

# extramile

Every child deserves it



Vol 2 No 1

January 2023 - March 2023

## SMILES - Milestones of *extramile!*



With an aim to create comprehensive neonatal nursing assistants who can provide a basic nursing care to the babies admitted in NICU (Neonatal Intensive Care Unit),

Extramile foundation is proud to launch  
" NEONATAL NURSE ASSISTANT PROGRAM - UNSTOPPABLES"

### Highlights

**8 Lakhs**  
Amount Raised

**30+**  
Babies Helped

**20+**  
Volunteers

**24+**  
Donors



Every Premmie  
Saved.!!!

## Founder's Note

Dear Readers,

*I feel honored to talk to you in the first quarter of the year, a happy beginning! It has been a heart warming experience in being able to help 28 babies with in the first quarter. All thanks to our donors without whom we could not have done this. The constant support of our well-wishers has allowed us to achieve this milestone of supporting more than 1/3rd of babies supported whole of last year, within the first quarter. We as a team abide by the principle of persistence and perseverance to live up to the cause of the whole year. A special thanks to all the hospitals, where these newborns are being taken care.*

*I also thank the team of doctors from SNCU at Nilofer Hospital and Siddipet to give us opportunity to help the new born babies from underserved communities. Nurses make up the majority of the healthcare industry and are essential to providing quality treatment to the patients. However, India has been facing a massive crunch in the number of nurses in the healthcare sector over the past few years. The capacity must go up more than 10 times to meet the demand. Within nursing profession, Neonatal care is a very niche area and needs a special kind of training that not many institutes offer as a specialization. We are glad to introduce Neonatal Nursing Assistant Program (NNAP) – "Unstoppables", a dream coming true Extra Mile in the year 2023!*

*This program will create comprehensive neonatal nursing assistants who can provide a basic nursing care to the babies admitted in Level 1-2 NICU (Neonatal Intensive Care Unit) facilities. NNAP will not only give trained and skilled persons for neonatal care but also will support many girls from underserved communities and will encourage other girls from those communities towards education and respectable job opportunities.*

*I am so grateful to Neeru's Group for their kind gesture of sponsoring the whole program and this program would not have been possible without Rainbow Children's Hospital for facilitating this program. I am grateful to Dr.Ramesh Kancharla and Dr. Dinesh Chirla for always having my back. I have to give this credit to Dr.GN Rao from LV Prasad Eye Institute and his Education Team Ms. Snigdha and Ms Srilakshmi for guiding the whole program.*

*Hope everyone has a fabulous summer with the good news that Extra Mile will function Pan-India from this financial year onwards. Looking forward to talking to you again in next quarter, keep submitting the cases which need help for treatment and your kind donations.*

Warm Regards

Nitasha

## Mentor's Note

### Dr Dinesh Kumar Chirla

Director Intensive Care Services - Rainbow Children's Hospital

MD (Pediatrics), DM (Neonate), FRCPC (UK) Neonatal Fellow (Australia), Specialist in Neonatology (CCST, UK)



It gives me great pleasure to see Extra Mile growing by miles each quarter and the great work my colleague Dr Nitasha Bagga and her team is doing in helping the parents of critically ill neonates especially preterm babies who cannot afford further treatment in tertiary NICU.

With over 2 decades of experience in treating many sick children and neonates in Intensive care unit, there have been many occasions we faced where parents cannot afford further treatment. In spite of giving concession by the hospital and treating them on minimal cost parents were not able to afford the treatment. In western countries, the children hospital are supported by many NGO to take care of such patients. I am so happy to see NGO like Extra mile growing each year and coming forward to support such babies.

There has been significant advances in medical care in our country and we are providing care on par with the western world as a result we are able to save many sick newborns and preterm babies. The insurance coverage for health care is not optimal. Because of the advance treatment the cost of ICU care has gone up, especially in NICU because of prolonged stay. Parents initiate the treatment and want to there best. But some of them need that Extra help because of the extended hospital stay or unexpected complications and cannot continue treatment. It is during this time the Extra mile foundation comes forward to give them extra support financially along with hospital concession and save significant number of patients.

Extra mile not only provides financial assistance to families with premature babies but also supports SNCU and the new initiative of UNSTOPPABLES, will provide training and employment to under privileged girl child.

"Saving lives is a biggest gift we can give." and helping to save sick preterm and neonates who may not survive, not because of their illness, but only because the family cannot afford to pay for medical expenses; prolonged in-patient treatment at the hospital is the most noble charity. We should do our best to support such noble charity and ensure that no premature babies should die because of lack of finances. My best wishes to Extra mile and hope they grow by miles each year.



Supported by




# UNSTOPPABLES

A TRAINING PROGRAM FOR NEONATAL NURSING ASSISTANTS

## AN INITIATIVE BY EXTRA MILE

**COURSE DETAILS:**  
Duration - **ONE YEAR**  
Batch Size: 10

### Eligibility Criteria:

- Only girls from economically underprivileged families
- Completed SSC with an aggregate of 50% or higher.
- Age group should be 18-20 years.
- Sourced from orphanages / NGOs in Hyderabad

### Objectives:

1. Understand basic newborn care in NIICU
2. Understand common newborn disorders, identify a sick newborn, feeding in low-birth-weight babies, helps mothers in Kangaroo Mother care (KMC), Nonnutritive sucking (NNS), breastfeeding, developmental supportive care, family centric care etc.
3. Communicate effectively with mothers /families.
4. Gain knowledge and understand various processes involved in NICU for both new born and mother's care5. Assist in basic procedures in NICU like IV canulation, ROP exam, preparing bed and nest, blood transfusion.

### HOW DOES IT HELP ??

This will support many under privileged girls and will encourage others towards education and respectable job opportunities. This will also give trained and skilled personal for neonatal care.



### Introduction:

India has been facing a massive crunch in the number of nurses over the past few years. The capacity must go up more than 10 times to meet the demand.

Within nursing profession, Neonatal care needs a special kind of training that not many institutes offer as a specialization.

Nursing Assistant programs help fill capacity gaps to some extent.

### Aim:

To create comprehensive neonatal nursing assistants who can provide a basic nursing care to the babies admitted in NICU (Neonatal Intensive Care Unit).

### Mode of Selection:

Written test and interview

*The entire course is at no cost to the student.*

- Stipend will be given
- Shoes and Dress will be provided
- Accommodation and food: Rainbow Hospital Nursing Hostel

### Course Completion:

- On completion of this program, they need to serve for 6 months in Rainbow Children's Hospital
- After completion of 18 months of training / service, successful candidates will be awarded a course completion and experience certificate by Rainbow Children's Hospital.

### Collaboration Model:

Rainbow Children Hospital - Facilitator

Extra Mile Foundation - Organizer

Sponsored by Neerus for the year 2023-24

For more information or clarifications, please contact

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Founder of Extra Mile Foundation, on

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# Our Share of Smiles

**Baby who needed prolong hospital care**



**Baby with severe lung problems**

**Baby with respiratory distress**



**Baby who had complications due to previous abortions**

**Baby who needed prolong hospital care**



**Baby with low birth weight**



**Baby with low birth weight and respiratory distress**



**Baby who did not cry after birth**



**Baby with respiratory problems**

**Baby with respiratory distress**



**Baby on ventilator for long duration**



All newborn babies, including full term, need a blood test for thyroid functions?

True - A

False - B



# Our Share of Smiles

**Extremely premature baby**



**Baby on poor feeding**



**Baby who needed emergency surgery**



**Baby delivered by LSCS**



**Baby with multiple health problems**



**Baby who needed inotropic support**



**Baby who had to be taken to higher centre for treatment**

**Baby with respiratory distress**



**Baby with low sugars and jaundice**



**Baby who needed emergency surgery**



**Baby required positive pressure ventilation**



**Baby who needed blood transfusion**



**Baby with respiratory distress**

**Baby with immature lungs**



**Thyroid deficiency in babies is a complicated condition and requires extensive treatment.**

**True - A**

**False - B**

## Awareness

### Newborn Respiratory Distress Syndrome

Respiratory distress means breathing difficulty. In premature newborns, the lungs are not fully developed. Their lungs lack surfactant. Surfactant is a substance made of protein and fat produced by 24 to 28 weeks of pregnancy. This coats the inner surface of the lungs and helps them expand so that air can go inside the lungs and provide oxygen. If there is no surfactant, the insides of the lung stick to each other and oxygen cannot come inside the lungs, like a balloon which you cannot blow. Sometimes this condition may also affect babies not born prematurely for other reasons.

#### How can it be prevented?

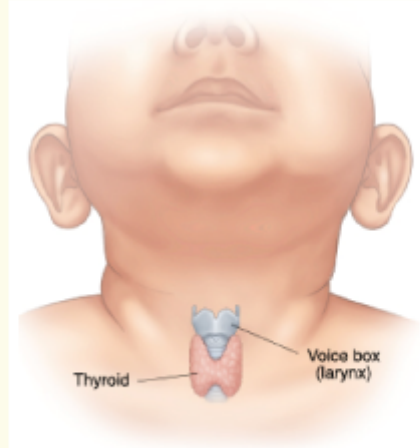
If a premature delivery is anticipated, steroids and some other medications given to the mother before delivery may help the babies.

#### How is it treated?

After delivery, the baby may require minimal support like oxygen by nasal tubes only. If symptoms are more severe, baby will require a ventilator, to either support or take over their breathing. Babies may also be given a dose of artificial surfactant, through a breathing tube into the lungs. It is important that the treatment is started as early as possible, in the labour room before the baby is shifted to the neonatal ICU. It is important to anticipate, and identify problems early to prevent complications as much as possible and start treatment early.

### Believe It or Not!

A newborn baby's thyroid gland weighs just 3 grams, but is responsible for the majority of body growth and brain development in the first 3 years of life!



Thyroid problems in children happen if pregnant mothers eat a lot of cauliflower.

True - A

False - B



## Partnerships

*Impactful partnerships- Doing small things with great love!*



Team Extra Mile is glad to be associated with EMRI (emergency Management of research institute) training & educational session for health care professionals in neonatal transport across India

Very satisfying experience for team Extra Mile of visiting Siddipet SNCU & associating with the good work done in district SNCU'S



Team Extra Mile is thankful to the neonatologist at niloufer for giving us the opportunity to help underserved premature borns



## Donors List

*We Thank our recurring donors and big time donors for always being there:*

Harish Jayaram  
Kamini Kumaravelu  
Subba Rao Unnava  
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Vishal Janardhan Kol  
Ramakrishna Gunturu  
Dr. Lakshmi Veda  
Neerus Ensembles P.L.  
Prasad (Vijayawada)  
Srinivas Nammineni

## To join the Extramile Mission

Believe in  
Tomorrow



By Giving  
Today

We are elated to announce that **THE EXTRAMILE FOUNDATION** has received its 80G registration.


**Make a difference everyday with a monthly gift.**

Join our community of monthly donors saving the premature and sick new borns.

Account Number - 50200063938471, IFSC code- HDFC0002019,  
Bank Name- HDFC Bank Ltd, Branch- Kondapur, Branch code- 2019

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