



HEALTHCARE CONSULTANTS ASIA

Healthy Wealthy

2024
VOL. 1 | ISSUES 1

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"HEALTH
IS THE GREATEST
WEALTH."
VIRGIL



ABOUT HCASB

Healthcare Consultants Asia (HCASB) is a trusted subsidiary of Mudah Healthcare. As experts in third-party medical reporting, HCASB specializes in providing detailed and comprehensive medical assessments that help streamline processes and ensure clarity in claims management.

With a panel of over 90 specialist doctors, HCASB is dedicated to delivering accurate and high-quality reports, offering valuable insights and supporting informed decision-making for our clients. Our reports foster fair, transparent resolutions, reinforcing the integrity and efficiency of the claims process.

HCASB is looking forward to continuing our commitment to excellence in medical reporting, making a meaningful impact on the success of our partners in the industry.

Season's Greetings

As we close another remarkable year, we, Healthcare Consultants Asia would like to extend our heartfelt gratitude and warmest wishes to all our employees, partners, and clients.

As we approach the festive season and the start of a new year, we reflect with immense gratitude on the journey we've undertaken together in 2024. This year has been one of growth, innovation, and resilience, marked by the collective efforts and unwavering dedication of our incredible team, clients, and partners.

Christmas is a time to celebrate the relationships that empower us and the successes that bring us closer to our shared goals. We are profoundly thankful for the passion, collaboration, and trust that define our organization.

Looking ahead to 2025, we are filled with excitement for the opportunities and milestones that await. It is a year to transform challenges into achievements, strengthen our connections, and push the boundaries of what we can accomplish together.

On behalf of the team, we wish you a Merry Christmas and a prosperous New Year filled with happiness, health, and success. Here's to breaking new boundaries and creating a future that inspires us all!

***Warmest regards,
Dato' Dr. Kantha Rasalingam / Dr. Thiruchelvan Balakrishnan
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Carpal Tunnel Syndrome



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WHAT IS CARPAL TUNNEL SYNDROME?

Carpal tunnel syndrome (CTS) is a common nerve entrapment neuropathy condition, affecting the hand from the wrist area to the tips of the fingers. Nerve entrapment syndromes are medical conditions where nerves become inflamed or compressed at areas around the body. In carpal tunnel syndrome, a nerve called the median nerve traversing the wrist area becomes either inflamed or entrapped, resulting in specific symptoms and signs.

SYMPTOMS

Patients with CTS often present with numbness of the radial (outer) 3 fingers and discomfort at wrist level. Patients may even present with feeling of 'thickness' of the skin specifically between the thumb and index finger. Symptoms may occasionally manifest as a deficit or alteration in function of the hand. Patients may notice difficulty in counting currency notes, deterioration in handwriting or inability to open a bottled jar, which may not have been evident in the past. Typically, this condition worsens at night and in cold conditions and improves with wriggling or massaging the affected area. Grip strength is often reduced, and the hand dexterity may be affected as well.

RISK FACTORS

Female gender, comorbidities such as diabetes mellitus, thyroid disorders and pregnancy are some known risk factors. An association with gout and trauma or fractures around the wrist area are identified as risk factors as well. Some studies do quote repetitive hand movements – be it an occupation or habitual, as another risk factor.

SIGNS

Signs include reduced sensation over the median nerve distribution of the hand and weakness of the thenar muscles. In chronic carpal tunnel syndrome, patients often present with an obvious thenar muscle wasting, an indication for surgical release.

Provocative tests including the Tinel's test and Phalen's test are positive in carpal tunnel syndrome. The most sensitive test to diagnose this condition is the carpal tunnel compression test, also known as the Durkan's compression test. Carpal tunnel syndrome is diagnosed clinically, and often no further investigations are needed. Lab investigations, if done, helps identify the etiology of the disease rather than being needed for diagnosis.



Carpal Tunnel Syndrome

SIGNS

A nerve conduction study (NCS) together with an electromyographic (EMG) study helps identify other sites of compression, as well as establishing the extent of the median nerve injury. Besides the wrist area (carpal tunnel syndrome), the nerve can be compressed or inflamed over the elbow (pronator teres or lacertus syndrome) and even the cervical region, due to degenerative changes. Sometimes, the nerve is compressed in more than one site, resulting in a condition known as the double crush syndrome.



Figure 1 : Patients with CTS often present with numbness of the radial 3 and half fingers, with discomfort of the wrist area, more pronounced during night



Figure 3 : Wrist injections can be given to reduced inflammation in carpal tunnel syndrome



Figure 2 : A semi-rigid wrist splint helps in reducing inflammation of the median nerve

TREATMENT

Conservative treatment starts off with oral NSAIDs (painkillers), and nighttime splint to be worn for a duration of 6 weeks. The splint prevents flexion of the wrist during nighttime, helping to reduce the inflammation of the median nerve at the wrist. Physiotherapy has a role in reducing nerve inflammation, modalities of choice being nerve gliding therapy, as well as hand strengthening therapy. This physical therapy works best in mild to moderate cases of carpal tunnel syndrome. A corticosteroid injection can be done in the clinic setting to further reduce inflammation of the median nerve at the carpal tunnel area. Finally, surgical release of the transverse carpal ligament is indicated when all modalities have failed. This procedure is usually done in the daycare setting under local anesthesia.

How To Care For Your Hands ?

Awareness of common conditions of the hand such as CTS is essential to prevent progression of the condition. Recognizing signs and symptoms, as well as identifying risk factors, help prevent further damage by early intervention. Here are some recommendations:

Know ourselves: identify risk factors and some common signs and symptoms of CTS. If one is at risk, then more care can be taken to avoid CTS (though it may not be possible to prevent it altogether). The presence of frequent symptoms can alert oneself to seek professional help sooner rather than later.

Adequate rest: the hand is meant for function and mobility, but care should be taken to not overly exert it. A good recommendation is to stretch the fingers and wrist, or take a short 5-10 minute break for every 1 hour of chores involving the hand region.

Grasping a soft ball: grip strength is important for hand function and can be affected in CTS. A good recommendation here would be to grip a soft, plushy ball for about 10 seconds before releasing the grip. This is to be done for about 10 repetitions per session. 2 sessions are recommended daily for about 6-8 weeks for patients at risk or for those experiencing symptoms of CTS.

Fingers, thumb and wrist stretch: stretching the fingers, thumb and wrist during designated breaks help keep the joints of the hand supple and maintains the neurovascular status of the small muscles of the hand. Generally, moving the digits opposite to the posture of the work helps in achieving this. For example, if the fingers are flexed for typing or desk job purposes, they should be stretched in extension and held in this position for a few seconds before commencing work.

Use orthotic devices judiciously: The use of external physical assistive devices (such as splints) are preferred over ingesting medications. Wrist splints are useful to be worn at night to rest the wrist in a neutral position when a patient suffers from CTS. Ergonomically shaped devices (such as specialized mouse keypads) can also help a patient suffering from CTS while doing working on a computer.

Don't hesitate to seek professional advice: When the above measures do not improve symptoms, or when in doubt - do not hesitate to seek help from a qualified doctor. The worrying trend of turning to social media or online help rather than a physical consultation with a doctor can be detrimental.



How To Care For Your Hands ?

Nerve gliding exercises

These are good exercises for those experiencing nerve symptoms. The following steps are recommended for a median nerve glide.

Starting Position 1

Wrist in neutral, fingers and thumb in flexation.



Position 2

Wrist in neutral, fingers and thumb extended.



Position 3

Wrist in neutral, fingers extended, thumb in neutral.



Position 4

Wrist, fingers, and thumb extended.



Position 5

As in position four, with palm facing up.



Position 6

As in position five, other hand gently stretching thumb.



Repeat the above exercise 3-5 times. Do the movements slowly. Do not stay in position 6 for any length of time. Stop and return to position 1 if you feel a strong pull at any stage.

HCASB KL FORUM

Breaking Boundaries In Healthcare

20 24



AN APPLE A DAY

THE BEST OF DAD JOKES

What does a tick and the Eiffel Tower have in common?

They are both Paris sites.

What do you call a factory that makes 'okay' products?

SatisFACTORY.

Where do you learn to make a banana split?

SUNDAE school.

What do call somebody with NO BODY and NO NOSE?

NOBODY knows.

This graveyard looks overcrowded.

People must be DYING to get in.



What did the lemon say when it answered the phone?

YELLOW.

Why did the Math book look so sad?

Because it had many problems.

Why didn't the skeleton climb the mountain?

Because it had no guts.

Why did Timothy get fired from the canned drinks company?

Because he could not concentrate.

I'm on a new diet, it's called the seafood diet.

I see food and I eat it.

Joke of The Day

What is the least spoken language in the world?

The sign language.

KEEPS THE DOCTOR AWAY

HEALTHCARE CONSULTANTS ASIA

2024



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