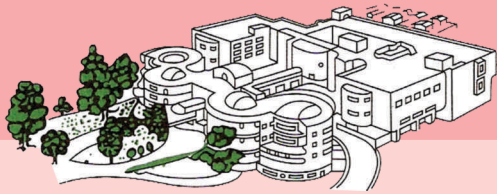


Health Services
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newsletter

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What would it take researchers to come up with alternatives to plastic hospital consumables?

"I think the time has come for the world to say good bye to single-use plastic," said Prime Minister Narendra Modi at a United Nations meeting in September 2019. A lofty statement but sadly, the good intention has not been translated into action.

A ban on six types of single-use plastics--plastic bags, cups, plates, small bottles, straws and plastic pouches--if introduced as it had been expected on October 2, would have cut 5-10 percent of India's annual consumption of about 14 million tonnes of plastic, *Indiatoday* reported.

But the ban is out. Instead, the focus is on urging people to take the initiative to free India of single-use plastics.

Concerns around single-user plastics arise from their longevity. They take around 500 to 1000 years to degrade and all that while, they are toxic especially to marine life, where about half of such waste ends up. On land, plastic that is not biodegradable breaks down in to smaller particles, which release toxic

chemicals. These in turn eventually make their way into our water sources and food chain. Toxic chemicals traced to plastics have been found in human blood. New research shows such waste affects our endocrine system, and can cause cancer, infertility, birth defects, impaired immunity and other bodily disturbances.

India is by no means the world's largest plastic polluter but ineffective recycling and collection of the 26,000 metric tons of plastic trash the country generates daily exacerbates the problem. Single-use plastics are a big part of this challenge--globally, 40 percent of plastic is used for single-use packaging.

The need of the hour is for each of us to do our bit to adopt plastic alternatives. There is a lot you can do. Use biodegradable plastic or textile shopping bags. We have introduced both in the hospital stores. Patronise food chains that use natural materials for serving foods like banana leaves and paper products. We have introduced

paper cups and paper plates in our general store, which doubles up as a juice bar serving quick fix sandwiches!

Replacing plastics with alternatives is practically inconceivable in the hospital. We do autoclave several kinds of plastic tubes but that is a fraction of the total consumables we use. I was taken back in time to when soft drinks were consumed in glass bottles that were returned to the shopkeeper, and indeed, even glass syringes were in vogue. Often, they would be sterilised and reused. Also, back then we used to autoclave cotton sheets and gowns instead of using disposable products. While such reuse would be shunned today in the name of quality and disease containment, I urge researchers and manufacturers to come out with environment-friendly alternatives to plastic. At least glass was environment-friendly.

Surely we can find a solution?

– Dr Partap Midha, Medical Director

Certification by National Accreditation Board for Hospitals & Healthcare Providers

In April, J Watumull Global Hospital & Research Centre was formally awarded Pre-Accreditation Entry Level certification by the National Accreditation Board for Hospitals & Healthcare Providers. A celebratory picnic at Peace Park on June 7 brought together the staff who worked towards the recognition as well as the consultants Dr Saurabh Meghwani and Dr Shagufta who helped the hospital team prepare for the assessment.



➔ Dr Saurabh Meghwani addresses the gathering

Creating health awareness among community workers

The Community Service Project (CSP) of J Watumull Global Hospital & Research Centre offers health consultations to the community in Bakhel village twice monthly. This service is run under an agreement with Hunar Ghar, a not for profit working to improve the educational and skill status of that village. On April 27, the staff of Hunar Ghar was invited to Mount Abu for a day training programme on health awareness. Dermatologist and chief of the Village Outreach



➔ Senior clinical associate with the surgery department Dr Nabajyoti Upadhyaya spoke on basic first aid

Programme Dr Kanak Shrivastava spoke on pre and post natal care. CSP coordinator Dr Ashok Dave spoke on tuberculosis control. Senior clinical associate with the surgery department Dr Nabajyoti Upadhyaya delivered a talk on basic first aid. Paediatrician Dr Pankaj Gupta spoke on general child care, identifying unwell children, growth monitoring, management of the malnourished child and immunisation. Senior lab technician & coordinator, Infection Control Committee Maya Kharche spoke on hand hygiene and senior clinical associate Dr Hina Mukadam spoke on basic life support.

New assets

A commercial grade treadmill, a solar water heating system, a gastro videoscope with a standard set of accessories and an anaesthesia workstation were procured in May. A five-seater vehicle was bought in June.

DIAL-A-DOCTOR

Book appointments through Archana Kulkarni, manager, hospital promotional services on 9413775349

Promoting values in healthcare

On the occasion of International Nurses Day 2019, Geetanjali College and School of Nursing, Udaipur and Geetanjali Hospital Department of Nursing invited J Watumull Global Hospital & Research Centre to conduct a workshop on values in healthcare. On May 11, facilitators Stephen Berkeley, manager organisational development; Kalpana Bhandare, spirituality & wellbeing counselor; Hemalatha C, physiotherapist; and Shrinidhi K, trainer, facilitated sessions on *compassion in action* for more than 500 participants.

Kalpana Bhandare, spirituality & wellbeing counselor (left), was part of the workshop facilitation team



Visiting consultants

On May 2, Dr Manoj Singh, a chest and critical care specialist from Apollo Hospital, Ahmedabad, offered consultation to 21 patients suffering from asthma and other allergies.

A neurologist from Delhi saw 10 patients during her visit in June.

Staff participation in conferences

Staff name ~ Event ~ Organised by ~ Date ~ Location

Laduram Bishnoi, Vikram Singh, Shobha Sharma and Anapurna ~ Critical care for nurses (workshop) ~ Mahavir Jaipuria and Rajasthan Hospital ~ April 7 ~ Jaipur

Nidhisha Pillai, Sudhanjali Behra ~ Universal health coverage (national seminar) ~ JIET College of Nursing with the Society of Public Health Education, Research & Empowerment ~ April 12-13 ~ Jodhpur

Chris Thomas ~ Assessment and evaluation in nursing education (national level workshop) ~ Jyotiba College of Nursing ~ May 2-4 ~ Mehsana

Talks for staff development

Subject ~ Speaker ~ Date

Carcinoma breast ~ Dr Ashok Mehta, Honorary Medical Director & Consultant Cancer Surgeon, BSES Hospital, Mumbai ~ April 18

Steps towards eliminating malaria ~ Dr Tapasvi Puwar, Associate Professor, Indian Institute of Public Health,

Gandhinagar ~ April 25

Asthma myths & facts ~ Dr Manoj Singh, Pulmonologist, Apollo Hospital, Ahmedabad ~ May 8

Good clinical practice ~ Dr Chinmay Shah, Associate Professor, Department of Physiology & Coordinator, MET Cell, Government Medical College, Bhavnagar ~ May 20-21

Neurological movement disorders ~ Dr Kiran Bala, Neurologist, Noida ~ June 25



Dr Manoj Singh from Apollo Hospitals, Ahmedabad, delivered a lecture on asthma

Screening for oral cancer

PlayGames 24x7 is supporting the implementation of a project involving screening 5,000 people from the lower socio-economic strata for oral cancer, and the treatment of needy patients.

The idea for this project arose from the growing numbers of oral cancer cases seen by the departments of dentistry and ENT. Increasingly, these are cancers in advanced stages. The habit of chewing betel nut, tobacco and alcohol is widely prevalent in Rajasthan. This is a major factor behind these cancers. This project aims to screen 'at-risk' people for lesions and counsel them on the potential of the lesions turning cancerous. It also involves conducting biopsies on those whose lesions appear to be malignant.

Maxillofacial surgeon Dr Keyur Mevada has been conducting screening while he and senior consultant ENT surgeon Dr Sharad Mehta are managing the cancer cases admitted for treatment.

So far 736 people have been screened, including 233 women and 503 men, in marble processing units in Abu Road, in villages, in a college, in a primary health centre and so on.

Many of these people were suffering from difficulties such as reduced mouth opening, white lesions in the oral cavity, burning sensation, difficulty in eating and non healing ulcers. As many as 128 had suspected pre-cancerous lesions.



➔ Maxillofacial surgeon Dr Keyur Mevada sees a patient at a field site

Outreach consultation events

Consultant gastrointestinal, general and laparoscopic surgeon Dr Dilip Kothari visited Jalore and Sirohi on April 4 and 18, where he saw 40 patients. On June 6, Dr Kothari visited these two cities again, where he offered 13 consultations.

On April 27, Dr Kothari, orthopaedic surgeon Dr Kailash Kadel and maxillofacial surgeon Dr Keyur Mevada visited Sanchore. Sixty five patients approached these consultants. On June 15, these specialists served 91 beneficiaries in Kotda Chawani.

Visiting joint replacement surgeon Dr Narayan Khandelwal and orthopaedic surgeon Dr Kailash Kadel ran a joint replacement consultation clinic in Sirohi on June 2. Ninety patients approached these specialists.



➔ Visiting joint replacement surgeon Dr Narayan Khandelwal with a patient



➔ Orthopaedic surgeon Dr Kailash Kadel helped to run a joint replacement consultation clinic

Dental checks for villagers and school students

On May 3 and 4, students and faculty from the Narsinhbhai Patel Dental College & Hospital, Visnagar, offered dental consultations in villages Rohida and Bakhel. In Rohida, 130 people were checked while 235 students and five teachers availed of this service in Bakhel. The students were well equipped with a mobile dental clinic from the Department of Public Health Dentistry of the college.



➔ Students and faculty from the Narsinhbhai Patel Dental College & Hospital, Visnagar



➔ Children in Bakhel village queue up for their check



➔ The visiting dentists were well equipped for the service

World Blood Donors Day

On June 14, World Blood Donors Day, the Rotary International Global Hospital Blood Bank arranged a bicycle rally through Abu Road to create awareness of voluntary blood donation. An event to felicitate voluntary blood donors and honour organisers of donation programmes for their selfless service followed.

The rally participants included members of the Indian Medical

Committee and Muslim Naujawan Minjanib Committee, Abu Road; Rotary Club, Abu Road; Lions Club Aravali, Abu Road; Mahaveer International, Abu Road; Adarsh Credit Co-Op Society, Abu Road; Lions Club, Abu Road; Agarwal Mahila Mandal, Abu Road; Arawali Plasto Packers, Abu Road; Abu Marble Association, Abu Road; Shyam Mitra Mandal, Abu Road; and Agarwal Samaj, Abu Road.

KS Bhandari, Director, ISA, CRPF, Mount Abu, presided over the event as the chief guest. Rajesh Kumar, CMHO, Sirohi attended as a distinguished guest. Some other guests were Rotarian

Kalpesh Jain and Rajyogini Dadi Janki, chief of the Brahma Kumaris. A

few camp organisers and voluntary blood donors shared their experiences.



Some salient blood donation events held during this quarter included one at the Brahma Kumaris' Shantivan complex where 89 units of blood were collected; at the Community Health Centre, Reodar, organised by the Raktdan Sewa Samiti, 145 units were collected; at Ultratech Cement, Pindwara, 110 units were collected; at Crossfit Gym, Abu Road, 41 units were collected; at Vishnu Dharamshala, Abu Road, organised by Shyam Mitra Mandal, 80 units were collected, and at JK Lakshmi Cements, JK Puram, 200 units were collected.



➔ Bicycle rally on World Blood Donors Day, 150 cyclists participated

Association, Abu Road; Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Abu Road; Muslim Vakf

New assets

An LED technology based operation theatre light and a Philips defibrillator were procured in April for the Radha Mohan Mehrotra Global Hospital Trauma Centre.

Focus on thalassemia

On May 22, a few members of the Aastha Thalassemia Trust Gujarat & Sankalp India Foundation visited the Thalassemia Day Care Centre to see how the patients and their parents/guardians of patients were faring. Parents and patients' siblings were subjected to human leukocyte antigen (HLA) typing, a pre-bone marrow transplant screening test.



➔ Thalassemia patients were distributed gifts

Students visit: On April 5 and 6, second year graduate students of Saroj Lalji Mehrotra Global Nursing College visited Udaipur to see the Tuberculosis Hospital, Narayan Sewa Sansthan and the Civil Hospital. Clinical instructor Mukesh Kumar accompanied the students.



➔ Students visit to Narayan Sewa Sansthan, Udaipur

Health education: On April 6 and 7, on the occasion of World Health Day, students conducted a health awareness drive in villages Bharja and Chandela, and offered free health checks for students of the government school in Chandela. This year the WHO theme was *health for all*. Dr Kusum Bhansali, ENT specialist at Radha Mohan Mehrotra Global Hospital Trauma Centre, lecturer Sudhanjali Behra and clinical instructors Mukesh Kumar and Jagdish were involved in this event.



➔ Students use posters to educate the residents of Bharja

On April 11, a health exhibition was organised at Bharja. The students educated the villagers using posters and flash cards on environmental and personal hygiene, menstrual hygiene, antenatal care, balanced nutritional diet, immunisation, etc. Lecturer Sudhanjali Behera and clinical instructor Mukesh Kumar organised the exhibition.

Spotlight on nurses: Essay writing, model making and face painting competitions were organised between April 8 and 12 for International Nurses Day which falls on April 12. *A voice to lead – health for all* was this year's theme. Dr Rajesh Kumar, CMHO Sirohi; Dr Savita, HQ coordinator of the Women's Wing of Rajyoga the Education & Research Foundation; Dr Sharad Mehta, acting director, J Watumull Global Hospital & Research Centre; and Dr Roja Tumma, deputy director, Radha Mohan Mehrotra Global Hospital Trauma Centre attended the event.



➔ Students march to spread awareness about tobacco

Say NO to tobacco: World No Tobacco Day was celebrated on May 31. Clinical instructor Mukesh and students participated in a rally organised by the Medical Wing of the Rajyoga Education & Research Foundation. The rally wound its way from Shantivan to Danav village creating awareness of the impact of tobacco on lungs. This year's theme was tobacco and lung health.

Yoga for students and faculty: On International Yoga Day June 21, yoga instructor Bindeshri from Shantivan led the faculty and students through a yoga session.



➔ Students do yoga under guidance

Patients from farflung villages repose their faith in Global Hospital

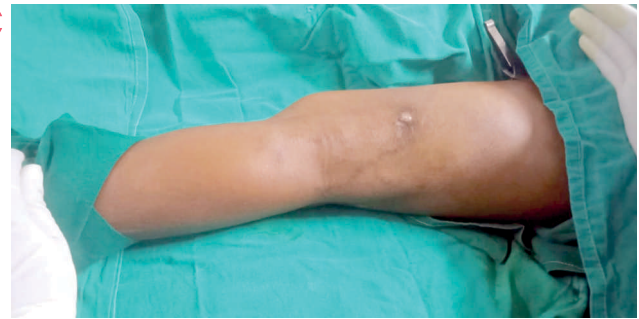
On May 17, Mawa Garasia, an 18 year old man from Nichlagarh, one of the adopted villages, visited J Watumull Global Hospital & Research Centre for a wound on his right thigh. The wound had been discharging since more than two months.

Mawa had injured himself on the right knee joint three months ago. He sought treatment at Abu Road for the injury and experienced temporary relief. After about a month, the right limb started to discharge 4-5 inches away from the original injury site.

Plastic surgeon Dr T Ayyappan examined him. Further investigations confirmed the diagnosis as chronic osteomyelitis with sinus tract.

The infected part was removed and pathologically tested. The histopathology report showed non specific inflammation and fibrosis. Mawa recovered well post surgically.

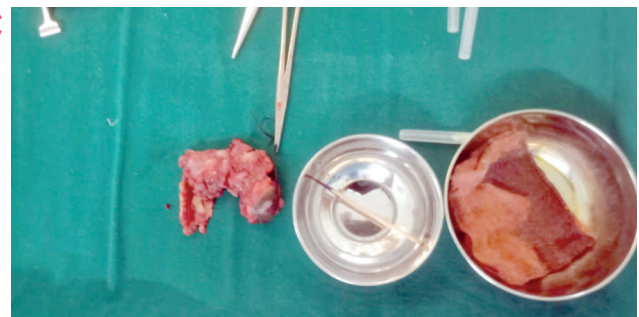
The discharging wound



Plastic surgeon Dr T Ayyappan made a deep incision to reach the infected part



The infected part removed from Mawa's thigh



VOP patients seen Apr - Jun 2019

| | | |
|--|---------------------------------------|-----------------------------------|
| 1518 PATIENTS CONSULTED IN THE FIELD | 786 VOP WALK IN PATIENTS | 45 ADMITTED PATIENTS |
|--|---------------------------------------|-----------------------------------|



Antenatal checks in village Chandela

Medical officer Dr Manisha Maindad reports that pregnant women availing her bimonthly free antenatal check service in village Chandela are increasingly taking an interest in understanding what constitutes a healthy diet, hygienic practices and the role of immunisation and haematinics during pregnancy. A lot of women who are addicted to tobacco ask about the ill effects of their habit on the baby.

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

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