



newsletter

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Putting feelings into healing

To heal is to restore a person to wholeness, a sound state of being. Healing is accelerated when feelings are expressed. This can refer to the feelings of the healer working on the patient as well as the expression of feelings by the patient, a dual process.

'Take care' is a popular parting wish. It is an expression of concern that can mean a lot to people because it suggests that they are valued. Words play an important role in the delicate interaction between a healer and sufferer. Caring, compassionate words can instill a sense of worth and security in the patient, and invoke the patient's interest in the restorative process. A healer who approaches the patient with respect and aims at empowering the sufferer elicits the best outcome.

On the other hand, putting feelings into healing can refer to the patient verbalising emotions and thoughts, or writing them down, or simply becoming aware of what is going on in the mind, to lessen the impact of negativity. A brain imaging study at the University of California Los Angeles (UCLA) explains how this works.

Negative emotions like sadness and anger provoke activity in the amygdala, a part of the brain associated with biological responses to safeguard the self from danger. When you express negative emotions such as sadness and anger, that very act of labelling your feelings activates the rightventrolateral prefrontal cortex, another part of the brain, and turns down the activity in the amygdala.

According to the UCLA's David Creswell, a research scientist with the Cousins Centre for Psychoneuroimmunology at the Semel Institute for Neuroscience and Human Behaviour, this finding explains why mindfulness meditation, the ancient practice of staying aware to the mind, is a "potent and powerful therapy that has



Medical director Dr Partap Midha seen above addressing staff on Republic Day, 2017; thereafter from left to right, Sr Champa, Sr Rupa, Sr Sujata, Sr Kanta, Dr Shashi Chawla, Sr Meena

been helping people for thousands of years."

Isn't it interesting how ancient wisdom is now informing medical practice and hopefully, helping us improve how we respond to patients?

To the contrary, suppressing feelings has been associated with a host of physical illnesses—insomnia and irritability not to mention ruptured relationships.

For all of us, expression can be a powerful safeguard against depression, a subtle pick me up from the blues. For patients who need help, expression is best followed by positive psychology.

Positive psychology, according to renowned psychologist Martin Seligman, involves helping a person develop a positive attitude toward his or her experiences, individual traits and life events. It entails a shift in consciousness, such as from anger about certain negative situations to gratitude for positive situations. We are all in pursuit of happiness and this is a definite step towards that.

-- By Dr Partap Midha

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Vasant Rawal, I.A.S.
Director
Sardar Sarovar Narmada Nigam Limited
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Caring for the young ones



On February 23, the Delwara Jain Clinic, a clinic run by J Watumull Global Hospital & Research Centre with support from the Jain family of Mt Abu, attracted 69 children for a consultation with paediatrician Dr Kamalkumar Goyal. Senior medical officer Dr Shashi Chawla, who regularly runs the clinic was also in attendance, as was DNB candidate Dr Manoj Khiyani. All the sick children also received medicine for no charge.

Special services

Forty two patients consulted dermatologist Dr Sunil Mishra from Mumbai on January 16.

Nephrologist Dr Anand Narayan Malu from Solapur saw 13 patients on January 17.

Dr Ratan Rathod, a cardiologist from Mumbai, saw five patients on March 27.

Joint replacement surgeon and medical superintendent at BSES MG Hospital Mumbai, Dr Narayan Khandelwal, performed 20 surgeries, assisted by orthopaedic surgeon Dr Kailash Kadel and registrar, orthopaedics & emergency department, Dr Murlidhar Sharma, from January to March.

Special mention

On March 10, audiologist & speech therapist Aparna Sharma collected a gold medal for standing first in the Bachelor in Audiology & Speech Language Pathology programme of Indraprastha University (Dwarka).

participation

conference



Who attended what, where & when

Clinical associate & yoga therapist Dr Sumangala Hosamath, Yoga for Diabetes by the Central Council for Research in Yoga & Naturopathy, Delhi, January 4 to 6

Radiologist Dr Ananda B, Annual Conference of the Indian Radiological and Imaging Association, Rajasthan, Jaipur, January 5 to 8

2 Gynaecologist Dr Saurbhi Singh, All India Congress on Obstetrics & Gynaecology, Ahmedabad, January 27 to 29

Nursing supervisor Smita

Prajapati and staff nurse Vinita Bhati, Nursing Care Saves Lives, a workshop by the Smile Train and SMS Medical College, Jaipur, January 30/31

Senior consultant ophthalmologists Dr Vinod Kumar Sharma and Dr Sudhir Singh, paediatric ophthalmologist Dr Amit Mohan, ophthalmology medical officer Dr Zeeshan Jamil, DNB candidate Dr Anita Bisht, All India Ophthalmological Society Conference, Jaipur, February 16 to 19

Spiritual counsellor Kalpana Bhandare, Psychology for Building A Global Community, by the University of Rajasthan, Jaipur, February 23 to 25

Lectures delivered

MELANGE

When ~ Who, with designation ~ Topic

January 19 ~ Dr Yogini Patel, director, Laboratory & Transfusion Medicine, Research & Education, BSES MG Hospital, Mumbai ~ *Transfusion Medicine*

February 16 ~ Dr Avdesh Sharma, psychiatrist, New Delhi ~ *Spirituality & Mental Health: International Experiences*

February 25 ~ Dr Anand Malu, consultant kidney specialist, Solapur ~ *Managing a Dialysis Patient*

Recognised Employee State Insurance Clinic



Now J Watumull Global Hospital & Research Centre is a recognised centre for the primary treatment of employees covered under the Employees' State Insurance Act. Senior medical officer Dr Kanak Shrivastava manages the clinic.

DIAL-A-DOCTOR

Need an appointment? Call Archana Kulkarni, manager, hospital promotional services on 9413775349



On January 30, Corielle Rovers and Jacoline Prudhomme Van Reine (standing, centre), ICU and burn care nurses & teachers from the Red Cross Hospital (part of Zorg van de Zaak), Beverwijk, Holland, conducted classes on Basic Life Support and Advanced Life Support for the nursing students.

nursing education activity diary

Celebrating New Year

January 2/7

Global Hospital School of Nursing students celebrated new year on January 2, Saroj Lalji Mehrotra Global Nursing College students had a get-together on January 7.



Site Visit

January 23

GNM students visited a water plant at Mt Abu.

On March 10, Arvind Kumar Jakhad, secretary of the UIT, Abu Road, presided over the lamp lighting ceremony of the 6th batch of B Sc students and the 12th batch of GNM students. Also present were Brahma Kumari Meera, director, Brahma Kumaris, Malaysia; and Dr Partap Midha, medical director. Senior faculty elucidated the significance of oath taking. Meritorious students were distributed prizes on this happy occasion.

Celebrating Womens Day

March 9

On Womens Day, college students arranged a painting competition on the theme: *Be Bold for Change*.

Blood Donation Drive

March 15

College students helped staff of the Rotary International Global Hospital Blood Bank conduct a blood donation drive in Pindwara.



Journal Club

January 22 / February 21 / March 18

Monthly meetings of the Journal Club saw some interesting presentations on nomophobia, innovative teaching methods, etc.

On February 4, World Cancer Day, GNM students spread awareness about breast cancer and cervical cancer to women employed as menial workers in the Shantivan complex near the nursing school. Using visual aids, they explained selfbreast examination methods and cancer preventive measures.

OUTreach

Cancer screening

Cancer screening was in focus in March with four events in Bhatana in district Sirohi; Jalore; in the Siddhivinayak Hospital in Sumerpur, Pali; and in Badmer. 83 patients availed consultations mostly for head & neck cancers. Consultant laparoscopic & general surgeon Dr Somendra Sharma and registrar in ENT Dr Keyur Mevada attended one event each, senior consultant ENT surgeon Dr Sharad Mehta was present at three events.

ENT consultations



On January 6, senior consultant ENT surgeon Dr Sharad Mehta saw 75 patients at a benefit programme sponsored by Gajendra Agarwal of the Rajkunwar Prakashchandra Agarwal Welfare Trust, Sirohi.

Sweaters for children

On January 25 and 27, the Community Service Project team distributed sweaters to 803 children studying in seven schools in villages falling on the mobile clinics' route, namely, Satsangra, Puniya Phali, Valoria, Kedarpadar, Bori Buch, Baliyakhara and Doitra.



Eye screening

Five eye screening events were organised, one each in January and February and three in March, at Paldi M, Bhatana and Pindwara, in district Sirohi; Pomava in district Pali; and one in-house. 682 patients underwent eye screening, 105 were operated on for cataract. Thank you to the Senior Citizens Samitee, Haji Sabir Mohammed Chisti, and S Bhagat Singh, president of the Gurudwara Committee of Mt Abu for sponsoring two of these events.

Seeing specialists

Two multi speciality consultation programmes on January 15 and 29, in Abu Road and in the Ambeshwar Mahadev temple, Sirohi, respectively, brought benefit to 882 patients. The Agarwal Samaj sponsored the event in Abu Road.

CME / CT scanning

On February 17, radiologist Dr Ananda B delivered a lecture to 10 doctors and 50 nurses working in the public health sector on computed tomography scans. This event took place in the Government Hospital, Sirohi.



Inspired to give?

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

Setting a new record



On February 1, Global Hospital Institute of Ophthalmology created a record for screening 1997 patients, the highest number ever at one location. Prem Bhai of Sojat City sponsored this event where 1240 people also underwent refractions. Thereafter, 135 of those screened had cataract surgery.

Cases // Surgery Department

Dr Somendra Sharma,
consultant laparoscopic surgeon reports:

A woman, 70, had a potato-sized swelling over her left index finger.

She had borne the swelling for several years, simply because it was not painful and the nearest medical aid was 20 km away from her home. But now the swelling had ulcerated and had a foul smell. Something needed to be done.

The surgical team removed the swelling and got it tested for malignancy, which fortunately it was not. She went home happy.

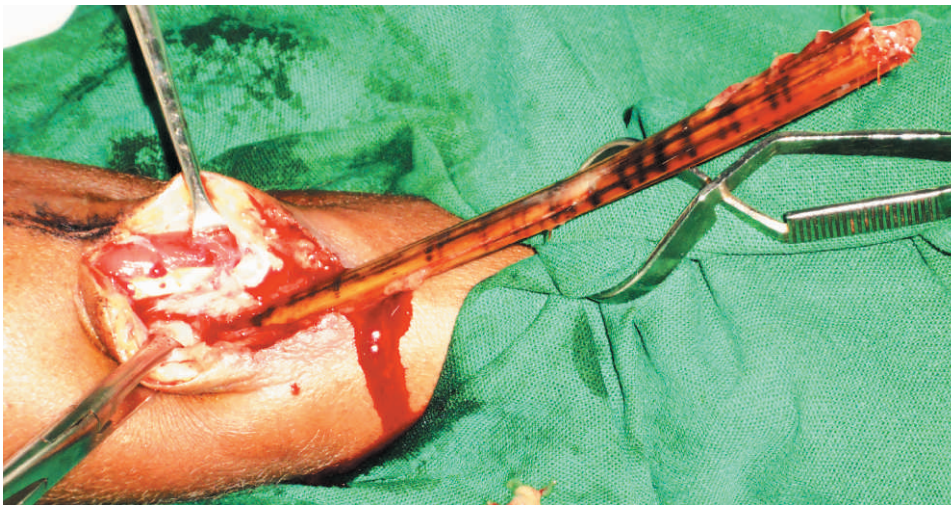


Left:
The offensive swelling

Above: After surgery

I

Removal of a growth



2

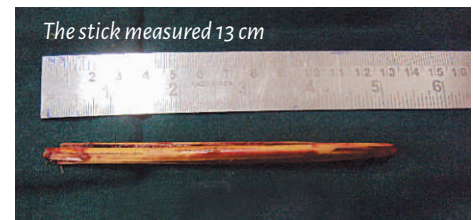
Excision of a stick

Performing two simultaneous surgeries in a patient is common. Simultaneous surgeries like bilateral knee replacements, bilateral hernias, help cut healthcare costs, time and to some extent, strain the patient less.

However, performing three simultaneous surgeries on a patient is rare. It is very demanding on all the stakeholders—the surgeon, the anaesthetist, the nurse and of course, the patient. The surgeon needs to perform quickly, the anaesthetist must exercise extra caution, the nurse care more.

The surgical team operated on a patient's three hernias—one umbilical, two inguinal—in one go. All the surgeries were open, as opposed to being done laparoscopically, as that would have been tricky as well as necessitated biomeshes, tackers, etc., thereby more than doubling the cost.

The patient was poor, he was more than happy with the result, and he went home contented.



The stick measured 13 cm

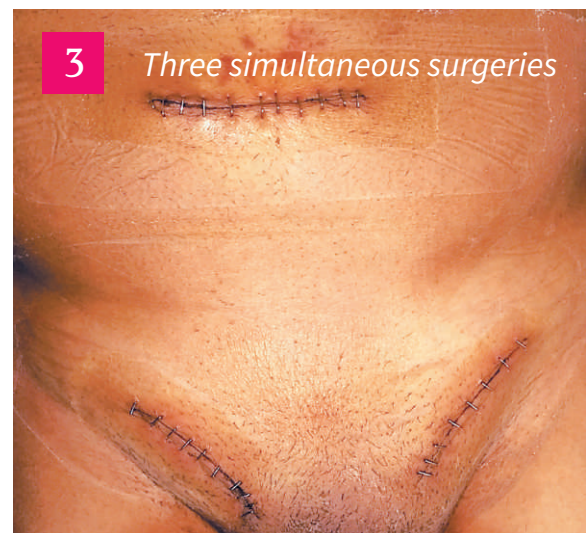
A boy, 13, fell from a tree sustaining an injury on his right forearm—it was pierced by a sharp 13 cm-long stick.

Afraid to ask for help, he suffered in silence until the pain and stiffness became unbearable and too obvious to hide.

The surgical team successfully removed the offensive stick, providing him great relief.

3

Three simultaneous surgeries



Above: 3 in 1, the three incision marks are clearly visible

5



Panoramic view of the Intensive Care Unit, housing eight beds for critically ill patients, one infectious unit, and two baby beds in the neonatal ICU

Critical support, when time is of the essence

about us

J Watumull Global Hospital & Research Centre stands apart from other hospitals in a radii of 50 kms for being the only one with a full fledged Intensive Care Unit for adults and paediatric patients. To ensure support for the critically ill, the unit is equipped with ventilators, respiratory support systems that no other district hospital offers, cardiac monitors, a defibrillator, pulse oximeters, radiant warmers, photo therapy units, portable x-ray, among other equipment. An ICU on wheels, the only one in district Sirohi, supports transfers of patients to higher centres in nearby cities.



DNB resident Dr Manoj Khiyani checks on a critically ill patient



Front, left to right: Paediatrician Dr Kamalkumar Goyal, nursing supervisor Meena Vadasriya, staff nurses Annu Nayak and Akriti Goyar

Back, left to right: Kapil Dev, Babu Singh



Staff nurse Ladu Bishnoi checks on a baby

6 From left to right: Staff nurses Poornima Holibasappa Yadagodi, Sangeeta Darji, Virender Rathod. Ladu Bishnoi and Prashant Malviya

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News from branches

Continuing dental education

Thirty district dentists attended a dental education event at the Radha Mohan Mehrotra Global Hospital Trauma Centre on February 21. Dr Kanteshwari

Kumathalli, periodontist with Sri Aurobindo College of Dentistry, Indore, spoke on *Peridontal diagnosis & non-surgical treatment options in general practice.*



Blood banking

Eight blood donation drives during the quarter yielded 609 units of blood. Three events each yielded over 100 bags of blood. The trauma centre's Rotary International Global Hospital Blood Bank's

partners for these events included Adarsh Foundation, Sirohi; Suthar Samaj, Jhadoli; Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Abu Road and Ganchi Gehlot Parivar Sansthan, Pindwara.



Curing diabetic retinopathy

Optometrist Dharamveer Bharti screens a patient



Patient screening for diabetic retinopathy progresses well, 158 patients took benefit in the last quarter. Global Hospital Institute of Ophthalmology has entered into an agreement with the Public Health Foundation of India to create treatment capacity—through training and procuring equipment—for diabetic retinopathy in public hospitals and clinics in district Pali.

Seva, Shankar Mandal restore sight, enhance lives



I will be able to see my grandchildren and help my daughter look after them. I will be able to look after myself. My daughter will be able to resume work, earn more and move ahead in life.

*Rupibai Garasia, 70
a free cataract surgery
beneficiary*

The 121 beneficiaries of the Shankar Mandal Charitable Trust's donation for cataract removal were identified over nine screening event in districts Sirohi and Udaipur.

A glimpse of one programme:



LV Prasad Eye Institute with the support of the Seva Foundation contributed \$3000 to Global Hospital Institute of Ophthalmology to perform 100 free cataract surgeries in celebration of World Sight Day, falling on October 12 every year. Last years theme, *Eye Care for All*, aimed at increasing awareness about quality care to protect the most vulnerable populations from blindness and visual impairment.

These surgeries were completed by February 15.

The beneficiaries included people like Rupibai Garasia (see photo) who developed bilateral mature cataract but could not afford surgery.

A widow, Rupibai depended on her three daughters, visiting their homes by turn. They did their best for her but it was getting increasingly difficult as she grew more dependent on them. Luckily, Rupibai made it to a Global Hospital and SEVA Foundation screening event in Kotda, district Udaipur.

The Shankar Mandal Charitable Trust of Mt Abu also sponsored 121 cataract surgeries.



village outreach programme

World Tuberculosis Day



To spread awareness about tuberculosis, nursing students performed a skit in village Chandela on March 23 and in village Jambudi on March 24. They animated the symptoms of a tuberculosis patient, speaking in the local dialect to effectively communicate with the enthusiastic school students and villagers.

New kitchen infrastructure



On January 24, the Nichalagarh village sarpanch (head) Sunga Ram, the school principal Babu Ram and village outreach programme chief Dr Kanak Shrivastava inaugurated a new kitchen constructed to support the ongoing nutritional programme.

Diagnosing malnutrition

Dr Sagar Panchal and Dr Deepak Mishra, doctors from the Ahmedabad Municipal Corporation conducted a workshop on diagnosing and managing malnourished children of age six months to five years.

About 30 health workers and supervisors associated with the Village Outreach Programme and Community Service Project attended together with the community doctors and the paediatrics team.

Attendees were shown how to weigh children and measure their height and arm circumference.



dr sagar panchal explaining a height-weight chart



dr deepak mishra looks on as workers measure

JANUARY to MARCH 2017

VOP VITAL STATS

777
PATIENTS CONSULTED IN FIELD

434
VOP WALK IN PATIENTS

21
ADMITTED PATIENTS

Outdoor consultations in Jambudi



On March 10 and 11, about 100 residents of villages Siawa, Tuka, Takiya and Jaidra took benefit from the opportunity to consult dentists. They were attended by senior dental surgeon Dr Niranjn Upadhyaya and doctors and interns from Narsingh Bhai Patel Dental College & Hospital, Visnagar, Gujarat.