



# newsletter

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## What will you conserve?

*Does your car have an odd or even number plate?*

As I write this, Delhiites are balking at the prospect of taking public transport to work on alternate days. But do we have a choice?

Rain mayhem in Chennai in November, and in Uttarakhand and Mumbai in previous years has shown us just how vulnerable we are to climate change.

Sustained changes in weather patterns are no longer a prospect; they're knocking at our doorstep.

Perhaps what made the Delhi government sit up was Chief Justice of India H L Dattu admitting in court that his grandson "looks like a ninja" because of the mask he's forced to wear. This was in response to a submission from senior lawyer Harish Salve that he had to take a steroid for the first time for breathing problems caused by pollution. Their exchange happened while Chief Justice Dattu was hearing a plea for higher-polluting commercial vehicles to pay higher levies for entering the national capital.

Globally, negotiators from 195 nations took their places at the 2015 Paris Climate Change Conference secure in the knowledge that this may be the last chance at agreeing on new emissions norms and saving the earth.

Rising sea levels, an increase in catastrophic storms and severe droughts are just some of the possible outcomes humanity will struggle against—we are already witnessing trailers of these stark outcomes.

Climate change adversely impacts environmental determinants of health—clean air, safe drinking water, sufficient food and secure shelter. Climatic changes already are estimated to cause over 150,000 deaths annually, according to the World Health Organisation. Between 2030 and 2050, climate change is expected to cause

approximately 250,000 additional deaths per year—38,000 due to heat exposure in elderly people, 48,000 due to diarrhoea, 60,000 due to malaria, and 95,000 due to childhood undernutrition.

Independent non-profit DARA International predicts worse. It has linked 400,000 deaths worldwide to climate change each year, and projects deaths to increase to over 600,000 per year by 2030.

We've reached a point where one just can't stand by and do nothing.

At Global Hospital, we've always been conscious about the environment. I recollect how in the planning stages the hospital was designed around existing trees, such that we have some situated in the heart of the structure. Most of the hospital's interiors are exposed to natural light to reduce the need for artificial light, thus saving energy.

Some of our other initiatives include the installation of a solar steam system to power cooking, sterilisation and the laundry. Waste water is recycled and used. Non hazardous solid waste such as paper, cardboard, food, glass and plastics is recovered and recycled.

All these may be small measures but it will take many such measures, starting at the individual level, for disaster to be averted globally.

Jayanti Kirpalani represented the Brahma Kumaris at a UNESCO-organised event in Paris. She spoke about ethical principles in relation to climate change. An ethical and spiritual crisis underscores the current environmental crisis, she said. Fairness is a deep spiritual matter: one of re-education and awakening the consciousness, becoming aware of our true identity. Until we see ourselves as one family, rekindle love, compassion and kindness for all within ourselves, we will not take full responsibility for our actions. Individual action is desperately needed.

—Dr Partap Midha  
Director

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## You said

*An excellent hospital providing holistic healthcare to society. Thanks a lot for your good service and support to the Air Force population also.*

Group Captain Dr V K Sharma  
Air Head Quarters  
Delhi

## Did you know?

*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. Under Section 35AC of the Income Tax Act, Indian donors can deduct 100% of their donation from their income for the purpose of computing taxable income. State your PAN and address when making a donation. To know more, email [shrindhi@ghrc-abu.com](mailto:shrindhi@ghrc-abu.com) or call +91 9414152125.*

## News roundup...



**Nursing Skills Lab:** On September 26, 27 medical and nursing staff attended National Cognitive and Skills Evaluation for Basic Life Support training conducted by Dr Alok Chandra Johari and Dr Angel T of AAS Health Care Pvt. Ltd., Delhi. A newly purchased central line manikin and advanced nursing manikin were put to good use.

### Training & development activities

Activities were considerably stepped up in the last quarter. Events included 12 guest lectures, 11 clinical department presentations, 12 nursing CME's, 11 DNB case presentations and 11 mandatory trainings.

These included a talk on *Hand hygiene* on July 21, by Sampat Regar, a 3M representative; one on *Cancer prevention* on August 27 by Dr Gautam Lodaya from Haveri, Karnataka; one on the *Basics of gynaecological practice* on August 28 by Dr Sunita Lodaya, gynaecologist, and one on *Easy & safe infusion* on September 15 by Mohd. Akmal, a B Braun representative.

On September 21, Dr Damodar Bachani, deputy commissioner for non-communicable diseases, Ministry of Health & Family Welfare, delivered a talk on *Non Communicable Diseases Control, current status in India*.

In association with trainers from BSES MG Hospital, a four-day training in facilitating Values in Healthcare a Spiritual Approach was held from September 18 to 23 in the Gyan Sarovar complex. It attracted 74 doctors, nurses and non-medical professionals from 12 states across the country.

### New diagnostic service

Consultant general & laparoscopic surgeon Dr Somendra Sharma has introduced uroflometry, a non-invasive test for the assessment of the muscular strength of the bladder, the activity of the urinary sphincter, etc. Uroflometry can help determine whether urinary problems are functional or neurogenic by origin. It can also help assess the likely benefit from surgery for prostatic enlargement.

Dr Sharma has also introduced a richer reporting format for upper gastrointestinal endoscopy's.

### Fire safety preparedness

On July 15 and 16, Colonel (Retd) Dr Mukul Saxena conducted workshops on responding to a fire emergency. Fifty eight staff attended.

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## DIARY

### Super-specialist services

#### AUGUST 14

Dr Sunil Mishra, a dermatologist from Ahmedabad, proffered consultation to 12 patients.

#### JULY TO SEPTEMBER

Dr Shekhar Kadam, pulmonologist from Mumbai, proffered advice to 80 patients during visits on July 9 and September 18. Another 22 patients underwent pulmonary function tests.

Dr Surya, cardiologist from Mittal Hospital, Ajmer, saw 15 patients and performed 17 echo-cardiographies.

A visiting neurologist from Delhi saw 5 patients.

Dr Narayan Khandelwal, visiting joint replacement surgeon from BSES MG Hospital, Mumbai, performed 42 surgeries, assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

Dr Prakash Chauhan performed seven club foot surgeries assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

### Conference participation

**Staff ~ Designation ~ Conference ~ Organised by ~ Where ~ When**

Dr E Archana ~ dental surgeon ~ Clinical Orthodontic Workshop ~ Dr Kabre's Clinic ~ Mumbai ~ September 26 -27

Dr Keyur Mewada ~ registrar, ENT ~ Principles in Craniomaxillofacial Fracture Management ~ Association of Craniomaxillofacial Surgeons ~ Delhi ~ July 3-5

Dr A Gopalakrishna ~ plastic surgeon ~ Principles in Craniomaxillofacial Fracture Management ~ Association of Craniomaxillofacial Surgeons ~ Delhi ~ July 3-5

Dr Somendra Mohan Sharma ~ consultant general & laparoscopic surgeon ~ Diagnostic & Interventional Upper GI Endoscopy Course ~ Centre of Excellence for Flexible Endoscopy Training in Association with Indian College of Endoscopy ~ Mumbai ~ September 10-12





## EVENTS

### World Population Day, July 11

Third year GNM students organised a panel discussion on population. They enumerated statistics of various states, and elucidated the ill effects of population growth and measures to contain population.

### Oral Rehydration Solution (ORS) Day, July 29

First and third year GNM students delivered talks on the use of ORS therapy for treating diarrhoea and dehydration, in village Chandela. Students asked villagers to demonstrate what they had learned, to ascertain their understanding of the subject.

### Teachers Day, September 5

Students and staff avidly celebrated Teachers Day on September 4.

### Alzheimer's Day, September 19

Third year students presented a skit to spread awareness about Alzheimer's and its management, at the Community Health Centre in Mt Abu.



*Students present a skit to create Alzheimer's awareness*

## STAFF UPDATES

Accounts assistant Sister Jyoti attended Values in Healthcare facilitator training from September 18 to 23. Principal of GHSN Shashi Bala participated in the training as a facilitator.

## VISITS

On July 4, first year students of Global Hospital School of Nursing (GHSN) visited Banas Dairy, in Palanpur district. Students were explained aspects of the nutrition component of the general nursing & midwifery (GNM) syllabus, such as food storage, preservation of milk and dairy products, sterilisation of milk, etc. Students saw packaging units, microbiology labs and how sterility is maintained in handling milk.



*Students visit to Banas Dairy*

## COMMUNITY OUTREACH

### Conducting blood pressure checks

On September 21, students and staff together with employees of Radha Mohan Mehrotra Global Hospital Trauma Centre conducted blood pressure screening in GAIL Limited, Bhansali Engineering Polymers Ltd. and at the Community Health Centre in Abu Road.

## EXTRA-CURRICULAR ACTIVITIES

### Awareness talk

On September 27, Dr Piyush Saxena from Mumbai delivered a talk on Cleansing Therapy.

### Volunteering at national conferences

Nursing students enthusiastically volunteered at the 31st National Conference on Mind Body Medicine, organised by the Medical Wing, Rajyoga Education & Research Foundation, Shantivan, from August 14 to 17, and at the 10th World Congress on Clinical, Preventive Cardiology and Imaging held from September 3 to 7.

### Running

Students keenly participated in the Dadi Prakashmani Marathon held on August 23.

## FORGING NEW PARTNERSHIPS

Zorg van de Zaak Foundation, a Dutch organisation, is supporting the Community Service Project for one year. Under the Community Service Project, two mobile clinics staffed by a doctor and assistant visit 56 remote villages by turn, serving a population of about 150,000.

Zorg van de Zaak Foundation has instituted a key change in the project staffing by requiring the assistant to be a disabled person.

Zorg van de Zaak Foundation is also sponsoring five nursing scholarships for girls from poor families and for disabled students.

**ZorgvandeZaak**

Network

*Right: Bärbel Weiligmann, second from left, represents the Zorg van de Zaak Foundation. In September, she visited Global Hospital to finalise the salient aspects of the partnership. Seen here with staff of the Community Service Project.*



## Disseminating cardiology know-how

Over 1200 cardiologists and physicians from India and overseas attended the 10th World Congress on Clinical, Preventive Cardiology & Imaging 2015 held at the Brahma Kumaris Shantivan Complex, Abu Road from September 3 to 7. The congress was co-organised by the World Heart Academy, the Cardiological Society of India, the International Society of Cardiovascular Ultrasound, the American Association of Cardiologists of Indian Origin and Global Hospital.



*Dignitaries at the inauguration (l to r): Dr Geeta (Chennai), Dr Asha Moorthy (Chennai), Dr H K Chopra (Delhi), Dr Satish Gupta (GHRC), Dr Navin Nanda (USA), Rajyogini Dadi Janki, Rajyogi Brother Nirwair, Shri Raj Kumar Rinwa, (Hon'ble Minister, Forest & Mining, Jaipur, Government of Rajasthan) Dr Pratap Midha (GHRC), Dr Sumita Chowdhury (USA), etc.*

- 4 Delegates got a taste of both spirituality and science, congregating at 4am for Rajyoga meditation, attending scientific presentations during the day and winding down with cultural events at night.

## On the radio...

Shows held on *Aapka Swasthya Aapke Haath*, a live phone-in programme on the local FM radio station Radio Madhuban 90.4 FM in July:

July 5, Dr Prakash Rabadiya, DNB (Medicine) candidate, spoke on jaundice

July 12, Dr Yogesh Mehta, homoeopath, offered homoeopathy consultations

*Dr Pratik Patel (r), RJ Vinod*



July 19, Dr Dignesh Patel, clinical associate, spoke on preventing and treating kidney stone illnesses

July 27, Dr Pratik Patel, DNB (Medicine) candidate, spoke on diarrhoea

## Enabling consultations at remote locations

Orthopaedic surgeon Dr Kailash Kadel is continuing to run a monthly clinic at Reodar, near Abu Road, from a place opposite the government hospital, where orthopaedic consultations are not provided. Dr Kadel served 58 patients during the quarter.

General surgery and orthopaedic consultation programmes were held at the government hospital in Jaswantpura on July 12 and 26 respectively. As many as 79 patients consulted general surgeon Dr Somendra Sharma and Dr Kadel.



Orthopaedic surgeon Dr Kailash Kadel sees a patient





**OPHTHALMOLOGY**



BEFORE



AFTER

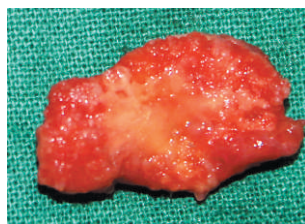
**A case of extraskeletal osteotoma of the eye lid**

A 25 year-old female presented with an osteotoma on her left upper eyelid.

An osteotoma is a slow-growing benign lesion, characterised by the proliferation of either cancellous or compact bone, almost exclusively found in the head and neck region. Extraskeletal osteotomas of the eyelid are very rare. Most develop in the paranasal sinuses, or external auditory canal, or orbit, or temporal bone.

In this case, there was a history of blunt trauma to the left upper lid. The patient had suffered no vision changes, ocular pain or headache.

*The troublesome tumour*



Consultant ophthalmologist Dr Sudhir Singh surgically removed the mass, maintaining a clear margin to establish the histopathologic diagnosis and prevent recurrence.

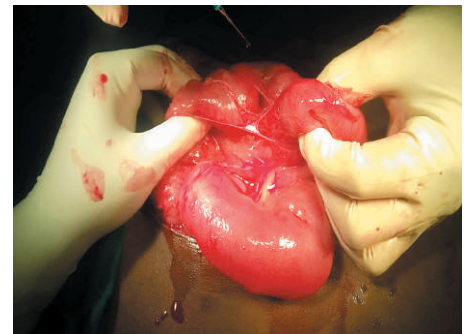
A paper detailing this case, titled Extraskeletal osteoma of the eyelid--a rare case report, was published in the US Ophthalmic Review, Fall 2015 issue.

**SURGERY**

**Correction of abdominal cocooning**

Abdominal cocooning refers to the partial or complete encasement of the small intestines by a thick fibrocollagenous membrane. It can occur if infection sets in the peritoneum (the membrane that lines the abdominal cavity). It can also be drug induced or happen because of an unknown cause. Some patients develop no symptoms while the majority develop acute, subacute or chronic attacks of intestinal obstruction.

The preoperative diagnosis of abdominal cocooning is quite difficult. Many cases are diagnosed intraoperatively. Surgery remains the best management option for patients with intestinal obstruction. Albeit, corticosteroids, tamoxifene and colchicine have been used as medical therapy in less severe cases or as post-operative treatment to prevent relapses.



*During surgery: Matted intestines being separated*

Consultant general & laparoscopic surgeon Dr Somendra Sharma operated on a male patient, aged 26, for abdominal cocooning. The patient recovered well.

**SURGERY**

**Pott's spine in a young boy**

Vikram Garasia, 3 years-old, from village Takiya, was found to be suffering from Pott's spine, or tuberculosis of the spine.

In Pott's spine, the process gradually eats up one or more vertebrae. Vikram's column was about to collapse when Dr Somendra Sharma, general & laparoscopic surgeon, diagnosed him.

Some Pott's disease cases need a brace or surgical intervention. Others are put on medicine.

In Vikram's case, his parents were unwilling to let him undergo surgery. Fortunately, Vikram responded very well to the DOTS tuberculosis treatment.



*Below: Close up of the affected area*



# Department of Radiology

## Who's Who

### Consultant radiologist Dr Anand B (DNB, DMRE)

Dr Anand is based out of J Watumull Global Hospital & Research Centre, Mt Abu. He visits the Radha Mohan Mehrotra Global Hospital Trauma Centre at Abu Road twice a week.

Dr Anand studied medicine at Jawaharlal Nehru Medical College, Belgaum. Thereafter, he pursued a diploma in Radiodiagnosis from Bombay Hospital, Mumbai, and obtained a DNB in Radiodiagnosis from Saifee Hospital, Mumbai.

Previously, Dr Anand has worked at several hospitals in Mumbai, including BSES MG Hospital, Kokilaben Dhirubhai Ambani Hospital, Mumbai Port Trust Hospital and Bombay Hospital. He also worked at Narayana Health, Bengaluru.



### Dr Anand performs a sonography

Cross-sectional imaging like CT scan and MRI studies, and neuro and hepato-biliary imaging are his special interest areas. Dr Anand also does image-guided peripheral interventions like FNAC, biopsies, aspirations and catheter drainage.

### Senior radiographer Leela Devani

Sister Leela (*seen in adjacent photo*) joined J Watumull Global Hospital & Research Centre in 1997. She conducts digital x-rays, orthopantomograms (OPGs), mammography studies and portable radiograph studies. She also holds the position of Radiation Safety Officer for the hospital, approved by the Atomic Energy Regulatory Board.



### Administrative assistant Bharti Peshwani

A young graduate, she assists Dr Anand.

### X-ray assistant Dalpat Rana

He assists in conducting x-rays.

### Nursing assistant Vijay Rana

He assists in conducting x-rays.



## Facilities

### Ultrasonography studies

- Studies of the abdomen, KUB, prostate, pelvis, gynaecological, transvaginal scan, etc.
- Studies of small parts like the thyroid, orbit, neck, chest, scrotum, breast, etc.,
- Antenatal scans, anomaly scans
- Musculoskeletal scans of the shoulder, elbow, wrist, hip and ankle, etc.

### Colour doppler

- Of the upper/lower extremities arteries and veins, carotids, abdomen (including portal system), renal, scrotal, obstetrics / gynaecology, etc.
- Paediatric scans of the hip, neurosonograms, etc.
- Transrectal ultrasound for prostate, etc.

### Ultrasonography guided procedures

- FNAC of nodes, thyroid, mass, etc.
- Tru-cut biopsy of nodes, breast masses, liver masses, etc.
- Pleural and ascitic tap for diagnostic and therapeutic purposes
- Aspirations of abscesses or collection

### Mammography

### Digital radiography

- Routine radiographs
- Barium studies, IVP, MCU, RGU, sonogram, fistulogram, dacrycystogram, etc.

### Orthopantomogram (digital OPG)

#### Dial-a-Doctor

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Confused about a health ailment?

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# National Eye Donation Fortnight 2015

August 25 to September 8

Global Hospital Institute of Ophthalmology arranged awareness programmes in the community, in schools and colleges to promote eye donation.

Medical superintendent Dr Vishal C Bhatnagar and eye bank in-charge Dr Seema Laad delivered lectures to students and faculty of Chartered Institute of Technology, Danav. The principle of the institute Dr C Loganathan also addressed the audience.

Dr Laad and Dr Zeeshan Jamil, DNB resident, delivered a lecture on eye donation and conducted a Q/A session for residents of Shivmani Geriatric Home.

Students of St Johns Senior Secondary School arranged a workshop on eye donation awareness, and invited Dr Bhatnagar, eye bank manager Dinesh Singh, the school's director P Shyam Kumar and faculty to participate.

Dr Bhatnagar made a presentation on eye donation and keratoplasty to

students attending meditation programmes at the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV), Abu Road. On September 8, a public programme brought together Ramesh Shah, secretary general,

PBKIVV; Suresh Sindal, chairman of the Abu Road Nagarpalika; Avinash Sharma, president, Lions Club of Abu Arawali; BK Bharat, chief engineer, PBKIVV; and other social workers.



Candle-lighting to create eye donation awareness

## BRANCH Scorecard

### Blood donation drives

Between July and September, 14 blood donation drives yielded 1003 bags of blood. Two events were held in association with the Lions Club of Abu Road and the Abu Marble Association. Other partners were Indian Oil Corporation, Life Insurance Corporation of India and Madhav University.

On September 25, the birth centenary of Pandit Deendayal Upadhyaya, 167 bags were collected at three events held in Global Hospital, Mt Abu, and in the government colleges of Abu Road and Sheoganj.



### Handling mass trauma

Radha Mohan Mehrotra Global Hospital Trauma Centre was the first point of treatment for 48 victims of ten road traffic accidents occurring on the highway to Sirohi between July and September. Some patients were operated on or referred to a higher centre depending on the severity of the case.

### Eye care meet

Director Dr Partap Midha and medical superintendent of Global Hospital Institute of Ophthalmology Dr Vishal Bhatnagar attended the annual meet of ORBIS, a global eye care charity. Held in Delhi from September 27 to 29, the meet brought together ORBIS's current and past partners.

## Paediatric eye case

*My child can now see with his right eye. I thought the whiteness was because of some injury. I didn't have any money to consult a doctor; I am very grateful for the free surgery.*

--Jetha Garasia

### Case detection

During an eye screening programme at the government upper primary school in Siawa, Abu Road, optometrists from Global Hospital Institute of Ophthalmology

found that Sahilaram Garasia, a 13 year-old boy, couldn't read with his right eye. Sahilaram was unperturbed about his condition because he had perfect vision in his left eye, which made up for the other.



### Investigation

Investigation showed that Sahilaram was suffering from diffuse cataract with a small exo deviation in the right eye.

### Patient's background

Jetha Garasia, Sahilaram's father, is illiterate and holds no job. The family of nine, including four siblings of Sahilaram and Jetha's aged parents, gets by with Jetha's income under the Mahatma Gandhi National Rural Employment Guarantee Act, a government scheme assuring India's poorest of 100 day's wages. So when Sahilaram's mother noticed some whiteness in his eye, she just hoped it would go away on its own. The family simply couldn't afford to show it to a doctor. It helped that Sahilaram was coping in school.

### Treatment

Paediatric ophthalmologist Dr Amit Mohan explained Sahilaram's condition to Jetha, and told him that he would operate on the child for no charges under a paediatric ophthalmology project sponsored by Dr Shroff's Charity Eye Hospital.

Initially, Jetha refused surgery for fear of something going wrong. It took persistent counseling by hospital staff and Sahilaram's teacher to convince Jetha of the benefit for his son.

On August 23, barely nine days after Sahilaram's case had been detected, he underwent cataract surgery. A foldable intra ocular lens was inserted into his eye—and he could see.

## Welcome Back to School

The Nutritional Project, a Village Outreach Programme activity, is designed to promote the uptake of education among socially and economically disadvantaged people. It involves supplementing the mid-day meal scheme of the government. Children are served a mini-meal at the start of the school day, vis-a-vis the mid-day lunch meal. So, children attending 16 VOP adopted schools get fed twice during school hours. This has been seen to motivate parents to send their children to school.

To further drive school enrolments, school children are provided uniforms and educational material when funds are available.

Purviz Shroff of Hong Kong



stepped in to offer such help this year. Project “Welcome To School” was designed to boost enrolments. It involved distributing educational material to new students of the junior-most class in 16 schools where the Nutritional Project is active. It also involved analysing their health status to identify malnourished children who would need supplements.

In August 2015, the VOP team led by Dr Kanak Shrivastava (seen in photo with Dr Amit Dave) distributed uniforms and stationery—slates, slate crayons, books and pencils—to 98 boys and 104 girls, all new enrollees. Then they conducted health check-ups for all the school children, a total of 1290 students and distributed spectacles to 63 needy students.

## Focus on Tuberculosis

Tuberculosis is a focus area of the Village Outreach Programme (VOP). To boost the early detection of tuberculosis, the VOP periodically holds screening programmes wherein ‘suspect’ cases are examined and their blood and sputum samples collected for analysis. One event in Aarna village on July 1 brought the tally of screening programmes to five since January 2015. Other events were organised in villages Oriya, Uplagarh, Nichalagarh and Chandela. A total of 73 patients were screened, of which 6 patients tested positive. Field workers also brought in 388 sputum samples of ‘suspect’ cases during this period, of which 60 samples tested positive. Follow up sputum exams numbered 107 and yielded 12 positives.



To ensure strict compliance to the DOTS treatment regimen and boost patient’s immunity, field workers administer the medicine to patients and distribute nutritional supplements.

## Village Outreach Programme

### Service in Numbers ~ Quarterly Update

67

ADMITTED VOP PATIENTS

1152

PATIENTS SEEN BY DR SHYAMLA

379

PATIENTS SEEN BY DR KANAK

202

EDUCATIONAL PACKS DISTRIBUTED

1290

STUDENT HEALTH CHECK-UPS

63

STUDENTS RECEIVED SPECTACLES

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