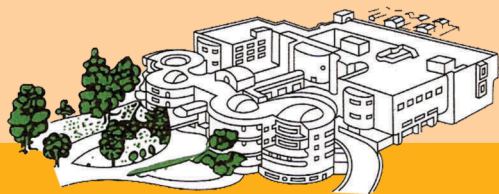


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newsletter

A publication of J Watumull Global Hospital & Research Centre | www.ghrc-abu.com

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A Lesson In Living

October 2018
Volume 131



Medical director & trustee Dr Partap Midha met with Sanjay Kumar Verma, the Indian Ambassador to Japan, and shared information about the hospital

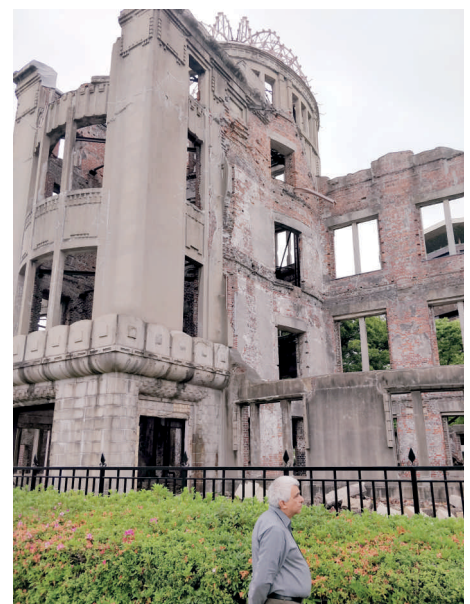
A recent visit to Japan proved to be a lesson in harmonious living. I clearly saw why Japan is called a land of contrasts. It is a place with space for the new and the old. Shrines of traditional, ritualistic Shinto coexist with Buddhist temples. Confucianism, the thinking that sees everyday life as the arena of religion, shares space with Taoism, an ancient spiritual thought process. Christianity's influence was palpable. The beauty was that there was space for all of these belief systems.

In cities such as Tokyo and Kyoto, I saw great affluence but what stood out was that materialism had in no way lessened the orderliness and cleanliness in society. I met very cultured, very polite, very respectful people wherever I went.

At an event of the Japanese Vegetarian Society in celebration of the 150th birth anniversary of

Mahatma Gandhi, I was amazed at the fluent Japanese spoken by a non resident Indian. I thought how much she must have imbibed from the land over the three decades she had spent there. I spent barely a fortnight in Japan but I came away with a renewed understanding of acceptance and a renewed vigour for making diversity at the workplace a key for the success of the noble task I have been entrusted with.

– Dr Partap Midha
Medical Director



Japan is truly the land of contrasts, a land where the new exists by the old. The Japanese have tried to preserve many of their war damaged structures such as this hall in Hiroshima that was heavily-damaged during the Second World War.

Visiting specialists

Dr Jitendra Shah, a dermatologist from Ahmedabad made regular visits in the quarter. He was consulted by 45 patients in July, 73 patients in August and 105 patients in September.

Dr C P Purohit, a cardiologist from Fortis Hospital, Udaipur, saw 56 patients over five visits in the quarter.

Dr Manish Kulshreshtha, a neurologist from Fortis Hospital, Udaipur, was consulted by 54 patients during four visits between July and September.

Two nephrologists with whom Global Hospital has a permanent arrangement, Dr Anand Narayan Malu, from Solapur, Maharashtra, and Dr Manjunath Doshetty, from Gulbarga, Karnataka, ran clinics in August and September. They were consulted by 40 patients.

Staff attendance in conferences, trainings

Who ~ What ~ When ~ Where

Dr V C Bhatnagar, Medical Superintendent, Global Hospital Institute of Ophthalmology & Senior Consultant, Ophthalmology ~ Foundation of Ophthalmic and Optometry Research Education Centre (FOOREC) Convocation 2018 ~ August 12 ~ Jalandhar

Dr Jagadevi Sajjanshetty, Anaesthetist ~ The Anaesthetist Conference (TACON) 2018, by The Anaesthetist Society ~ August 17 to 19 ~ Chennai

Manisha Ligade, Deputy Manager, Human Resources, Jitendra Kumar Tiwari, Senior Assistant, Administration ~ Apprenticeship Connect, a workshop organised by National Skill Development Council, Confederation of Indian Industry, and the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ, German overseas development agency) as part of the Skill Connect Road Show ~ September 21 ~ Jaipur

Lectures delivered

Dr Mayur Trivedi, Associate Professor, Indian Institute of Public Health, Gandhinagar, Gujarat, spoke on *Challenges in managing and delivering health to the marginalised population in Gujarat*, on September 27

Investments in assets

A sonography machine, Wipro GE's Logiq E9 with six probes and a Sony thermal printer

A patient monitor, IntelliVue MP5

A cold store of 2 ton capacity was procured for the kitchen



Kitchen cold store

A Fresenius haemodialysis machine 4008 S with NIBP for J Watumull Global Hospital & Research Centre, Mt Abu. A second similar machine was procured for the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road. One of these units was procured with

the help of Geeta Agarwal, a friend of the hospital. Point of Life Inc, a US based NGO, sponsored the second unit.

A dialysis chair for the dialysis unit.

A harmonic generator 11, a surgical instrument, with 30 probes. Point of Life Inc, a US-based NGO sponsored this asset.

A reverse osmosis plant was bought for the dialysis unit at the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road. The plant, with a capacity of 1000 litre per hour, will process water rejected from the unit.

A B Scan System and an Eibos XL lens were procured for the Global Hospital Institute of Ophthalmology, Abu Road. The family of the late PC Parmar of Pune sponsored these assets.



The B Scan system is used to check a patient

New pharmacy to sell low-cost medicines to poor people

In the absence of a national health cover for all, as well as no state cover for medicines bought for ailments not needing hospitalisation, the out-of-pocket expenses on healthcare can be debilitating for the poor. Therefore, the central government has started the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (Prime Minister's All India Scheme for Medicine for Common People) aiming at making quality medicine available at affordable prices to patients through a dedicated chain of stores.

A store offering low-cost medicine was opened at J Watumull Global Hospital & Research Centre in August.

Nishant Jain, IAS, sub divisional magistrate, Mount Abu, cut the ceremonial ribbon to mark the formal opening of the generic medicine shop.



Pharmacy incharge Brother Balakrishna greets the chief guest on his arrival

Standing together for cleft patients

The Cleft India Parents Association (CIPA) inaugurated its Gujarat and Rajasthan chapter on July 27. The CIPA traces its formation to a group of parents of cleft children who got together to help other parents of cleft children, specially, new parents of cleft children and those with limited awareness of the treatment options available in India. By sharing their experience, they believed they could help other families get over the trauma of having a child born with a cleft lip or palate.

Visiting orthodontist Dr Puneet Batra, who is vice-principal of the Institute of Dental Studies and Technologies, Modi Nagar (UP) elucidated the aims of the CIPA. Dr Karoon Agarwal, head, Department of Plastic Surgery, Safdarjung Hospital, Delhi shared his vision for the organisation. In-house specialists Dr Niranjana Upadhyaya, head, Dental Department, and Dr Nikhil Patel, consultant neuropsychiatrist inspired the audience to make a difference. Deepak Malhotra and Lalit Gaur, two parents of cleft children and the founding members of the Delhi chapter of the CIPA, shared their experiences.

About 40 cleft children and their parents participated in this event. Some in-house staff were called out for their contribution to the cleft programme at Global Hospital, these included Dr Sharad Mehta, senior ENT consultant, Dr T Ayappan, plastic surgeon, Dr Niranjana Upadhyaya, senior dental surgeon, Dr Keyur Mevada, registrar, ENT, and Stephen Berkeley, manager, organisational development. Neelam Kawatra, dental hygienist, co-ordinated the programme.



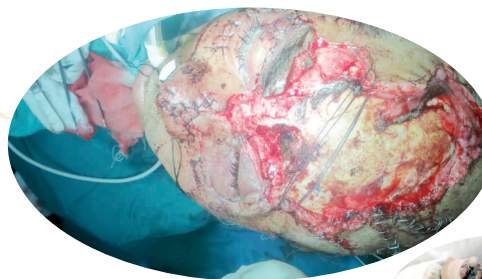
Parents of children with a cleft condition and the hospital staff

Why was a farmer hospitalised for 45 days?

A bear attack left a farmer with a damaged left eye and the larger part of his head torn apart. He was in a critical state, almost lifeless, when he was brought to the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road.

Senior consultant general & laparoscopic surgeon Dr Anil Bhansali worked very hard to reconstruct his severed skin. Dr Nithin Sunku, consultant orthopaedic & joint replacement surgeon, operated on his fractured fingers and wrist. Consultant ophthalmologist Dr Seema Laad tended to his eye. Sadly, he lost the use of his left eye, but he was extremely grateful to have been saved. Dr Satish Gupta also looked after him during his 45 day long stay in the hospital.

The cost of treating this patient was covered by the Rajasthan government under the Bhamashah health insurance scheme.



The injured head



The patient post-operatively



The multi-disciplinary team that cared for the bear maul victim

Training for staff

Basic Life Support (BLS) training was conducted for medical officers, nursing and support staff on July 14 and July 28. Senior medical officer Dr Hari K Reddy and clinical associate Dr Dignesh Patel conducted these sessions.

Blood banking

Team Bhagat Singh, a social group, supported a blood donation camp organised at the Rajasthan Nursing Institute, Gandhinagar, Abu Road, on July 8. 73 units of blood were collected.

Three blood collection drives were held in August. The Lions Club Aravali, Abu Road, supported one on August 15 at Azad Maidan, Abu Road, where 19 units were collected. Nine units of blood were collected at another drive organised by the Rajasthan Parvasi Sangh at Amlari, Krishanganj. At Vivekanand School, Pindwada, a collection drive organised by the Lions Club, Pindwada on August 31 yielded 63 bags.



Blood donation in progress at Madhav University

In September, 223 units of blood were collected during four donation drives supported by the Rajasthan Parvasi Sangh. Additionally, Indian Oil Corporation held a drive at the Indian Oil Corporation Officers' Colony, Abu Road, on September 1, where 24 donors donated blood. Saurya Jagurti Sena, a social group, arranged an event at the Ricco Community Hall, Abu Road, on September 23, where 27 units of blood were collected.

The Rotary Club of Abu Road, inspired by Dr DS Indoriya, the dean of the Ayurvedic Medical College, Madhav University, organised a drive in the university premises on September 24. The occasion was the fourth foundation day of the institution. It attracted 111 donors including students.

Curing cataract

On July 10, Global Hospital & Research Centre entered into an agreement with LV Prasad Eye Institute and Seva Foundation to perform 150 cataract surgeries on needy patients between July and December 2018. For each operation, the trust was to be reimbursed \$30. The beneficiaries included 69 women, 78 men and 3 boys. All of these operations were performed at the Global Hospital Institute of Ophthalmology, Abu Road.

A Beneficiary

One such beneficiary was Reshmi Garasia, a 68 year old widow living near Pesua, a village in district Sirohi. Reshmi's family is of tribal origin. Many of her people are landless, and work for landlords. Reshmi has three sons, all of whom are married with families of their own.

In 2018, when Reshmi's eyes deteriorated, one of her daughters in law was expecting a baby. The family's priority was the next generation. Her sons were too poor to spend on their aged mother's health. After the baby came, the newborn continued to draw all their attention and resources.

Reshmi lived with continually failing eyesight until the Global Hospital Institute of Ophthalmology organised an outreach activity in a village near her home. Hearing that there would be no cost involved in getting her eyes checked or treated, the family took the opportunity to show her to a doctor. She was advised to undergo cataract surgery. She opted to be escorted to the hospital by the eyecare team on December 10 and underwent surgery on the ensuing day.

She was thrilled to see again.

"For a long time I was just hearing the voices of my grandchildren. I still haven't seen the face of my youngest grandchild. I am lucky to have gotten the chance to laugh with them and pamper them once again."



Talking about eyes

To spread awareness of eye donation during the National Eye Donation Fortnight, which runs from August 25 to September 8 every year, the staff of the Global Hospital Institute of Ophthalmology participated in an interactive talk show on a local radio channel, Radio Madhuban 90.4FM. They spoke on eye donation, cataract, eye infections, Vitamin A deficiency in children, and the association of visual impairment with uncontrolled hypertension and diabetes.

Screening for diabetic retinopathy

In 2016, Global Hospital Research Centre (through Global Hospital Institute of Ophthalmology) was chosen as the implementing partner for a project aiming at improving the capability of a government hospital and four community health centres in screening and treating patients for diabetic retinopathy.

Between July and September, the trained staff at the screening and treatment centre thus established in the Bangar Government District Hospital and Medical College in Pali, as well as in screening centres in four Community Health Centres in Sojat, Jaitaran, Sadri and Sumerpur, registered 86 male and 90 female patients and screened 176 male and 115 female patients. Of the 14 patients who were identified to have Nonproliferative Diabetic Retinopathy (NPDR), three were treated.



Screening for diabetic retinopathy

Outreach services

Outreach activities by consultant gastrointestinal, general & laparoscopic surgeon Dr Dilip Kothari were strong in the quarter. He ran two clinics in Jalore on July 7 and 21 where he was consulted by 39 patients. Two clinics in Sirohi on July 12 and 26 brought in 19 patients for consultation.

In August, Dr Kothari visited Jalore on August 4 and 18, where he saw 26 patients. His visit to Sirohi on August 23 was publicised as an ENT, cancer and general surgery consultation programme. Dr Sharad Mehta and Dr Dilip Kothari collectively saw 6 patients.

When outreach inspires patients to walk into the hospital...



Pala Ram Meena, a 65 year old resident of Pali (the district adjoining Sirohi, wherein Global Hospital is situated), presented with a very large neck mass.

He said the tumour had been growing gradually over the last seven years.

Dr Sharad Mehta, senior consultant ENT surgeon (seen above), admitted the patient for excision of the tumour. This was in August 2018.

The tumour was so large that it extended from the collar bone to the spine. It was found to be a liposarcoma.

Pala Ram did well post operatively. He was very much relieved after the mass was removed.

Activity wrap

Nursing students participated in quiz competitions conducted by Godlywood Studio on July 16 and 17 and in competitions held by Madhuban Radio 90.4 FM on July 20.

The students created awareness on breast feeding during World Breast Feeding Week, which runs from August 1 to 7, at the Community Health Centre Abu Road and Abhinav Hospital Abu Road.

Independence Day was celebrated with great enthusiasm. BK Mruthyunjaya unfurled the tricolor and everybody sang the national anthem. He urged students to take a pledge to serve the motherland.

A sports meet was held from September 19 to 21. Students competed in indoor and outdoor games—chess, carom, badminton, cricket, volley ball, discus, javelin, 100 metre and 200 metre races. The winners were awarded on the concluding day.

Twenty students visited the mental hospital, cancer hospital, civil hospital and BAP's hospital in Ahmedabad.



Sports day in full swing

Nursing education

Students visited the Civil Hospital, Ahmedabad



Laudable appointments

Graduate nurse Sanjay Bhatti got selected in AIIMS, Delhi, Rahul was taken up by AIIMS, Rishikesh. They had appeared for a competitive exam for selection.

Student welfare

Counselling psychologist & clinical hypnotherapist Azeem Dana has been employed at the Saroj Lalji Mehrotra Global Nursing College and Global Hospital School of Nursing. He has created a programme to impart life skills to students. He is also preparing a book on life skills.

Promoting research

Saroj Lalji Mehrotra Global Nursing College is taking the lead to establish a Clinical Nursing Research Society to promote evidence-based nursing research by faculty and senior students of nursing colleges across India. In due course, the society will publish a journal.

We came out winners!

The Indian Institute of Public Health, Gujarat, India's first university to focus solely on public health, deputed faculty member Dr Mayur Trivedi and post-graduate students Dr Tapasvi Puwar, Dr Khushi Kansara, Dr Nagma Nigar Shah and Dr Manas Sharma to assess the school health/nutrition component of the Village Outreach Programme. This initiative involves serving students a milk-based meal daily (even on Sundays) and fruit once a week.

Australia Friends for Global Hospital sponsored this case-control study.

The study showed that beneficiaries of the nutritional initiative students were healthier than non-beneficiaries. For instance, one in seven beneficiary students was found to suffer from severe wasting as against one in five non beneficiary students. One in six beneficiary students was found to be severely underweight as against one in three non beneficiary students.

Alongside this quantitative analysis, the teachers at the schools where the beneficiary and non beneficiary students were studying were asked about the performance of their pupils. They felt that the children who were receiving milk were slightly more active than those who were not.



It is gratifying to have the nutritional initiative validated by a third party

Quarterly Update July - September 2018

796

PATIENTS
CONSULTED
IN FIELD

844

VOP WALK
IN PATIENTS

81

ADMITTED
PATIENTS

Are you a medical professional?

Would you like to volunteer at J Watumull Global Hospital & Research Centre?

Global Hospital accepts volunteering requests from doctors (graduate / post graduate) for the hospital based services as well as for its community outreach programmes.

Requests from nurses, laboratory technicians and pharmacists are also entertained subject to the need.

Email ghrchrd@gmail.com for more details

You will need to submit your educational documents for your request to be processed.

Global Hospital provides volunteers lodging / boarding.

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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