

## **Medical Report Tata Steel Kolkata 25K**

Fortis Hospital, Kolkata was the medical partner of Tata Steel Kolkata 25K held on 18<sup>th</sup> December, 2016. It was a grand event with more than 10000 running enthusiasts participating including some elite Indian athletes. Fortis emergency medical team was geared up with all facilities to provide basic and advanced medical care to the runners if required.

A base camp was set up at the start-finish point which was comparable to a make shift mini hospital with beds all set with ventilators, cardiac monitors, nebulizers and adequate medications to cater any kind of medical emergency. Doctors including emergency physicians, orthopedics, nurses, physiotherapists, emergency medical technicians and support staffs manned the base camp and 6 medical centres were placed across the route. 7 bike ambulances patrolled the whole course during the race. 3 fully equipped Advanced Cardiac Life Support (ACLS) Ambulances with doctors and paramedics were placed at strategic points of the road.

A total 1260 people were attended by our medical team across the base camp and medical stations. The majority had complains of muscle cramp and muscle numbness of leg. Others had mild to moderate dehydration, abdominal cramps, vomiting, cuts and bruises, giddiness, headache etc. Few had significant shoulder ankle and knee injury. All were managed efficiently and none required intensive care or hospitalization.

Kolkata

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Dr Sanjukta Dutta

Medical Director  
Tata Steel Kolkata 25K  
Head, Emergency Medicine  
Fortis, Anandapur, Kolkata