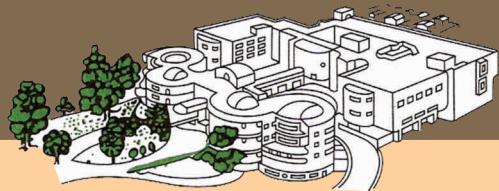


Health Services  
Education  
Research



# newsletter

A publication of J Watumull Global Hospital & Research Centre | [www.ghrc-abu.com](http://www.ghrc-abu.com)

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**April 2019**  
**Volume 133**

## We will remember this gift from the people of Japan

In 2018, the Government of Japan awarded Global Hospital & Research Centre a grant of 7.8 million Yen, approximately US \$ 70,000, towards the procurement of new medical equipment for poor patients to receive quality eye treatment. I visited the Embassy of Japan in New Delhi for the signing ceremony of the grant contract. The Government of Japan was represented by His Excellency Kenji Hiramatsu, Ambassador of Japan to India.

Getting this grant was an experience in itself. The grant application process was lengthy, the longest we have ever been through, because the due diligence was very thorough. It opened my eyes to the level of accountability of the Embassy to the Government of Japan. And the presentation process was respectful and had all the grace of the Japanese culture.

With this donation, the hospital procured a perimeter (Carl Zeiss), an operating microscope (Takagi), a non contact tonometer (Keeler) and an anaesthesia workstation

(Draeger). This equipment will help sustain and expand the good work that is being done by the Global Hospital Institute of Ophthalmology, Abu Road.

We were honoured to host the Japanese Embassy's Minister for Development and Economic Kenko Sone (*seen in the photograph below, centre position*) at Abu Road on February 6 to inaugurate this equipment. Other notables at the ceremony were the sub-divisional magistrate of Mount Abu Dr Ravindra Goswami, Global Hospital & Research Centre's managing trustee BK Nirwair and district Sirohi's chief medical & health officer Dr Dinesh Sharma.

The logo of

the Government of Japan reads "From the People of Japan". Seeing Minister Sone interact warmly with eye patients, expressing genuine interest in their welfare, I experienced true friendship and warmth. A big thanks to the Government of Japan for its interest in the noble cause of Global Hospital & Research Centre.

Dr Partap Midha  
Medical Director / Trustee



## Visiting specialists

Dr Jitendra Shah, a dermatologist from Ahmedabad visited in January and was consulted by 37 patients. Dr Sunil Mishra, a dermatologist from Mumbai visited in January and saw 25 patients.

A neurologist from Delhi saw 12 patients during her visit in the month of February.

Dr Ratan Rathod, a Mumbai-based cardiologist, saw 15 patients during his visit in March.

## Attendance in conferences, trainings

Minati Naik, assistant chief of nursing services, and Ranjita Sahoo, nursing supervisor ~ 6th National CME on Audits in infection prevention & control ~ Breach Candy Hospital Trust ~ Jan 18-19 ~ Mumbai

Dr Barasha Sarma Bhardwaj, pathologist and in-charge, Blood Bank Services ~ training in Effective management of thalassemia management ~ Sankalp India Foundation ~ Jan 23-24 ~ Bengaluru

Dr Sharad Mehta, senior consultant ENT surgeon ~ INDOCLEFTCON 2019 ~ Indian Society of Cleft Lip & Palate ~ Feb 8-10 ~ Varanasi

Dr Vinod Kumar Sharma & Dr Sudhir Singh, senior consultant ophthalmologists ~ 77th AIOC 2019 ~ All India Ophthalmological Society ~ Feb 13-17 ~ Indore

Dr Anil Bhansali, senior general & laparoscopic surgeon ~ master course in hernia, Everything about hernia ~ Centre of Excellence for Minimal Access Surgery Training ~ Feb 25-27 ~ Mumbai

Shashi Bala, principal, Saroj Lalji Mehrotra Global Nursing College, Banupriya A, vice principal, Ratheesh R, nursing tutor, and Saurabh Jani, clinical instructor ~ state level workshop Transforming nursing future: Challenge, innovation and management of nursing ~ Geetanjali College and School of Nursing ~ March 27 ~ Udaipur



Senior consultant ophthalmologist Dr Vinod K Sharma at the 77th AIOC 2019 in Indore



Shashi Bala, principal, Saroj Lalji Mehrotra Global Nursing College at the Geetanjali College and School of Nursing

## Lectures delivered

Jan 16 ~ Initial assessment on infant & paediatric patients ~ Dr Harish Bhardwaj, paediatrician, Post Graduate Institute Medical Sciences, Rohtak, Haryana

Jan 28 ~ Neonatal jaundice ~ Dr Judith M Kocken, paediatric gastroenterologist, Holland

Jan 29 ~ Pain in abdomen in children ~ Dr Judith M Kocken, paediatric gastroenterologist, Holland

Jan 30 ~ Paediatric problems in nursing ~ Dr Judith M Kocken, paediatric gastroenterologist, Holland

Jan 31 ~ Hygiene: Everyone's responsibility ~ Dr Judith M Kocken, paediatric gastroenterologist, Holland

Jan 31 ~ Happy healthcare workers, happy patients ~ Dr Judith M Kocken, paediatric gastroenterologist, Holland

Jan 31 ~ Nutrition in children ~ Dr Judith M Kocken, paediatric gastroenterologist, Holland

Feb 1 ~ Abdominal pain and brain gut axis ~ Dr Judith M

Kocken, paediatric gastroenterologist, Holland

Feb 1 ~ Patient safety & quality ~ Dr Helen Archibald, general practitioner and chair, Patient Safety and Quality Committee, Mackay Hospital and Health Services, Australia

Mar 2 ~ Communication skills ~ Dr Mette Buhl, general practitioner, Copenhagen, Denmark

Mar 9 ~ How to constantly capture ideas for improvement and implementation ~ Dr Mette Buhl, general practitioner, Copenhagen, Denmark

## Surgery Department Milestones

Consultant GI, general & laparoscopic surgeon Dr Dilip Kothari heads the Department of Surgery at J Watumull Global Hospital & Research Centre, Mt Abu.

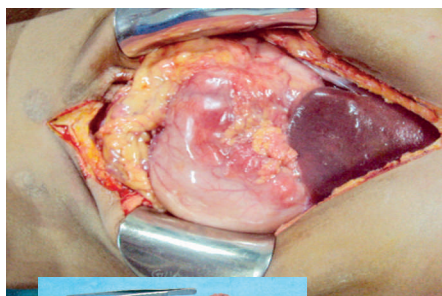
Senior clinical associate with the surgery department Dr Naba Jyoti Upadhyaya assists him.

Of late, the department of surgery has been performing an unprecedented spectrum of cases and procedures, including a variety of cancer cases.

Here's a look at some of the work done between January and April 2019.



A 55 year old male patient complained of vomiting and pain in the upper abdomen. Further enquiry revealed that he also suffered from loss of appetite and was losing weight. A preliminary investigation



showed a palpable lump in his upper abdomen after which the patient was advised to undergo a sonography and CT scan of the abdomen. These

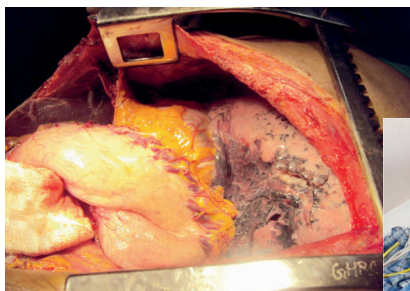
diagnostics showed a mass in the body and the antrum of the stomach, involving multiple lymph nodes—the portal, splenic,

pyloric and both curvatures—which confirmed the diagnosis Non-Hodgkin lymphoma of the distal stomach. The patient was later taken up for surgery. The operation was successful and the patient was discharged after recovering.



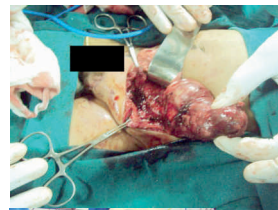
A 60 year old male patient complained of weight loss and progressive dysphagia. He had been a chronic smoker. Investigations showed that he was anaemic and had hypoalbuminaemia (low albumin levels in the blood). A sonography of the abdomen was normal.

However, an endoscopic exam revealed an upper gastro intestinal stricture at the lower end of the eosophagus and



An eight month old infant presented with a swelling in the left inguinal region. His parents had been told that

the boy had an inguinal hernia. However, a sonography showed a solid tumour in the left inguinal and pelvic region.



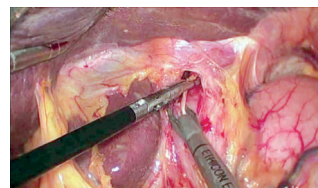
A contrast-enhanced CT exam of the abdomen showed a large tumour in his left inguinal and pelvic region abutting the Iliac vessels and sigmoid colon. His testise was fortunately unaffected.



A 27 year old woman ingested some corrosive liquid. She was referred for an upper gastrointestinal endoscopy, which revealed stomach inflammation and ulcers and a gastric obstruction.

In such cases, first the ulcers are allowed to heal and the obstruction is addressed later. So, an opening was created in the front of her abdomen (jejunostomy) for her to feed herself and a laparoscopic vagotomy was done to reduce the gastric secretion.

Weeks later a CT scan helped determine the extent of the gastric outlet obstruction (GOO). A gastric bypass reversed the earlier procedures and allowed her to eat normally.



**1661**  
Consultations

**86**  
Operations

**66**  
Endoscopies

**10**  
Colonoscopy

**10**  
Sigmoidoscopy

**3**  
Endoscopic variceal

**1**  
Endoscopic dilatation

**1**  
PEG

## New assets

A brainstem-evoked response audiometry machine, an ethylene oxide gas steriliser and new air conditioning equipment including an air handling unit, fresh air unit and outdoor unit were procured for J Watumull Global Hospital & Research Centre, Mt Abu.

An audiometric test chamber, a fully automatic electrolyte analyzer, a ventilator, a dialyzer re-processor machine and last but not the least, an automatic chapati making machine were procured for the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road.

A generator and two buses, a 36-seater and a 20-seater, were procured for the Global Hospital School of Nursing and Saroj Lalji Mehrotra Global Nursing College, Abu Road.



▲ Brahma Kumari Sudesh inaugurates a new bus for nursing students

## Outreach programmes

Consultant GI, general and laparoscopic surgeon Dr Dilip Kothari ran two clinics in Jalore in January, where he saw 16 patients. Two clinics were held in Sirohi, where six patients consulted him. In February, Dr Kothari was consulted by 16 patients at these two locations. In March, nine patients sought his advice.

Orthopaedic surgeon Dr Kailash Kadel also ran clinics in Jalore and Sirohi in February where he offered advice to 13 patients.

An eye screening programme in village Dhebri Padar on January 2 attracted 150 patients. Dr Nimish Rajpurohit, DNB ophthalmology resident, conducted this initiative.

On February 6, joint replacement surgeon Dr Narayan Khandelwal and Dr Murlidhar Sharma, registrar, Orthopaedics & Emergency Department offered consultations to 165 patients in Palanpur, Gujarat. Three field workers helped make this event a success. Fifteen patients were referred to J Watumull Global Hospital & Research Centre, Mt Abu for surgery. In March, a similar event at Sanchoe attracted 115 patients.



▲ Joint replacement surgeon Dr Narayan Khandelwal sees a patient



▲ Posters help publicise outreach events and attract needy patients

DNB ophthalmology resident Dr Vineet Ashish and his team screened 165 villagers for cataract on February 27 in village Pomava, Pali. On March 27, in Joyla Posaliya, Sirohi, they screened 180 villagers. Those with cataract were advised to present themselves at J Watumull Global Hospital & Research Centre, Mt Abu, for free surgery.

## Empowering staff

On January 13, Values in Healthcare A Spiritual Approach (VIHASA) training was organised for the staff in the premises of the India One solar power plant. The programme sought to empower staff to provide health services with a spiritual touch.



Empowering staff to interact better with patients

## Caring for the elderly

A 75 year old lady fell at home. An x-ray revealed that she had fractured her hip and would require a hip replacement. Her age made the surgical procedure complicated. However, this did not deter the patient nor the medical team. Under the guidance of consultant orthopaedics & joint replacement surgeon Dr Nithin Sunku, the surgery went off well and the patient made a full recovery.



Two blood donation drives in March were inspired by the Pulwama martyrs



## Blood Banking

On January 13, 178 units of blood were collected at a donation drive organised by the Muslim Wakf Committee in the Islamia School, Abu Road. On January 13, the Forest Department of Sirohi organised a drive at Arvind Pavilion in Sirohi, where 18 units were collected.

The Lions Club of Pindwada organised a drive on January 17 at the Vivekanand School, where 77 units were collected. Also 24 units were collected at an event organised by the Akhil Bharatiya Vidyarthi Parishad, Mt Abu. The BJP unit of Abu Road helped organise an in-house which attracted 20 donors on January 21. Another 131 units of blood were collected at the Railway Hospital, Abu Road, on January 31, thanks to the efforts of the Uttar Paschim Railway Mazdoor Sangh (North Western Railway Workers Union).

Two donation drives at the Brahma Kumaris' Shantivan Complex on February 1 and 16 yielded 177 units. The Brahma Kumaris also helped organise an in house drive on March 17 where 38 units were collected. The Bar Association and the Rotary Club of Abu Road jointly organised a drive on February 3 at Darbar School, Abu Road, where 18 units were collected.

A mega drive held on March 3 to commemorate the Pulwama martyrs brought together the Rashtriya Rajput Karni Sena, the Lions Club, the Rotary Club, the Hotel Association, the Bhil Samaj, the Muslim Wakf Committee, the Mt Abu Municipality and Rotary International Global Hospital Blood Bank. 531 civilians and members of the Central Reserve Police Force and paramilitary personnel donated blood at the camp.

A second drive inspired by the Pulwama martyrs, on March 7, attracted 53 donors. The Rashtriya Bhartiya Valmiki Kalyan Mahasabha and Valmiki Yuva Sangathan co sponsored this drive.

## Teaching doctors how to manage diabetic retinopathy

A certificate course, Evidence based management of diabetic retinopathy, was conducted as a part of the diabetic retinopathy project that Global Hospital Institute of Ophthalmology is implementing in Pali District.

This course was designed and is being implemented by the Centre for Chronic Disease Control (CCDC) and the Public Health Foundation of India in collaboration with Dr Mohan's Diabetes Education Academy, Chennai, and Aravind Eye Care Systems, Madurai. The Queen Elizabeth Diamond Jubilee Trust and the Leona M and Harry B Helmsley Charitable Trust have funded its development through the London School of Hygiene and Tropical Medicine. It aims at enhancing the knowledge, skills and core competencies of practicing primary care physicians in the evidence based management of diabetic retinopathy. It is structured in four modules, each lasting four hours.

Senior consultant physician Dr Anil K Chawla and Dr Sahil Bhandari, a retina specialist from Jodhpur taught the 13 participating MBBS doctors on March 3, 17 and 31. Two sessions were held at J Watumull Global Hospital & Research Centre, Mt Abu, and one was held at the Global Hospital Institute of Ophthalmology, Abu Road.



▲ CCDC programme coordinator Tanu Soni, senior consultant ophthalmologist Dr V K Sharma, senior consultant physician Dr Anil K Chawla, retina specialist from Jodhpur Dr Sahil Bhandari at the launch of the new course

## Eye screening

January to March 2019 was a busy time for the ophthalmology team. Fifty outreach initiatives were arranged where 13,109 villagers were screened and 1,856 were identified as needing cataract surgery. Also, 5,834 people were found to have refractive errors, and 3,854 were distributed spectacles. Eventually, 1,009 villagers actually underwent cataract surgery.

On January 13, one of these outreach events was conducted with the support of the PC Parmar Foundation and CCP Trust, Pune, at the Smt Lehibai Chandulalji Parmar Girls Upper Primary School, Mohabbat Nagar, Sirohi. Thirty villagers underwent cataract surgery as a result of this initiative.

Forty one more beneficiaries were identified at an event arranged with the support of Lions Club Pindwara, Sirohi, on January 21, at Ajari, Pindwara, Sirohi.

Achlaram Sargara, an 80 year old from village Rohida, Sirohi, was one such patient. He had a mature cataract in his right eye. This was removed and an intra ocular lens was implanted.

Two years earlier, Achlaram had had his left eye operated on at the Global Hospital Institute of Ophthalmology. Now that his right eye was failing, he had wanted to visit the hospital for surgery but sadly his family had no time for him. Finally, a fellow villager accompanied him.

Medical superintendent & senior consultant ophthalmologist Dr Vishal C Bhatnagar operated on Achlaram and he recovered well. He was very grateful for the free treatment. He would be able to manage himself better.



▲ Achlaram Sargara after eye surgery

## Talk by Prime Minister of India

The students, principal and faculty of Saroj Lalji Mehrotra Global Nursing College watched the live telecast of a special speech of the Prime Minister for students on January 29.



*Students listen attentively to the Prime Minister*

## Commemorating World Cancer Day

On February 4, World Cancer Day, students conducted skits and put up informative charts and used flash cards to impart awareness about the warning signs of cancer in Bharja village. Lecturer Sudahnjali Behra and clinical instructor Mukesh Kumar organised this initiative.

## So long, farewell

The outgoing batch was bid farewell on March 4. The principal gave out awards based on students' performance over their course duration, under the categories--attendance, best clinical and community health nurse, most disciplined student and excellence in academics.



*Shashi Bala, principal, Saroj Lalji Mehrotra Global Nursing College, with outgoing students*

## Communication skills training

Students attended a two day programme on communication skills at J Watumull Global Hospital & Research Centre, Mt Abu, on March 5-6. Clinical instructors Mukesh Kumar and Saurabh Jani also attended this workshop, which was facilitated by Dr Mette Buhl, general practitioner and faculty member, University of Copenhagen, Denmark with Stephen Berkeley, manager, Organisational Development, Manisha Ligade, deputy manager, Human Resources, and Shrinidhi K, deputy manager, Training and Development.



*Students with Dr Mette Buhl, general practitioner and faculty member, University of Copenhagen, Denmark, and other faculty*

## Lamp lighting ceremony

On March 8, the new batch of diploma and degree nursing students were administered their nursing oath by Maya Bisht, principal, Global Hospital School of Nursing. BK Karunakar Shetty, chairperson of the Media Wing, Rajyoga Education & Research Foundation, presided over the event. All the top scoring students were awarded. Life Skills, a book by Azeem Dana, psychologist and counsellor, Saroj Lalji Mehrotra Nursing College, was released.



*BK Karunakar Shetty, chairperson of the Media Wing, Rajyoga Education & Research Foundation (second from left), and others released a book Life Skills, for nursing students*

## Creating awareness about tuberculosis

On March 26-27, to mark World Tuberculosis Day, which falls on March 24 every year, students performed a drama and delivered a talk on the prevention, risk and symptoms of the disease at the government school and anganwadi centre in village Bharja. Lecturer Sudahnjali Behra and clinical instructor Mukesh Kumar accompanied the students.



*The lamp lighting ceremony of nursing students formally recognises their entry into the nursing profession.*

## STORY: One family's predicament

A tribal family comprising of parents and their four children—three sons and one daughter—were living in village Siawa. They were poor, the father being the sole earning member. He worked as a stone cutter. However, they were fairly happy. At one point, the father's sister came to live with them. She had a sad story to tell. Her in-laws were not ready to keep her because she had been diagnosed with pulmonary tuberculosis.

The family took her in. The newcomer started treatment for tuberculosis. The Village Outreach Programme of the J Watumull Global Hospital & Research Centre provided her medicine and nutritional supplements. In this interim, the four children obviously spent a lot of time with their aunt. In a strange twist, while their aunt got better, all the four children lost weight as well as their appetite. They became increasingly lethargic.

Eventually, the anxious parents took the four children to the paediatrician at J Watumull Global Hospital & Research Centre. Examination revealed that the two younger children had developed cervical lymphadenitis, a kind of tuberculosis, and the two elder children had contracted pulmonary tuberculosis.

All the four children were started on the tuberculosis treatment (AKT) according to the Revised National Tuberculosis Control Programme (the tuberculosis control initiative of the Government of India) advisory for their weight band. Fortunately, the children responded very well to the treatment.

After four months of treatment, the children were seen to be considerably active, eating well and gaining weight. The Village Outreach Programme is providing them nutritional support and vitamin supplements.



Four young children of one family contracted tuberculosis on exposure to the germ

Name	Age/Gender	Weight pre treatment	Weight after four months of treatment
Child 1	1yr / Male	7 kg	9 kg
Child 2	3 yrs / Male	11 kg	12 kg
Child 3	5yrs / Female	12 kg	15 kg
Child 4	7yrs / Male	16 kg	20 kg

On the occasion on World Tuberculosis Day, March 24, Dr Kanak Srivastava, chief of the Village Outreach Programme delivered a talk in village Aarna to create awareness about the disease. She focused on the identification of tuberculosis, specifically pointing out that unexplained weight loss and any cough lasting more than two weeks are strong signs of tuberculosis. She also spoke about the availability of DOTS (directly observed treatment, short course) medication for curing tuberculosis and the importance of completing the course.



Creating awareness about TB

## VOP patients seen Jan - March 2019

1614	776	46
PATIENTS CONSULTED IN THE FIELD	VOP WALK IN PATIENTS	ADMITTED PATIENTS

## Tax exemption on donations

Under Section 80G of the Income Tax Act of 1961, Indian donors can deduct 50% of their donation to Global Hospital & Research Centre from their income for the purpose of computing taxable income. To know more, email [info@ghrc-abu.com](mailto:info@ghrc-abu.com)

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