

# **PULSE**

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**NURSING SPECIAL**



**GODREJ  
MEMORIAL  
HOSPITAL**

COMPASSIONATE CARE FOR ALL  
( NABH & NABL Accredited)

# From the Editor's Desk

## NURSING -TLC & BACKBONE OF HEALTHCARE



From the time of Florence Nightingale to the present times, the profession of nursing has come a long way.

Unfortunately, especially in some places, it is still taken for granted & very much lost in the background.

With so much progress in technology & medicine independently & integratedly, nursing is no longer an ancillary service but has become a profession in its own right.

It deserves its rightful place in the healthcare delivery system. I would venture to say that it is the 'backbone' of healthcare.

But the best part is, that inspite of advances in technology & medicine the nurses have their heart still in the right place. They provide the cushion of - Tender, Loving, Care (TLC) & communication amidst the harsh reality of illness, economics & time pressures.

It is time that we acknowledge, encourage & inspire the noble souls of nurses & do all we can to make their efforts & sacrifices worthwhile.

**Dr Kanishka Kapasi**  
MD,DGO

# Dosabai Godrej-Naoroji Award for Compassionate Care

Dosabai was born in 1913 and was the only daughter of Pirojsha Burjorji Godrej from an early age, She displayed a great deal of compassion for the aged and the affected, Her warm and caring presence helped pave the way to recovery for many. During World War II, she qualified as a nurse with the Red Cross and joined the Voluntary Ambulance Services. She helped to mobilize groups of women in Bombay to help with the war effort. She even drove the ambulances herself. She also did a lot of good work with the naval hospital, INHS Ashwini.

In her birth centenary year, the Pirojsha Godrej Foundation (PGF) would like to honour her spirit of service by recognizing and rewording excellence in the field of nursing. It is with this in mind that the Dosabai Godrej Naoroji Award for Compassionate Care has been instituted.



The award is open for all registered nurses working as employees of the Godrej Memorial Hospital (GMH) and nominations for the same are invited in 4 categories as follows.

## **I. Clinical Nursing, Inpatient (Ward) :**

For the delivery for professional, compassionate care through the demonstration of superior clinical nursing knowledge and skills in order to improve patient care outcomes in an Inpatient clinical setting. There will be

two recipients for the award in this category. (one winner and one runner-up).

## **II. Clinical Nursing, Inpatient (Critical Care) :**

For the delivery for professional, compassionate care through the demonstration of superior clinical nursing knowledge and skills in order to improve patient care outcomes in a critical clinical setting. (intensive care unit / operation theater / speciality clinic ). There will be two recipients for the award in this category. (one winner and one runner-up).

## **III. Staff / Patient Management (Administration) :**

For significant contribution to the management, supervision or direction of the environment of compassionate care and the performance of staff, that demonstrates an ability to lead, influence and improve outcomes of care in any inpatient or outpatient setting. There will be one recipient for the award in this category.

## **IV. Education and Mentoring :**

For significant contribution to nursing's body of knowledge through formal nursing education, skills, training or continuing education in order to influence the career development of nurses at GMH. There will be one recipient, for the award in this category.

**\*Referral  
Coverage in the  
Afternoon - 26 October 2013\***

# NURSING IN GMH

Nursing is a profession within the health care sector focused on the care of individuals, families and communities so they may attain, maintain or recover optimal health and quality of life. Nurses are one of the largest group of health care professionals and are morally responsible for taking care of their patients.

## **At Godrej Memorial Hospital :**

As our hospital is NABH accredited hospital, nursing department follows NABH norms and standards . We monitor Continuous Quality Indicators and after analysing, necessary improvements are brought about. Any untoward event is analysed and corrective & preventive actions are implemented.

## **Selection of Nurses:**

The nurses are selected only if they have completed diploma or degree in nursing and passed out from recognised institutes, also after 3 level of selection procedure. Departmental placement is based on their relevant experience and interest so that they perform better.

## **Induction:**

All new recruits are provided a week of induction training on different topics like HR policies and procedures, fire safety, quality and routine nursing process. Then they are posted in departments and kept under supervision of senior nurses after which they are assigned patients. The nurse patient ratio in our organisation is 1:2 in ICU and 1:6 in wards.

## **On going training:**

The nurses are provided continuous nursing education on daily basis. We have a dedicated sister tutor who looks after the training and on field supervision of nursing procedures.

In addition to day to day basis, in-house training by consultant doctors and external trainer, the nurses are also sent for external workshops/ seminars/ conferences/ to update their knowledge in current trends and issues in nursing.

## **Performance evaluation:**

The performance of nurses is continuously monitored by seniors. Competency assessment is done by incharges and evaluated yearly by the HOD. Based on this, the strengths and weaknesses of staff is identified and reinforcement training is provided for improvement. For incharges KRA (Key result areas) is evaluated bi monthly by HOD and incentives are planned.

## **Conclusion:**

For our nurses each day is challenging, they are always on their feet because nursing is a career for a lifetime. Nurses greatly contribute to the success and stability of health care institutions and to the mental and physical wellbeing of their patients. They give not only their book knowledge, but a piece of their heart to each and every patient they care for.

**Mrs Agnes Dsouza**  
**Chief of Nursing**  
**Godrej Memorial Hospital**



# 12th May An Important Day For Nurses

Every year we celebrate "International Nurses Day" on 12th of May. It is celebrated with a lot of enthusiasm, gratitude & respect. If we go back to the history of nursing we will come to know why it is celebrated so?

We know that the founder of our organization of nursing was "Florence Nightingale" "The Lady With The Lamp". Florence Nightingale was born on 12th of May 1820 in Florence, Italy. Florence belonged to a family which was well educated & broad minded. She was a generous & merciful person. Nursing appealed to her as the field in which she could do this best, on account of the terrible conditions that existed in the hospitals. Her parents refused to allow her to take this training. She was interested to start hospital in England. She visited many parts of the world. After visiting she found that there was an obvious need for systematic training for nurses.



In 1852, she resolved to take up nursing and her parents rather unwillingly gave her consent to go abroad & study. She had permission to visit hospitals, infirmaries & religious houses. She would watch some of the outstanding surgeons at work. Thus, the training programmes for nurses came into existence. Her first position was Superintendent Of An "Establishment For Gentlewomen During Illness". She brought about changes which showed her exceptional ability as an organiser & administrator. That's why today all nurses in the world celebrate this day with solemnity & gratitude. They also conduct various activities, competitions, entertainment & by giving rewards for the good performances in their nursing fields.

Today I feel proud that the renowned Godrej Memorial Hospital is also a part of this celebration and the nurses of this hospital celebrate this day with remembrance and tribute to Florence Nightingale..

## **Nathaliya D'souza**

**Staff Nurse (OT)**

**Godrej Memorial Hospital**

## **Experience at Godrej Memorial Hospital - As a Nurse - In- Charge (ICU)**

As a nurse, I am particularly well placed at GMH for the quantitative and qualitative expansion and provide compassionate health care to all who is in need. And it is this aspect of my job that I take pride in.



I Mrs. Sangeeta Sawant, work as a Nurse - In- Charge (ICU) at the prestigious institute. My six years spent working at GMH have been instrumental in shaping my identity as a nurse.

I was selected and given opportunity to join GMH by the management as an ICU In-charge. Initially I faced lots of challenges as this was my first experience as an ICU In-charge. But due to various opportunity and continuous support provided by the management, I learnt to tackle all these challenges and today I am much confident as an In-charge.

Working at Godrej Memorial Hospital has been a life, that has made me not only a better nurse, but more importantly, a better person. The emphasis on the impeccable work ethics, that is so deeply ingrained, on delivering quality and on serving communities is something to be proud of.

I have been empowered with a multitude of skills during my tenure. My work has given me a fresh, and more mature perspective towards life. I have professionally and personally grown at GMH, and I owe my gratitude to the prestigious hospital that Godrej Memorial is.

**Sangeeta Sawant**  
**ICU In-charge**  
**Godrej Memorial Hospital**

## THE HEART OF A NURSE

Nurses are compassionate and caring,  
With love in their hearts for all.  
Forever extending a heart of mercy,  
Always there when there is a call.  
Endless hours they stand on their feet,  
Wondering, " Did i do my best,  
To help these patients get through this illness,  
Ease their pain so they can rest ?".  
In their hearts you hear God's whisper,  
Through a nurse he sends his love.  
Ever sensitive, kind and caring,  
Souls as pure as a snow white dove.  
Angel, yes, she tends to be,  
For her presence comforts me.  
Concern for the sick shows on her face,  
Her gentle touch, my tears erase.



**Mrs Agnes Dsouza**  
Chief of Nursing

## TESTIMONIALS

To,  
General manager

An alert, dedicated and compassionate nursing sta, pleasant behavior of all others, cleanliness of the hospital and everything under your leadership. Madam, indeed is really incredible and complimentary.

*With much  
appreciation*

**K. C. Varghese**  
(GMH No. 104772)

## EVENTS

### Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED	REGISTRATIONS
2nd March to 6th April 2014	Free Cataract Detection camp only on Sunday	Godrej Memorial Hospital	Free Consultation of Ophthalmologist & Concession on Cataract Surgeries	Operated 15 patients
3rd March to 15th March 2014	Womens day Special Health check up camp On Occasion of International Womens Day	Godrej Memorial Hospital	44 Vital Diagnostic Tests & 2 Medical Consultations @ Rs 1350/-	299
4th March 2014	Free Cardiac Diagnostic Camp	New Nav Yug Mitra Mandal, Vikhroli	Free Blood Pressure, Blood Sugar, Medical Consultation & also free ECG & Medicines on Doctors advice	75
23rd March 2014	Free Cardiac Diagnostic Camp	Pant Nagar Mahila Mandal, Ghatkoper	Free Blood Pressure, Blood Sugar, Medical Consultation & also free ECG & Medicines on Doctors advice	126
7th April to 23rd April 2014	Healthy Body Plus camp On Occasion of International Health Day	Godrej Memorial Hospital	44 Vital Diagnostic Tests & 3 Medical Consultations @ Rs 1600/-	296

### CME

DATE	TOPIC	VENUE	SPEAKER	REGISTRATIONS
29th March 2014	Common Orthopedic Problems in Pediatric Practice	CME Hall 1st floor, Godrej Memorial Hospital	Dr Sandeep Vaidya & Dr Mandar Agashe	85
26th April 2014	Updates in Tuberculosis & Private Provider Interface Agency (PPIA)	CME Hall 1st floor, Godrej Memorial Hospital	Dr Tejal Shah & PPIA Team	76

### Health Talks

DATE	TOPIC	VENUE	SPEAKER	REGISTRATIONS
8th March 2014	Women's Health, Ayurveda & Home Remedies	Pragati Kendra	Dr Shanti Tiwari	450
7th April 2014	Spinal Problems Related to Posture & its solutions	Plant 13 Godrej & Boyce	Dr Sunita Dave	25
7th April 2014	Tips on Healthy Diet	Plant 13 Godrej & Boyce	Ms Sneha Trivedi	20

## EVENTS

### Various Camps

DATE	EVENT	VENUE
1st May 2014	Maharashtra Day/ Labour day Free Screening Camp for Godrej & Boyce Shramik Sangh	Godrej Memorial Hospital
6th May to 16th May 2014	Concessional Cardiac Diagnostic Camp on Occasion of First Cath Lab Anniversary	Godrej Memorial Hospital
11th May 2014	Free Cardiac Diagnostic Camp	Mahatma Phule Nagar, Powai
22nd June 2014	Free Cardiac Diagnostic Camp	Bhim Tola Mitra Mandal, Vikhroli

### Celebration

DATE	EVENT	VENUE
12th May 2014	Nurses Day	Plant 13 Godrej & Boyce

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