

newsletter

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Healing amid nature

A volunteer's experience

Working with the souls in Global Hospital was one of the best experiences in my life. I felt like being in heaven... quite strange for a hospital surrounding!

Seeing the outreach programme with my guide Shrinidhi and the doctors, I fell in love with the school children, the teachers, and all the women from Mt Abu. Never saw a place with so many beautiful smiles!

My best experience was a Sunday afternoon. With nurse Mathilde I was portraying children in the wards. The sun was shining outside and I wanted to take the children to the beautiful hospital garden. European city hospitals are like fabrics, very big, they rarely have a garden.



The moment we went outside a 'smile train' was created! The patients loved to be outside. This girl in her beautiful dress looked like India's next top model! Patients sat on the swing, danced in a circle with nurse Mathilde. And afterwards, they touched softly the plants and the flowers. Everybody was impressed, silently and in peace. As if the garden was a healing space.

Mathilde and I could feel the magic in the air. As if we were all visited by healing angels.

Mt Abu is for sure my favourite place in the world! I'm very much looking forward to my next visit.

-- Sarah Wong
(professional photographer for the New York Times, science & health supplement, etc., who visited the hospital for a photo shoot to help a fund-raising team in Holland raise money for a new solar system for the hospital)

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You said

The services this hospital is rendering to the have-nots is praiseworthy indeed. The people would be very grateful for this mission.

Justice Servesh Kumar Gupta
Nainital High Court
Uttarkhand

Success for the first batch of DNB candidates

Congratulations to Dr Jay Parikh and Dr Ramanik Makwana for passing the DNB (Family Medicine) exam conducted by the National Board of Examinations, New Delhi. DNB (Family Medicine) is a three year post-graduate medical education course accredited by the National Board of Examinations, New Delhi. J Watumull Global Hospital & Research Centre is the only institution in Rajasthan offering this, and one of about 517 institutions across India offering DNB programmes.

Dr Parikh and Dr Makwana are the hospital's first DNB in Family Medicine candidates. Currently, four more DNB (Family Medicine) candidates are undergoing training. Their success is testimony to the efforts of course director Dr Anil Kumar Chawla and the other faculty members.

Call for contributions

Silver Jubilee celebrations souvenir

J Watumull Global Hospital & Research Centre will celebrate 25 years of service to humanity in October 2016. We are bringing out a small souvenir on the occasion, for which we welcome contributions. Email your memories, photographs to shrinidhi@ghrc-abu.com



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 shrinidhi@ghrc-abu.com or call +91 9414152125.

Nothing beats hands-on training



Sr clinical associate Dr Hina Mukadam leads a practice/training session

Training & development

Dr Hina Mukadam, senior clinical associate, and Dr Shantanu, anaesthetist, facilitated two Basic Life Support trainings on October 24 (22 staff) and November 28 (27 staff) for medical and nursing staff.

An infant CPR manikin was added to the Skills Lab.

The training and development activities included eight clinical department presentations, seven mandatory training sessions and 15 nursing CME's. Some of the topics were biomedical waste management & hand washing, patient shifting, neonatal resuscitation, medication administration, medication dose calculation, inventory management, nasogastric tube insertion, myocardial infarction and mouth care.

On October 15, Dr Nitu Nigam, research officer, Central Research Lab, Rama Medical College & Research Centre, Kanpur, spoke on genetic labs in peripheral areas.

On November 10, Dr Astrid Bendomir from UK spoke on trends in occupational health medicine in the UK.

On December 3, honorary medical director & trustee Dr Ashok Mehta spoke on the paradigm shift in medical training.

On October 24, Stephen Berkerley and Dr Manas facilitated a workshop for lecturers and clinical instructors from the nursing college and school, *Power of facilitation in the teaching and education administration setting*. It was an official activity of the International Association of Facilitators Facilitation Week.

A warm welcome

Dr Rajendra Pancholi, Consultant Paediatrician, joined in November 2015

Dr Rajendra Pancholi studied medicine, at the graduate and postgraduate level, at Indore University, Madhya Pradesh.

Dr Pancholi has spent most of his career spanning close to four decades at Tata Motors Hospital, Jamshedpur, rising in seniority to head paediatrics services.



Dr Pancholi developed an interest in academics during a stint with MG Institute of Health Science, Wardha. Later, he was appointed examiner for graduate and post graduate students.

DIARY

Super-specialist services

OCTOBER 10

Dr Sunil Mishra, a dermatologist from Ahmedabad, proffered consultation to 11 patients.

OCTOBER 24

Physician & intensivist Dr Sachin Sukhsohale conducted spirometry screening for hospital staff, 45 employees availed of the facility.

NOVEMBER 14

Dr Anandnarayan Malu, a kidney specialist from Solapur, proffered consultations to eight patients.

NOVEMBER 30

Gwalior-based visiting urologist Dr Brajesh Singhal operated on one case on November 30.

OCTOBER TO DECEMBER

Dr Surya, cardiac surgeon from Mittal Hospital, Ajmer, saw 11 patients, 2D echo technician Rishipal Singh performed 12 echo-cardiographies.

A visiting neurologist from Delhi saw 4 patients.

Dr Narayan Khandelwal, visiting joint replacement surgeon from BSES MG Hospital, Mumbai, performed 27 surgeries, assisted by Dr Kailash Kadel, orthopaedic surgeon, and Dr Murlidhar Sharma, registrar, orthopaedics.

Conference participation

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

Senior dental surgeon Dr Niranjana Upadhyaya and dentist Dr NS Girish Kumar ~ World Dental Show ~ Indian Dental Association ~ October 17/18 ~ Ahmedabad

Dr Mahesh Hemadri, medical officer in-charge, G V Mody Rural Health Care Centre ~ Improving continence health in the elderly/Geriatrics for juniors ~ British Geriatrics Society at Leeds, UK ~ November 6/7

Junior consultant orthopaedics Dr Kailash Kadel ~ IOACON 2015, 60th annual conference ~ Indian Orthopaedic Association ~ December 10 to 14 ~ Jaipur

17 hospital staff ~ Retreat in Communication Skills ~ hospital HR Department ~ December 16 ~ Gyan Sarovar, Mt Abu

Ten years on, going strong!
Congratulations, Global Hospital School of Nursing

nursing teaching

ACTIVITY WRAP

International Day for the Elderly, October 1

EVENT: Poster presentation to create awareness among their peers about elderly care—especially in the family setting.

BY: Second year GNM students



Mental health lecture

Mental Health Day, October 10

EVENT: Talk by Dr Vikrant Saxena, anaesthesiologist at Chandraval Hospital / exhibition on psychiatric nursing

BY: Third year graduate nursing students and staff

EVENT: Role play to educate Chandela villagers about the treatment of psychiatric ailments / talk on stress management

BY: Second year GNM students and Mamtha S, vice principal, Global Hospital School Of Nursing

World Immunisation Day, October 11

EVENT: Presentation modelled on the theme: *Closing the gap*; covering the history of vaccination, types of vaccines, etc. / Talk on the value of immunisation for people of Telpura

BY: First year GNM students

World Diabetes Day, October 14

EVENT: Presented posters on diabetes, showing its spread and explaining its pathophysiology / Demonstrated insulin administration and other aspects of care

BY: Second year students



World AIDS Day rally

World AIDS Day, December 1

EVENT: A rally to create awareness about HIV/AIDS / Play performance to bring out this year's theme: *Getting to zero*

BY: Students

KNOWLEDGE ENHANCEMENT OPPORTUNITIES

On October 17, Victoria Daly, a visiting nurse from UK, delivered a lecture on community health nursing and nurses role in UK.

On November 2, Suraj Soni, joint treasurer of the Student Nurses Association (SNA) and Suresh, vice president, attended the SNA National Conference in Jaipur, where they presented a poster on psychosocial development in children.

On November 4 and 5, third year graduate nursing students visited the Mental Health Hospital, BAPS Hospital and the Civil Hospital, Ahmedabad.



Students' hospital visit

Professor Geetha Venugopal, principal, Saroj Lalji Mehrotra Global Nursing College, attended DIACON, 2015, a conference on diabetes in Ahmedabad from November 20 to 22.

On December 14-15, Global Hospital School Of Nursing and Saroj Lalji Mehrotra Global Nursing College organised a two-day state-level workshop on HIV/AIDS and ART. Students and staff from various colleges and hospitals attended, including RCM College and Institute of Nursing, Falna; and Padamshri School of Nursing, Falna.

On December 15, nursing students participated in a Lions Club organised rally to popularise the government's Beti Bachao, Beti Padhao (save daughters, educate daughters) message. Former Pakistani tourism minister Nilofer Bakhtiar attended a public programme on this event. She spoke about the importance of women in society and for the future of the human race, as well as the importance of gender equality.

In December, Shrinidhi K, introduced the new batch of GNM students to AIDET (Acknowledge, Introduce, Duration, Explanation, Thank You), a communication tool.

Over November/December, the *Values in Healthcare: A Spiritual Approach* module on self care was conducted for the GNM students. The module on co-operation was held for graduate nursing students.

Outreach services

Operated patients ready to go home



October marks the onset of winter in Abu, when eye screening activities pick up at Global Hospital Institute of Ophthalmology. Screening programmes are primarily conducted in towns and villages where eye care is non-existent, with the aim of identifying people needing cataract surgery.

Mega screening events in Jalore

Jalore city witnessed two mega eye screening events on November 1 and December 2, organised with support from the Lions Club of Jalore (both events), and the Rajasthan Pensioner's Samaj, Jalore (the second event).

DNB Ophthalmology candidate Dr Jalpa Thakrani (*seen in adjacent photo*) and optometrists were busy at the camp site.

They screened 1499 people, including 310 cataract patients and 692 patients needing refraction.

They found 203 cataract patients were willing to travel to the base hospital in Abu Road for surgery; eventually 192 patients were operated on for free.

Needy patients were dispensed medicine and spectacles (323) for no charges at the camp site.

Screening resumes at Mt Abu

This year, J Watumull Global Hospital & Research Centre, Mt Abu, resumed eye screening after a hiatus of five years.

DNB Ophthalmology candidate Dr Navjyot and the hospital promotional team screened 125 patients in five locations:

- 4 Village Siawa on December 12
- Village Deri on December 12
- Village Ker on December 16
- Village Bhula on December 22
- Village Chandela on December 30

The outcome was 53 villagers underwent cataract surgery for no charges.



Makeshift arrangements to test villagers' eyes



Enabling health consultations at remote locations

DNB Family Medicine candidates Dr Pratik and Dr Shanti facilitated general surgery consultations for 23 patients at villages Ker and Bhula on December 16 and 22 respectively.



Dr Shanti with a patient

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 10 patients during the quarter.

A multispecialty consultation programme in Sanchore brought together general surgeon Dr Somendra Sharma, plastic surgeon Dr A Gopalakrishna, gynaecologist Dr Saurabhi Singh, orthopaedic surgeon Dr Kailash Kadel, dentist Dr Girish NS, and DNB Family Medicine candidates Dr Pratik and Dr Prakash. Together they saw 175 patients.

VOLUNTEER?

We welcome English/Hindi speaking nurses and doctors with an interest in community services to volunteer their time. Email ghrcabu@gmail.com for details.

CASES: POSITIVELY IMPACTING LIVES

PLASTIC/MAXILLOFACIAL SURGERY

Wound debridement, repair of fractured mandible

Mohanlal Garasia, a 32 year old resident of Pindwara, met with a road accident. He was taken to the Radha Mohan Mehrotra Global Hospital Trauma Centre for primary treatment, where he was referred to the Mt Abu unit for definitive treatment.

Mohanlal had sustained a comminuted fracture of the ramus and angle of the mandible (lower jaw), and a comminuted lacerated wound (CLW).

Plastic surgeon Dr A Gopalakrishna and maxillofacial surgeon Dr Keyur Mevada performed debridement of the wound, and an open reduction internal fixation of the fractured mandible.



BEFORE SURGERY



AFTER SURGERY

PLASTIC/MAXILLOFACIAL SURGERY

Repair of fractured zygoma, maxilla

Om Prakash Pandey is a 48 year old resident of Abu Road. He works as a driver.

Pandey sustained a fracture of the right orbit, zygoma (cheek bone) and maxilla in a road traffic accident. He could hardly open his right eye when he presented in the plastic surgery clinic, as a referral from Radha Mohan Mehrotra Global Hospital Trauma Centre.

Plastic surgeon Dr A Gopalakrishna and maxillofacial surgeon Dr Keyur Mevada performed an open reduction internal fixation of the orbital floor.

Pandey paid a third of his bill. The balance was met through funds donated by GiveIndia.



BEFORE



AFTER

GENERAL SURGERY

Village girl with abscess

Seven year old Sumita Garasia's family hails from village Veraphali, Nichalagarh, an adopted hamlet of the Village Outreach Programme, the hospital's premier outreach initiative. Chhagan Garasia, Sumita's father, works as a labourer. They are of tribal origin.

Sumita fell while playing with her two younger siblings, and suffered injuries on her back.

Initially, her mother, a housewife, tried some home remedies to stem the bleeding. When the wound developed into an abscess after 10 days, Sumita's parents admitted her in Global Hospital.

General surgeon Dr Somendra Sharma treated Sumita, and she recovered very well.

THEN



AND NOW



ORAL & MAXILLOFACIAL SURGERY SERVICES

Dr Keyur Mevada (*seen right*) holds a post graduate degree in oral and maxillofacial surgery from Tver state Medical University, Russia, and a graduate degree in dentistry from Ahmedabad Dental College. He has to his credit six research papers published in various medical and dental journals. A few research projects are in progress.

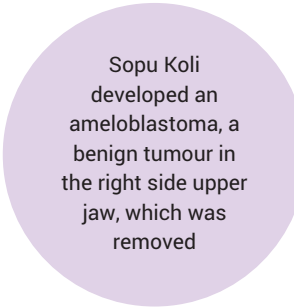


Maxillofacial surgery has picked up a great deal since Dr Mevada joined the hospital in June 2013.

Here are some cases operated on by Dr Mevada:



Kalu Ram fractured his cheek bone and upper jaw in an accident. Here's how he looked before surgery, and after surgery.



Sopu Koli developed an ameloblastoma, a benign tumour in the right side upper jaw, which was removed.



Rishabh was born with a deviated face and chin, called a hemifacial microstomia; he underwent chin, nose and right ear surgery.



MAXILLOFACIAL SERVICES

at J Watumull Global Hospital & Research Centre include:

- the surgical management of trauma of the face and jaw bones
- the management of malignant and non malignant tumours and cystic lesions of the jaws
- the management of oral sub mucous fibrosis, a pre-cancerous condition caused by betel nut and pan chewing, which makes it difficult to open the mouth. Oral sub mucous fibrosis is very common in southwest Rajasthan and north Gujarat.
- the surgical management of temporo mandibular joint ankylosis, the fusion of the jaw joint which makes it difficult to open the mouth
- the surgical correction of congenital and acquired jaw deformities
- minor dental surgeries such as the removal of wisdom teeth, dental cysts and dental implants
- orthognathic surgery for certain cases of cleft lip/palate, which Dr Mevada offers in conjunction with the departments of dentistry, ENT, ophthalmology and plastic surgery.

DIAL-A-DOCTOR

Need a second opinion?

Confused about a health ailment?

Call Archana Kulkarni, manager, hospital promotional services on 9413775349

Spreading awareness through mass media: Radio Madhuban 90.4 FM



Dr Satish Gupta, Director, Department of Medicine & Cardiology, Radha Mohan Mehrotra Global Hospital Trauma Centre, conducted a show on heart diseases.

BRANCH Scorecard

Curing cataracts, restoring lives

Now at least I can manage myself and do my daily chores

--Tulsi Meghwal

Case background

Tulsi Meghwal, age 60, a resident of Kivarali, Abu Road, tells a sad story.

“ My husband Motaram was an alcoholic. He had a decent publicsector job but he would spend all his money on alcohol. All my married life, money was short.

Since we had no children, we adopted a child, and called him Pukhraj. My son fell into bad company during his teens. He has become an alcoholic like his late father, and consumes tobacco as well. After his father’s demise, he was given a public sector job.

My life continues to be hard. I am dependent on my son. But he has no time for me.

Presentation

On December 2, Tulsi’s son finally found time to show her to a doctor for failing vision in both eyes. She had been pleading with him for a long time.

Diagnosis

Ophthalmologist Dr Sudhir Singh found Tulsi had mature cataracts needing surgery in both eyes. He operated on Tulsi’s left eye on the very next day.

Treatment

Tulsi was relieved and so happy to get back vision in her left eye. She wants her other eye to be operated on soon. It will happen when her son finds time.



SNIPPETS

Sharing by:

Rotary International Global Hospital Blood Bank

Activity/Timeline:

15 blood donation drives between October and December 2015

Achievement:

1094 units of blood collected, taking the total tally for the calendar year 2015 to 5039

Partners for the activity:

Revtara Yuva Sangh of Jalore;
HDFC Bank, Abu Road;
Muslim Naujavan Committee/Islamia School, Abu Road;
Lions Club of Mt Abu and Reodar;
Bajrang Dal, etc.



Busy scene at the blood donation camp

Sharing by:

Radha Mohan Mehrotra Global Hospital Trauma Centre

Activity/Timeline:

Trauma care for 28 victims of four road traffic accidents occurring on the highway to Sirohi between October and November 2015

Achievement:

23 patients were treated, only five were referred to a higher centre

Sharing by:

Dinesh Kumar Singh, eye care manager, Global Hospital of Ophthalmology

Activity/Timeline:

Singh took a certificate course in community eye health at LV Prasad Eye Institute, Hyderabad, after which he spent a fortnight in December observing the working of the Bhosle Gopal Rao Patil Eye Centre at Mudhole (Adilabad), and the Nava Bharat Eye Centre at Paloncha (Telangana).

Achievement:

Better understanding of eye care fundamentals and provisioning eye services

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By Paypal (ghrcabu@gmail.com) / On www.ghrc-abu.com

Also find us on GiveIndia

Indian donors avail tax exemptions under section 35AC (100% exemption from income), under section 80G (50% exemption from income)

Health in Your Hands || Health awareness to lower infant mortality

Modus operandi of the initiative:

- >>Field workers upload videos (sourced from healthphone.org) on their mobile phones.
- >>The videos are on relevant topics like the importance of mother's milk, safe pregnancies, etc.
- >>Field workers share the videos with the villagers, mostly women--either by transferring the content to their mobile phones or by showing them the content.
- >>Videos in the local language are more effective than talks for creating awareness.

Sponsor: Mrs Purviz Shroff of Hong Kong

October to December report: Four field workers reached out to 361 beneficiaries in villages Achalgarh (73), Jawaingaon (164), Oriya (61), and Salgaon (63).



I have understood the importance of maintaining cleanliness for my family's health. I wash my hands with soap after making cow dung cakes and before cooking.

Leela Rajput, 35 years, village Oriya

New computer and printer

Salgaon school got a new computer and printer, courtesy the Village Outreach Programme. Watch this space for details on what computer education is imparted to the pupils.

Extra Protection for Winter

Winters in Abu are very cold, the temperature plummets to sub-zero levels. In preparation, the VOP team distributed sweaters to 1443 students of 16 schools where the nutritional programme is active.



The VOP team distributed blankets to 26 maids employed for the nutritional programme, and to 12 very poor families in village Jamburi.



Village Outreach Programme

Service this quarter

1454
PATIENTS
CONSULTED

52
PATENTS
ADMITTED

Support our work

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Global Hospital & Research Centre to:
The Managing Trustee - GHRC, P.O.Box
35, Mt Abu, 307501 Rajasthan, INDIA

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