



newsletter

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Are you on course to achieve your goals for 2017?

By medical director Dr Partap Midha

We ushered in the year 2017 with the desire to make a new beginning. Somehow, beginnings attract more than endings. Beginnings symbolise newness, and the new is replete with energy. It symbolises a chance to get things right. To change.

Be it to shed some weight or inculcate forgiveness, quit an addiction or learn a new skill, the new start offers a refreshing opportunity to usher in a better version of ourselves.

Alas! So many New Year resolutions fall by the side before January is over. Which made me ponder over what differentiates those who effectively use new beginnings for change. Here's my churning:

- 1 Make realistic goals: Losing a couple of kilograms a month is definitely more do-able than losing five or more! Break down big goals into smaller targets.
- 2 Commit to a period: A corollary of the above is to commit to a trial period. Say you decide to keep up an exercise regimen for a fortnight. And you do. Celebrate the achievement. Allow the sense of achievement to motivate you to keep going—the second time, maybe for a month? And then even longer.
- 3 Make your commitment public: Telling your near and dear ones about your goals can reinforce your sense of commitment. It can make you want to live up to their expectation, a great motivating factor. Visualising the outcome of your resolution helps too. It is like telling yourself about your commitment.
- 4 Question your resistance: So you want to patch up with your ex-best friend but something is holding you back? What is it? Identify emotions holding you back, and use logic to overcome them.
- 5 Make room for failure: You can't always meet your goals in the first attempt. Accept that. Be kind to yourself. Give yourself a chance to get it right in a second try.
- 6 Keep notes: Record your journey, your mistakes and successes. Documenting your thoughts makes your path clearer and strengthens your commitment. Those who journal are more likely to succeed than those who do not.
- 7 Enjoy yourself: We make goals to get things right. Feeling happy about moving closer to the goal post is part of the deal. Happiness makes people more focused. If you're not enjoying the process, maybe it is time to revisit your aims.



Jagsiram Kohli, MLA, Reodar; Dr Ashok Mehta, trustee, Global Hospital & Research Centre; BK Brij Mohan, editor, Purity; Rajasthan health minister Rajendra Rathore and managing trustee BK Nirwair released the Souvenir (l to r)

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You said

The education in your hospital compares to the education in Holland.

We were impressed by your holistic and spiritual approach to healthcare through medical research and outreach projects.

Corielle Rovers &
Jacoline Prudhomme Van Reine
ICU and burn care nurses & teachers
Red Cross Hospital
Beverwijk, Holland
(part of Zorg van de Zaak)

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.

To know more, email info@ghrc-abu.com

Conference participation

Staff, designation ~ Event ~ Organised by ~ Where ~ When

Pallavi Mehrotra, quality associate ~ workshop: *Documentation Requirement for Patient Safety & Quality Improvement* ~ National Accreditation Board for Hospitals ~ Delhi ~ October 16

Dr Niranjan Upadhyaya, senior dental surgeon ~ 10th World Congress for Oral Implantology & AAID Global Conference 2016 ~ Academy of Implant Dentistry & 5th ICON South East Asia Conference ~ New Delhi ~ November 10-13

Kavita Pandagle & Sanjukta Barik, staff nurses ~ national conference: *The New Millennium Smart Nursing Conference 2016* ~ Indian Nursing Council and Trained Nurses Association of India ~ Delhi ~ November 11/12

Dr Mahesh Hemadri, medical officer incharge, GV Modi Health Care Centre ~ Indian Ageing Congress 2016 ~ All India Institute of Medical Sciences ~ Delhi ~ November 9-11

Dr Jagadevi SajjanShetty ~ 64th Annual National Conference of Indian Society of Anaesthesiologists ~ Ludhiana Society of Anaesthesiologists ~ Ludhiana ~ November 25-29

Sneha Kharche, senior lab technologist & Dr Sajjala Joshi, deputy manager, Administration, Radha Mohan Mehrotra Global Hospital Trauma Centre ~ seminar: *Biomedical Waste Management Rules, 2016* ~ Rajasthan State Pollution Control Board ~ Jaipur ~ December 2

Guest lectures

When ~ Who, with designation ~ Topic

October 13, Dr S N Arya, retired professor of medicine, Patna Medical College, ex-national professor of medicine, IMA College of General Practitioners, *Eyes in the Eyes of a Physician*

October 19, Dr Manoj Kumar Choudhury, former professor of surgery, Gauhati Medical College, Gauhati, *Laparoscopic Surgery Past, Present & Future*

October 27, Dr K Sanghamithra, surveillance medical officer, WHO India, (NPSP) Unit: Barmer, *Surveillance of Acute Flacid Paralysis*

December 8, Dr Roger Cole, palliative care physician, and Maree Cole, palliative care nurse, *End of Life Care from a Medical and Nursing Perspective*

December 12, Dr Roger Cole, palliative care physician, *Symptom Control for End of Life Patients*

December 26, Shivani Dayal, medical student, USA, *Scientific Models of Human Consciousness*

December 29, Dr Sujata Baveja, professor & head, Microbiology, Lokmanya Tilak Municipal Medical College & Hospital, Mumbai, *Hospital Infection Control Practices*



DIAL-A-DOCTOR

Confused about a health ailment?
Call Archana Kulkarni, manager, hospital promotional services on 9413775349

MELANGE

Visit by collaborator

Global Hospital and the University of Fort Hare (South Africa) have agreed to share expertise in the management of non-communicable chronic diseases.

In November, Global Hospital hosted Dr Lily Rose Mlisa, clinical psychologist & manager of that university's HIV AIDS Unit, to share details of Dr Satish Gupta's 3-Dimensional Healthcare Programme for Healthy Heart initiative and Dr Shrimant Sahu's Holistic Approach to Diabetes.

2

Dr Mlisa discussed potential collaborative research projects with the principles of Global Hospital School of Nursing and the Saroj Lalji Mehrotra Global Nursing

College. She delivered a talk: *Integration of traditional & allopathic healing interventions for holistic therapy.*



Dr Lily with Dr Sahu and Dr Jagatjit from Diabetology

Special services

On November 16/17, 150 people got their bone density checked. Macleods Pharmaceuticals facilitated this event.

13 patients consulted a visiting neurologist from Delhi in December.

Between October and December:

Paediatric orthopaedician Dr Prakash Chauhan performed five surgeries assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

Joint replacement surgeon and medical superintendent at BSES MG Hospital Mumbai, Dr Narayan Khandelwal, performed eight surgeries, assisted by Dr Kadel and Dr Sharma.

Urologist from Gwalior Dr Brajesh Singhal operated on five patients with consultant surgeon Dr Somendra Sharma.

nursing education activity diary

October 6

Screening for Diabetes

Students of Saroj Lalji Mehrotra Global Nursing College (SLMGNC) tested 75 people for diabetes at a Lions Club event.

October 10/12

World Mental Health Day

SLMGNC faculty Chris Thomas and Maneesh Sharma, students took out a rally in village Bharja, they educated people on mental health and performed a skit. Global Hospital School of Nursing (GHSN) students arranged a panel discussion on *Dignity in Mental Health Psychological & Mental Health First Aid for All*.

October 14/17/18

Values in Healthcare Training

Consultant Nirmla Ragbir-Day from UK facilitated the *Values in Healthcare A Spiritual Approach* module on positivity for college students and faculty Mukesh and Prerana, as well as the module on resilience for school students and faculty Meha and Prema.

October 19/22

Annual Day/Diwali Celebration

Competitions, prize distribution, speeches and an exhibition on recycling waste marked these events.

October 27

Special CME

Dr K Sangamithra, surveillance medical officer at the WHO NPSP unit Barmer, delivered a talk on the surveillance of acute flaccid paralysis for faculty and students.

November 9 to 11

Conference Participation

GHSN principal Shashi Bala Gupta attended *Indian Ageing Congress 2016*, the 14th annual conference of the Academy of Geriatrics, at the All India Institute of Medical Sciences, Delhi, on the theme *Ageing in the changing world – Bridging science, policy and practice*.

November 10

World Immunization Day

At the Primary Health Centre in Chanar, GHSN students elucidated the importance of child immunisation through a role play for mothers.

November 11/12

Conference Participation

Nursing tutors Meha and Prema Talwar and 12 GHSN students attended the *New Millennium Smart Nursing Conference 2016* in New Delhi. The Indian Nursing Council and the Trained Nurses Association of India arranged this event.

1 prize distribution by SLMGNC principal, 2 diabetes screening by students, 3 a skit on AIDS, 4 GHSN principal felicitated for a talk



November 16

Talk On Stress Free Living

BK Rakhi from Bilaspur, Chhattisgarh, lectured SLMGNC students on stress free living.

November 19

Journal Club Presentations

Faculty Mamta made a presentation on filicide, Prerana on selfie as a mental disorder and Saurabh on Peter Pan syndrome.

November 23

World Diabetes Day

SLMGNC students and faculty Alexander PC and Mukesh Bhavansha spread diabetes-cum-eye health awareness in village Bharja.

November 25/26

Conference Participation

SLMGNC principal Geetha Venugopal, faculty Chris Thomas and Maneesh Sharma attended an international conference on *Recent Advances in Nursing Education, Research, Nursing Care & Psychiatry Nursing*, by the Institute of Nursing Education & Research in Delhi. Professor Venugopal spoke on resilience in the nursing profession, need for selfcare and assessing burnout and resilience among nurses. Thomas made a presentation

on nomophobia and Sharma on alcohol consumption.

November 15 to 21

New Born Care Week

GHSN students explained new born care, feeding, to mothers in Abu Road hospitals.

December 1/3

World AIDS Day

GHSN students performed a skit and used charts to spread AIDS awareness in local schools. Nursing tutor Prema explained the difference between AIDS and HIV. College students and faculty Harish Nair and Mukesh Bhavansha took out a rally in village Bharja.

December 2

Delivering A Talk

GHSN principal Mrs Gupta spoke on the *Role of Spirituality & Meditation in Cancer Survivors at Writhing Pain & Silent Shrieks: Empowering Cancer Survivors*, a seminar at NIMS Nursing College, Jaipur.

December 15-20

Visits to Delhi / Udaipur

Some SLMGNC faculty and students visited hospitals in Delhi and the Trained Nurses Association of India, others visited Udaipur.

Setting new records

Global Hospital Institute of Ophthalmology set an institutional record for the maximum number of cataract surgeries performed in a single month, operating on 943 eyes in December 2016.

96.2% of these were cataract surgeries, including 53 phaco foldable surgeries. Two keratoplasty cases were performed.

So where did all these patients come from?



Global Hospital Institute of Ophthalmology arranged 15 screening events over the month at various venues, including a mega screening programme in Sumerpur, a town in district Pali, on December 18, where over 100 needy patients were identified from 1000

patients who queued up for eye testing. Also, 318 spectacles were dispensed on site for no charges.

The Lions Club of Sumerpur Jawai, in particular Lion Dr Rajkumar Lakhota supported this screening programme at Lakhota Nursing Home. Sujan Kanwar of Surajmal Rajpurohit's family contributed to the event.



Remote gynae consultations

Nineteen patients consulted gynaecologist Dr Saurbhi Singh at Jalore on October 20. DNB resident Dr Shanti Ahir and nursing assistant Kiran Behera assisted. Hospital promotional

services manager Archana Kulkarni arranged this consultation at the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya premises.



Gynaecologist Dr Saurbhi Singh (sitting, centre) and the team at the programme



Remote ophthalmology checks

Hospital promotional services by the J Watumull Global Hospital & Research Centre team led by Archana Kulkarni included five eye screening events in November and December, at villages Velangri, Kerla Padar, Surpagla, Uplagarh, Nichlagarh and Vaktapura. Of the 989 patients screened, senior ophthalmologist Dr Sudhir Singh operated on 119.

Ophthalmology residents, students and pathology staff participated in the screening.



DNB ophthalmology resident Dr Suba Ronak Dineshbhai examines a villagers eyes

Inspired to give?

Mail your cheque/draft favouring Global Hospital & Research Centre to The Managing Trustee - GHRC, PO Box 35, Mt Abu, 307501 Rajasthan, INDIA. Email mail@ghrc-abu.com for details of a bank account to transfer funds to.

Glimpses of the 25th Anniversary Celebrations

J Watumull Global Hospital & Research Centre completed 25 years of service to humanity on October 24. A series of celebratory events brought together patrons, key donors, former and current staff. A few memorable moments:



Left: Candle lighting to kick off the ceremonies

In one celebratory event, key donors were felicitated and a Souvenir released. Rajasthan health minister Rajendra Rathore graced this occasion.



Separate events were held to felicitate staff who have been with the hospital since the beginning and others.



Left: Felicitation of sisters who have served the hospital since 1991



Above: Felicitation of Mrs Indumati Parmar and family for contributing to eye services

Left: Honouring Jayanti Kirpalani of the Janki Foundation for Spirituality in Healthcare

Right: Honouring staff who have served the hospital for more than 10 years



Above: Medical director Dr Partap Midha accepts a gift during the 25th anniversary celebrations of the hospital



Above: A Russian troupe enthralled the audience



Dances and skits entertained the 1000+ guests, including about 50 former employees.

Right: Actor-dancer Gracy Singh and her group presented two dance dramas

Other performers included the Bombay Superstars group of Kolhapur, Raju bhai and his group from Bengaluru, and the hospital staff!

Expanded Dialysis Facility



Clockwise from top left: Dialysis technicians Umesh Bhartiya and Sumita Giri in J Watumull Global Hospital & Research Centre; US based nephrologist Dr Rahul Prakash discusses a case with residents; dialysis facility at Radha Mohan Mehrotra Global Trauma Centre; Christopher E Atwater Sr., director of Technical Operations at Bridge of Life, and others during a site visit

Dialysis facilities at units of the Global Hospital & Research Centre at Mt Abu and Abu Road have seen major expansion with support from DaVita Health Care Partners, a US based company managing and operating medical groups and affiliated physician networks.

DaVita is behind Bridge of Life, a not-for-profit working to improve community health, wellness and vitality including chronic kidney disease education, prevention and treatment. US nephrologist Dr Rahul Prakash introduced Global Hospital to DaVita.

Prior to this expansion, J Watumull

Global Hospital & Research Centre, Mt Abu, had three dialysis machines, one reserved for patients with highly infectious diseases.

Radha Mohan Mehrotra Global Hospital Trauma Centre at Abu Road had two machines.

With support from DaVita, two new machines—Fresenius haemodialysis machines—have been acquired for each of these two units, taking the total number of dialysis machines to nine. Now all the existing patients of kidney failure can be accommodated simultaneously, raising the possibility of catering to more patients.

DaVita has also donated four refurbished Renatron dialyser reprocessing machines, two for each dialysis facility. Dialyser reprocessors bring down the cost of the dialysis process, thus delivering a huge saving to patients and the hospital (for treating poor patients).

Two trained hands, Ramesh Parmar and Sikander Ram Bharti, and dialysis technicians Umesh Bhartiya and Sumita Giri run the dialysis units at Mt Abu and Abu Road.

about us

Vision Centre update

The new Vision Centre at Pindwara got off to a good start. Over the last quarter of 2016, 387 new, 126 review patients showed up, including 62 children. Optometrist Divakar Sharma logged 15 referrals for surgery, 78 post-operative follow-ups, 258 refractions and dispensed 200 spectacles.



Donor Swaran Singh Sian (and his wife) felicitated during a visit to the centre

Curing diabetic retinopathy

In November, equipment to detect and treat diabetic retinopathy was installed in the Government Bangar District Hospital, Pali, and in four health centres in Jaitaran, Sadri, Sojat City and Sumerpur. Patient screening got off to a good



Patient screening in progress

start thereafter, with 64 diabetics taking benefit. Global Hospital Institute of Ophthalmology has entered into an agreement with the Public Health Foundation of India to create diabetic retinopathy treatment capacity in district Pali.

Blood banking

Thirteen blood donation drives held between October and December yielded 998 units of blood. Six of these drives yielded over 100 bags of blood each. Partnering the Rotary International Global Hospital Blood Bank—the blood bank attached to the Radha Mohan Mehrotra Global Hospital Trauma Centre—for these events were the Muslim Naujavan Committee Abu Road, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Agrawal Samaj of Abu Road, Bajrang Dal of Swaroopganj and Ghanchi Samaj of Jhadoli.



Camp site scene

News from branches

Mass casualty

On December 9, nine tribal patients aged 16 to 35 were brought in as a result of a road traffic accident at village Kyaria, near Uplagarh. All the patients received first aid at the Radha Mohan Mehrotra Global Hospital Trauma Centre.



Hectic activity after victims were brought in

Serving seniors

Dr Mahesh Hemadri, medical officer at G V Modi Health Care Centre visited Kanpur, Jabalpur and Raipur in October. He delivered lectures on holistic ageing and demonstrated exercises (*see audience scene below*) to strengthen senior citizens to prevent falls.



Psychiatry service

A free psychiatry consultation programme at Radha Mohan Mehrotra Global Hospital Trauma Centre on December 28 attracted 24 patients from Abu Road, Swaroopganj and nearby villages. Dr Arvind Barad, a psychiatrist with SMS Hospital, Jaipur, volunteered his services. Dr Rupal Shah, consultant counseling psychologist arranged this.



Dr Barad, Dr Shah with a patient

Village Outreach Programme

Sight restorative surgery



Above: Screening a villager

Right: Patients with their hospital records!

Fifteen villagers were identified as needing cataract surgery during screening programmes held in adopted villages Nichlagarh and Uplagarh. They were duly operated on, thus ensuring that they will not lose their vision to cataract.



Constructing school infrastructure



In March 2016, the principal of the village Oriya government school asked Global Hospital to meet the cost of constructing two new classrooms. In April, Global Hospital applied to the district education officer and the sub-divisional magistrate of Mt Abu for permission for this school expansion. Contractor Anil Jain started the work in July and handed over the two new classrooms in November. A formal inauguration was held on December 3. Philanthropist Surinder Trehan pitched in to meet the cost of construction.

Left: VOP chief Dr Kanak Shrivastava, district Sirohi education officer and medical director Dr Partap Midha performed the inauguration ceremony

Outdoor consultations in Jambudi



Village Outreach Programme medical officer Dr Manisha Maindad offers medical consultations in 13 of the 20 villages forming the circle, where most of the outdoor consultations take place. Dr Maindad saw 1392 patients between October and December (see adjacent stats).

Here, she is seen checking a child in village Jambudi.

Treating children

1 Payal Garasia, 2, hails from a tribal family living in Pichra Phali, adopted village Chandela.

Payal suffered a burn on her left hand, and then as can happen after a severe burn, she developed burn scar contracture, meaning the tightening of the skin around the burn, which left her fingers curled. Post burn contracture should be treated as soon as possible to avoid restriction of movement of the burned part.



At Global Hospital, plastic surgeon Dr A Gopala-krishna relaxed the

contracture on December 24. Payal recovered well.

2 Urmila Kumari, 4, hails from village Oriya, an adopted village of the VOP circle.

Urmila was admitted to Global Hospital on December 19 for an infectious abscess on the nape of her neck. Chief of the VOP Dr Kanak Shrivastava suspected the child may be suffering from tuberculosis



given her past medical history. Consultant general surgeon Dr Somendra Sharma drained the fluid on her the very same day. Fortunately, Urmila did not have tuberculosis. She recovered well.

Oct to Dec 2016

1392
PATIENTS CONSULTED IN FIELD

639
VOP WALK IN PATIENTS

33
PATIENTS ADMITTED