtUNLt9aweKUHEJyYmycGTx4byyuQhonchF7FKYSSXyYqkSRbYl/?app=fb>

<https://www.facebook.com/100000367770628/posts/pfbid02NhDq22Q2UjTzWnkYZ6AXSXNbem7ZgCUHU9Mo81tM7uaDSUYuqUiboZWeqEhff6fQl/?app=fb>

<https://www.facebook.com/100000367770628/posts/pfbid0fK15jngGmvuZnAxTs4whJDMtFiGxQeEbKxdbEXw4mgtWisSHTUpotMo8X1kbDyWCl/?app=fb>

2. Instagram – VPS Lakeshore Hospital

<https://www.instagram.com/p/DAVZocBy-gY/?igsh=MTN5a3R3dHFrdjNxdQ==>

<https://www.instagram.com/reel/DAuzr92BMMT/?igsh=N2NxZW5pYTNubGNz>

3. YouTube – VPS Lakeshore Hospital (@ vpslakeshorehospital135)
4. Radio Partner- Radio Mango 91.9 HZ
5. Online news- <https://keralatimes.com/?p=4557>

4 OUTCOMES :

The program was really successful and got warm and active participation from people from different parts of Kochi. During the 5-day program, we got a total of 365 registrations and we performed 295 pulmonary functions for needy patients after screening.

Total attendees	FEMALE	Males	PFT DONE	Smoking Cessation
365	139	226	295	15

5 THE WAY FORWARD

1-To organise a walkathon or marathon activity in Kochi

2-To meet up with school students and College /University students in the City to educate them regarding pollution, e-cigarettes and smoking.

3-We are looking forward to conduct similar programs in upcoming years and spreading awareness regarding the importance of healthy Lung as part of the Healthy Lung for Life campaign.

Program Co-Ordinator:

Dr. Mujeeb Rahman K.K, M.D, D.M (AIIMS), EDARM, MRCP (UK)

Consultant Clinical and Interventional Pulmonologist -VPS Lakeshore Hospital and Research Centre,Kochi, India

Emai; mujeebrahmantmc@gmail.com



6 ANNEXES:

Images from HLF campaign at VPS Lakeshore Hospital and Research Centre ,Kochi.











ലോക ശ്വാസകോശ ദിനാഘോഷത്തിന്റെ ഭാഗമായി വി.പി.എസ് ലേക്ഷ്മാർ ഹോസ്പിറ്റലിൽ ബലുൺ വീർപ്പിക്കുന്നവർ

ലേക്ഷ്മാറിൽ സൗജന്യ ശ്വാസകോശ പരിശോധന

കൊച്ചി: ശ്വാസകോശ ആരോഗ്യ ബോധവൽക്കരണത്തോടെ വി. പി.എസ് ലേക്ഷ്മാർ ഹോസ്പിറ്റലിൽ ലോക ശ്വാസകോശദിനം ആഘോഷിച്ചു. സൗജന്യ ശ്വാസകോശാരോഗ്യ പരിശോധന മാന്വേജിംഗ് ഡയറക്ടർ എസ്.കെ. അബ്ദുള്ള ബലുൺ വീർപ്പിച്ച് ഉദ്ഘാടനം ചെയ്തു.

സെപ്റ്റംബർ 30 വരെ പൊതു

ജനങ്ങൾക്ക് സൗജന്യ ശ്വാസകോശ പരിശോധന ആശുപത്രിയിൽ ലഭ്യമാണ്. പശ്ചിമ ഫാക്സിൻ ടെസ്റ്റുകൾ (പി.എഫ്.ടി), വാക്സിനേഷൻ മാർഗ്ഗനിർദ്ദേശം, പുകവലി നിർത്തുന്നതിനുള്ള പിന്തുണ എന്നിവ ക്യാമ്പിൽ സൗജന്യമായി ലഭ്യമാകും. സെപ്റ്റംബർ 28 ന് ലഭ്യമാളില്ലാത്ത സൗജന്യ ശ്വാസകോശ പരിശോധന നടത്തും.