

Health Services Education Research



newsletter

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Laughter, The Best Medicine

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Over two millennia ago, Hippocrates, the Greek physician who is traditionally regarded as the father of medicine, said, *I would rather know what sort of person has a disease than what sort of disease a person has.*

This profound statement suggests that a person's temperament impacts his or her health. It sets the stage for physicians to delve into the psyche of their patients, as opposed to merely apply their faculty to the alleviation of symptoms. The ancient Indian medicine system—ayurveda—and another more recent discovery—homoeopathy—are both very much based on this belief, and hence, those practitioners focus on assessing a patient's constitution on the very first consultation, since it defines the remedy.

The concept that personality impacts health also puts the spotlight on the need to consider what makes us well instead of

focusing on what makes us sick. I am reminded of Dr Patch Adams, an American doctor who wanted clinicians to be more holistic in their approach to patients. He would personally dress up as a clown to help his patients smile, if not laugh, because laughter lowers stress hormones and strengthens our defence department—the immune system, which fights off infections. Laughter has been shown to be a catalyst for the release of endorphins, the body's natural feel good chemicals. It also promotes a sense of wellbeing and increases our pain threshold. Laughter is so effective as a medicine. Just anticipating a laughing session boosts health-protecting feel good hormones and reduces potentially detrimental stress hormones. And laughing together brings people closer.

Dr Adams once said: *I think the most revolutionary act that you*

can commit in our society today is to be happy.

Is it difficult to be happy?

A very broad classification of personality distinguishes between Type A and Type B individuals. Type A personalities are typically high-achievers, time-conscious individuals who push themselves and get bothered by nitty-gritty details. They are also the ones who are less likely to be happy! If that describes you, and even if it doesn't, make a conscious effort to lighten up. That is not to say you need to avoid dealing with issues, just stay light while you focus on what needs to be done. How will you do that? Next time you face a problem, look around for someone to tell you a joke!

— Dr Partap Midha,
Medical Director

A step forward in standardisation and quality

J Watumull Global Hospital & Research Centre, Mount Abu, has achieved a new milestone in its journey toward standardisation. The National Accreditation Board for Hospitals and Healthcare Providers and the Quality Council of India assessed the hospital on August 27, under the Kayakalp Certification for Private Hospitals. Global Hospital achieved a score of 88.6%.

The hospital scored higher than the national average in the following areas: hospital/facility upkeep (92 against 86 average), waste management (87 against 84), infection control (94 against 90) and hygiene promotion (43 against 38). The hospital scored lower than the national average in sanitation & hygiene (87 against 93) and hospital support services (40 against 44).

Research

The GHRC Research Ethics Committee met on August 30 to review and endorse two research proposals.

Visits of specialists

Visiting nephrologist Dr Anand Narayan Malu from Solapur saw 29 patients over two visits in July and



2 Cardiologist Dr Ashish Kumar Agarwal in the clinic

August. Dr Manjunath Doshetty, a nephrologist from Gulbarga, saw 16 patients in September.

Cardiologist Dr Ashish Kumar Agarwal from Jaipur proffered his advice to 16 patients in September.

A neurologist from Delhi saw 25 patients during her visit in September.

Visit to Mauritius



Dr Partap Midha, medical director of J Watumull Global Hospital and Research Centre delivered several talks in Mauritius

Dr Partap Midha, medical director of J Watumull Global Hospital and Research Centre, accompanied by Umesh Bharti, CSSD supervisor and dialysis unit

incharge, visited Mauritius in September.

The highlight of this service visit was the lecture he delivered to about 85 medical professionals at the Academy for Integrated and Sustainable Development, Wooton. Dr Midha spoke on *Caring for the well-being of the self*. Notable attendees were Dr Shyam Purmessur, president of the Medical Council of Mauritius and Dr Rajendranath Goordoyal, regional health director, Jawaharlal Nehru Hospital.

DIAL-A-DOCTOR

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

You said it



Global Hospital is providing free medical to poor patients.

My experience here was wonderful.

My respects and regards to all who accomplished this great work.

Pratap Chandra Sarangi

Union Minister of State for Animal Husbandry, Dairying & Fisheries
and Micro, Small and Medium Enterprise

Most fascinating example of holistic medicine with real sense of purpose by all the medical and management staff. I am taking back the spirit of spirituality, service and dedication with me. Thank you so much.

Dr Rani Abhay Bang

SEARCH, Gadchiroli, Maharashtra

All the facilities of the hospital are exemplary. Thanks to the director.

Mangal Pandey

Health Minister, Bihar

New assets

A project involving the installation of solar panels for the generation of electricity came to a close with the acquisition of an air handling unit and air-cooled condensing unit for the ICU. This project was sponsored by Wilde Ganzen, the Rotary Club The Hague Metropolitan and Stichting Global Hospital Nederland, Dutch agencies.

Speaking of the ICU, it has got a new look! Ten new monitors from GE were installed with a central nursing station. A big thank you to Prakash Sakraney for sponsoring this acquisition. A new ventilator of brand GE will also be installed shortly.

A new ceramic press furnace has been procured for the Department of Dentistry (lab).

A new 40 KW solar photovoltaic uninterrupted power system is expected to improve the availability of power.




 10 new monitors were procured for the ICU

A new beginning for students

Graduation day in July was a colourful affair at the Global Hospital Institute of Ophthalmology, Abu Road. This year, 13 students completed the Diploma in Ophthalmic Techniques and found employment in hospitals and clinics in Rajasthan and Gujarat. One student was absorbed internally.



 Medical superintendent & senior consultant ophthalmologist Dr V C Bhatnagar addressed the outgoing batch and others on graduation day

Marking National Eye Donation Fortnight 2019

The community radio channel Radio Madhuban 90.4FM is always eager to broadcast health awareness programmes. Between August 25 and September 8, a fortnight nationally dedicated to the promotion of eye donation, radio jockey Mona hosted senior consultant ophthalmologist Dr VK Sharma, consultant ophthalmologist Dr Seema Laad and DNB residents Dr Vineet Ashish, Dr Swati Goel, Dr Pooja Shinde, Dr Nimeshbhai Purohit, Dr Anshuman Pattnaik and Dr Poulami Pal. The talks were about the myths of eye donation, the procedure of eye donation, common eye diseases, glaucoma, eye pressure checks, paediatric eye care, contact lenses, refractive errors and community services.



RJ Mona with DNB residents Dr Poulami Pal and Dr Pooja Shinde




Blood banking

July to September was a busy time for the Rotary International Global Hospital Blood Bank. Five donation events were arranged with the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Abu Road, where 311 units of blood were collected.

The Bhartiya Janta Party helped organise two events at Abu Road and Mt Abu, where 115 units were collected. Devji Patel, the member of the legislative assembly from Jalore, donated blood at the programme in Mt Abu.



 Member of the legislative assembly from Jalore Devjibhai Patel (in pink shirt) donated blood at an event in September

Rajasthan Parvasi Sangh was instrumental for collecting 94 units of blood in three events, one held in association with Sildar Niwasis.


The Lions Club of Pindwada helped collect 85 units of blood, 33 units were collected with the USB Group of Colleges and 92 units at an event driven by two social activist teams of Abu Road-- Bhagat Singh and Shaurya Jagruti Sena.

A man was mauled by a bear... luckily for him, he reached the trauma centre in time

Baburam, a 41 year old resident of village Nithora, sub-district Pindwara, suffered severe injuries of the eyes and nose when he was attacked by a bear. The bones over his right eyeball were torn away, exposing his right eyeball and its roots including the optic nerve vessels. These extensive bone injuries caused severe cuts and the tearing away of the nerves on both sides of his face. He also bled a lot.

Senior general & laparoscopic surgeon Dr Anil Bhansali and ENT specialist Dr Kusum Bhansali immediately attended the case. They used multiple titanium plates and screws to fix the face and frontal area. They repaired the damaged facial nerves of the left side and achieved closure of the right side of the eye by implanting one gram of 24 carat gold underneath the eyelid. Baburam underwent four extensive surgeries to save his life and restore his face and eyes.



 Prompt care involving multiple surgeries saved Baburam after he was mauled by a bear

Joint replacement surgery

Consultant orthopaedic & joint replacement surgeon Dr Nithin Sunku has been performing a variety of joint replacements at the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road. Between April and September, he performed five knee joint replacements (three patients), two hip replacements (two patients) and one shoulder replacement. Dr Sunku has also been actively arranging bone mineral density screening programmes both within the hospital and at community venues where seniors congregate such as the Pensioners Hall in Abu Road and Sirohi, etc. In all, he arranged 14 screening events between April and September.



 A screening-cum-awareness event on Bone & Joint Day on August 4 in association with the Government Pensioner's Association in Sirohi

CME on endocrine disorders and diseases

A CME on endocrine disorders and diseases held in the auditorium of the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road, was well attended by local doctors and medical professionals. Dr VK Abichandani, a senior endocrinologist from Ahmedabad shared his experience with the audience and spoke on medical procedures for the treatment of various endocrine disorders.



 Senior endocrinologist Dr VK Abichandani spoke on endocrine disorders

Outreach consultations

At a free joint replacement consultation programme in Takhatgarh on July 7, joint replacement surgeon Dr Narayan Khandelwal and orthopaedic surgeon Dr Kailash Kadel attended to 72 patients.

Consultant gastrointestinal, general and laparoscopic surgeon Dr Dilip Kothari saw 28 patients in Jalore and Sirohi on September 5 and 19 respectively.

Consultant gastrointestinal, general and laparoscopic surgeon Dr Dilip Kothari sees a patient 



Speech therapy services

Purva Vyas has been running the speech therapy service at J Watumull Global Hospital & Research Centre since January 2019. Vyas holds a graduate degree in audiology and speech language pathology. He offers speech therapy and hearing assessment services, typically supporting patients who visit the Department of ENT.



 *Purva Vyas assesses a patient*

stuttered, and this adversely impacted his education and social interactions. Vyas found that he had a block in speaking and he tended to repeat syllables. He also hesitated to speak. Secondary symptoms caused by his stuttering included tapping his foot while speaking and widening his eye.

Vyas started the boy on the melodic intonation therapy to get him to speak slower and reduce his hesitation to speak.

He taught the boy to open his mouth wide while speaking to produce clear sound. He taught him abdominal breathing to reduce the blocks in his speech.

Five months later, the once weekly sessions had paid off.

The boy spoke more fluently and the stuttering was minimal.

Training and development

Ventilator applications for doctors in ICU, Manpreet Singh, Maquet Medical, July 30

New advances in contraceptives / Neglected topical diseases / Artificial intelligence in public health / General discussions in public health, Dr Saurabh Jain, WHO Consultant, August 7-9

Responding on the double burden of under nutrition and over nutrition in Rajasthan, Dr Tapasvi Puwar, Associate Professor, Indian Institute of Public Health, Gandhinagar, September 5

Donate online

<https://www.giveindia.org>
(look up Global Hospital)

6 One of Vyas' success stories is a school-going boy of 14. He

Student development



On July 12, Datta Rokade, a meditation teacher and mindfulness coach from Pune, delivered a lecture on positive thinking.

Mind power trainer Dr Jagbir Singh delivered a lecture on mind management on August 3.



Students conducted an awareness and education drive in village Bharja on the occasion of Breastfeeding Week, from August 1 to 7. Vice principal Banupriya A and clinical instructor Saurabh Kumar supported this initiative.

Dr Manoj Matnani, a paediatric nephrologist from Pune and a trained values in healthcare facilitator, conducted the module on positivity for students on August 19-20.

Faculty development

Between July 22 and 26, principal Shashi Bala attended a workshop on curriculum designing & evaluation of health workers arranged by National Institute of Health & Family Welfare, Delhi.

Clinical nursing research conference

Saroj Lalji Mehrotra Global Nursing College, Abu Road, hosted the first national conference of the Clinical Nursing Research Society (CNRS) on August 12-13. The theme of the event was clinical nursing

research for the transformation of nursing leadership and structural empowerment: need of the hour.

The event was attended by about 200 nursing faculty and staff nurses from across India.



Some of the prominent attendees were Dr Mridula Saikia Khanikor, vice chancellor, Indira Gandhi Technological and Medical Sciences University, Arunachal Pradesh, Uma Handa, advisor, CNRS, and Dr VM Katoch, former director general, Indian Council of Medical Research.

Extra-curricular activities

Dr Swati Rane, a senior executive from Mumbai, and Pravina Mahadalkar, a professor from the nursing college at the Armed Forces Medical College, Pune graced the Independence Day celebration on August 15.

Umesh Kumar Shial, a graduate student participated in the international marathon organised by the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) on August 19.



On August 21, students attended Green India, Clean India, a tree plantation awareness event led by Brahma Kumar Mrithunjaya, coordinator of the Educational Wing, Rajyoga Education & Research Foundation.

Students attended an event by the PBKIVV on cleanliness and eliminating the use of plastic on September 23. Surendra Kumar Solanki, IAS, the collector and district magistrate, Sirohi, delivered the keynote speech.

Health services for children

Dr Kanak Shrivastava, chief of the Village Outreach Programme, offered consultation and medicine in village Jawai on August 12. She was mostly approached by mothers seeking care for their children.



☞ Dr Kanak Shrivastava sees a child in village Jawai

Treating village patients in the hospital

Lilu Bai, a 70 years old resident of Utteraj, a village so remote that you need to trek four kilometres through a forest to reach it, developed a tumour over her anterior maxillary region. She visited Global Hospital to get it removed. Oral and maxillofacial surgeon Dr Keyur Mevada excised the growth, which was found to be a fibroma.

Before surgery ☞



☞ After surgery

Diabetic screening in adopted villages

Of late, a couple of admitted juvenile and adult patients hailing from the 21 adopted villages of the Village Outreach Programme have been found to be severely diabetic with blood glucose levels ranging around 450-500 mg/dL. Following this, medical officer with the VOP Dr Manisha Maindad has started to screen "suspect" patients for diabetes.

Suspects include persons with polyuria, ulcers or wounds that are slow to heal, excessive thirst, giddiness, and some patients aged above 40 years. She uses a simple glucometer to test for diabetes. Those who test positive are advised to visit J Watumull Global Hospital & Research Centre to get their fasting and post prandial glucose tested.

Dr Maindad is also testing confirmed tuberculosis patients for blood sugar, following a government order to this effect.

Dr Manisha Maindad tests a villager's blood glucose level



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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