

Dr. Kumud Pravin Mehta

A HEROIC ODE ON DECIMATING ODDS IN PEDIATRIC SPECIALTIES' CHALLENGES



DR. KUMUD PRAVIN MEHTA
 MBBS, M.D (Pediatrics), DCH

ACADEMIC AND PROFESSIONAL DETAILS

- ✓ MBBS from Bombay University from Seth G.S. Medical College, KEM Hospital (1960).
- ✓ MD (Pediatrics) Bombay University Trained at Seth G.S Medical College
- ✓ KEM Hospital & Bai Jerbai Wadia Hospital for Children (1964).
- ✓ DCH. College of physicians and surgeon Bombay (1962).
- ✓ Fellow of Indian Academy of Pediatrics (IAP).
- ✓ Fellow of Indian society of Nephrology (ISN).

INSPIRATION TO JOIN THIS SPECIALIZATION

- ✓ All the 3 doctors in my family (2 Doctor Uncles, and elder brother), are my Inspiration to take medicine as my profession.
- ✓ To improve health & lives of children during active growth period.

Our initiative Kidney Foundation for Children (KFC) will continue to be driven by Zeal, Commitment and Philosophy of improving lives of children with kidney diseases

- ✓ Mother Teresa and Dr. Pravin Mehta who spent major part of their lives in the care of unprivileged people of India.
- ✓ Dr. S.M. Marchant, Head of Pediatric dept. at Bai Jerbai Wadia Hospital for Children was a mentor and inspired young consultants to start specialties in Pediatrics. He supported Dr. Kumud P. Mehta to start the first Ped-Nephrology dept. in Western India

CHALLENGES BEFORE PEDIATRICIANS IN THIS DIGITAL CENTURY

- ✓ Pediatrics itself is a special branch of medicine. If the pediatrician wants to further specialize for ex. in Ped Cardiology/Nephrology etc, there are no recognized centers in India and one needs to seek further training in USA/UK/Australia which is difficult.
- ✓ If the pediatrician decides to stay in India the specialty of choice may not be available and she/he has to go for 2 nd /3 rd choice. Even after specialization in Ped-Subspecialty there is no guarantee of getting a suitable posting in big institution with all facilities & you need to go a district/rural post.

PROFESSIONAL HIGHS / RECOGNITION

- ✓ Recognition by International Pediatric Nephrology Association (IPNA) by selecting Dr. Kumud Mehta as councillor from South Asia on IPNA board for 6 years (1989-1995) to develop Paediatric Nephrology in the South Asia country after visit to Wadia Hospital & appreciating her work.
- ✓ Indian Academy of Pediatrics (IAP) chapter on Nephrology Chairmanship was offered to Dr. Kumud Mehta from 1990-1992.
- ✓ Asian Ped. Nephrology Association award given for pioneering Ped. Nephrology in India.
- ✓ Bai Jerbai Wadia Hospital Ped. Nephrology unit was recognized for training paediatricians by IPNA and a one year fellowship was recognized.
- ✓ The Landmark article on Immunology in Nephrotic Syndrome is globally accepted for use of Levamisole a low cost safe drug for Relapsing Nephritic Syndrome a common Kidney Diseases.
- ✓ Three patients received Kidney Transplants in teenage period one of them is a doctor other two are lawyer and banker respectively. All had chronic kidney disease from birth 5 years onwards and were regularly followed up at Jaslok Hospital till transplant was done.
- ✓ Children requiring Kidney Transplant who belonged to families below Poverty line received transplant at Private hospital with the help of NGO and Social Workers under Public-private Partnership.



THE SEVENTH INTERNATIONAL CONGRESS OF PEDIATRIC NEPHROLOGY
 SEPTEMBER 7-12, 1986 TOKYO, JAPAN





- ✓ Every year in month of March the whole world celebrates world Kidney Day to spread awareness of early diagnosis and intervention for kidney diseases. At meeting (1996) with international president Prof-Barry Brenner Dr. Kumud P. Mehta. President of Indian society of nephrology discussed the possibility of adult kidney diseases beginning in childhood.



LIST OF AWARDS AND ORATIONS

- ✓ B.L.Khullar oration of Indian society of Nephrology, 1992
- ✓ F. P. Soonawalla Oration Baroda.
- ✓ Prof. M. S. Ramakrishna Memorial Endowment Oration for the year 1993, Child Trust Hospital Madras.
- ✓ Dr.A. B. Desai Oration in 1994 and 2003.
- ✓ Dr.V.B.Athavle Memorial CME, Dr. A. F. Fernanda's Oration 2003.
- ✓ Pediatric Nephrology Endowment Oration by IPNG 2003.
- ✓ Dr. B.A. Bharucha Oration 2007, at Sion Hospital.
- ✓ Dr. V. M. Achery Oration by west Zone ISn 2011.
- ✓ Dr. p. M. Udani Oration at Mahapedicon 2014 at Mumbai.
- ✓ Dr. M. D. Motashaw Oration (oracon 17 awarded by Research Society) of KEM Hospital, Research Society.
- ✓ Prof. B.S.Chaubey Oration 2019 of the Nephrology Society, Nagpur.

BOOK PUBLISHED

- ✓ "Diseases of Kidney in Children Diagnosis and Management– Editor Dr. Kumud P. Mehta
- ✓ Common Uncommon and complicated Kidney diseases in Children.

Life Time Achievement Awards by

- ✓ Indian Society of Pediatric Nephrology.
- ✓ Indian society of Nephrology (ISN).
- ✓ The Asian Pediatric Nephrology Assoc.
- ✓ Mumbai IAP.
- ✓ An honour (Offered's Sunman) for her hard-work, Intelligence and grace is the field of child health by H.H V.T. shripad Vadar Swamiji of Gokarn Math.
- ✓ Kanara Ratna Award by Kanara College Society, Kumta Karnataka.
- ✓ The La Renon Tanker Foundation Lifetime Achievement Award to Spirit of Dedication and commitment.



REASON WHY INDUSTRY HAS NOT WITNESSED SINGLE PEDIATRIC SETUP RISE IN COUNTRY

Pediatrics itself is a specialty which was carved from general medicine. Pediatric sub-specialties still need further few years of study and special training in skills required for Ped cardiology / neurology, hematology etc. to take care of small numbers of children. The sub-specialties in pediatrics take support from well-established adults' specialties (like adult cardiology / nephrology depts.) to cut down the cost and employ medical doctors, nurses and other staff to take care of children in the same dept. In country with limited resources this is practical and sustainable if sharing of equipment ICU staff etc. can be organized in premier institution / hospital in each state.

MENTAL HEALTH INTEGRATION WITH PHYSICAL HEALTH

- ✓ Mental health is very important for kids suffering from chronic kidney diseases as they need to go through a long journey from birth to words adolescent and puberty esp. if the cause of kidney disease is congenital malformation of kidney/urinary tract.
- ✓ During this long Course, if the child needs frequent visits to hospital/ dialysis the school age is disturbed the fun sports activity, peer interaction and psychosocial development can be permanently affected short stature/growth failure adds to low esteem in boys and girls suffering from chronic kidney disease and they need special attention during adolescence.

SUCCESS MANTRA

To become successful a pediatrician should look up to an icon or role model and set a goal to achieve the final destination with the advice and help from his/her senior/teacher. Inspiration should be accompanied with perspiration (Hard/Work), dedication, commitment and many years of missing extracurricular activities. Luck plays a small role in ultimate achievement of the goal, your goal should be realistic without forgetting the roots and to decide what will give you happiness. Is it material gains like money or job satisfaction or contributing to social cause of your people. The success should be measured by the happiness index and not bank balance.

RECOMMENDATIONS FOR FUTURE HEALTH POLICY

- ✓ Focus on Public awareness and prevention of chronic kidney disease progression by early detection using simple tools and early intervention
- ✓ Requesting free peritoneal dialysis for poor patients' district/rural areas to stabilize & then transfer these children.
- ✓ Clean toilets, clean drinking water at all public places to reduce incidence of urinary infection diarrheal diseases causing Acute Kidney Injury.
- ✓ Avoidance of drugs or any treatment that can cause kidney injury (curb on advertising & freebies).
- ✓ To offer free/affordable kidney dialysis to under privileged and kidney transplant affordable.

SOCIAL CAUSES

CLOSE TO YOUR HEART

Social causes close to her heart are empowering women to educate themselves so that they can bring change in the health



of their family especially their children.

The children should be sent to school and child labor should be abolished in unprivileged population. Her charitable Trust donates computers and other teaching aids to smallest primary and secondary schools in Ashramshalas in Maharashtra and North Karnataka.

DAILY SCHEDULE WORK-LIFE BALANCE

- ✓ Dr. Kumud P. Mehta's daily schedule at present is less hectic and more productive with some time for relaxation and leisure.
- ✓ She works 5 times a week 6 hours each working day 3 hours at her private clinic at Gamdevi, Gita Bldg (where she has her nursing home for 40 years named as Mother and Child Hospital).
- ✓ She practices pediatric nephrology at Jaslok hospital and research Center where she runs 3 clinics

- 1) Pediatric Nephrology (twice a Week)
- 2) Bladder Clinic (ones a week)

FAMILY DETAILS

No children. Many support groups are like extended family and help her in everything.

HOBBIES

Photography & Travel. Dr. Kumud P. Mehta. loves to visit magnificent historical places which has a rich heritage significance and capture various art forms and takes her beyond exotic beaches & beach resorts, picturesque hills, and utmost lavishness.

BEST PLACE FOR VACATION

India - Darjeeling – Kanchenjunga mountain Range. Heritage Places like Konark (Odisha).

Abroad- Alaska Cruise by Ship to see glaciers, Black Forrest in Germany to enjoy silence

WAY FORWARD

Dr. Kumud P. Mehta is very satisfied with her Journey from the beginning as pediatrics to the starting, developing and nurturing a specialty in Pediatrics to take care of children from all walks of life who suffer from acute congenital, and acquired chronic kidney disease. She has managed to transform her passion into compassion to achieve final mission of best kidney care. She humbly owes it to great support of many great persons from medical field industry, charitable NGO, and other voluntary organizations.

Her initiative Kidney Foundation for Children (KFC) launched in 2014, is being led by a young team. And will continue to be driven by zeal, commitment and philosophy of improving lives of children with kidney diseases.



PD (Peritoneal Dialysis) Workshop by Jaslok Hospital