



NABL & NABH accredited

From Editor's Desk...

Erratic monsoons, motormen's flash strikes, inflation, corruption,.... the list is endless. With ever increasing and unceasing stress, compounded by lifestyle changes, the incidence and epidemiology of Diabetes Mellitus and Coronary Artery Disease has changed dramatically. More and more people are diagnosed and suffering from these diseases and it is the younger age group which has been affected the most.

Simultaneous progress in both-diagnostics and therapeutics, has restored some hope in longevity, productivity and quality of life. But, there is a price to pay-in terms of difficulty of access, costs (direct and indirect), additional stress for patient and family members.

Keeping in mind the growth of the institution and the need of the community, **Godrej Memorial Hospital (GMH)** is all set to start **Comprehensive Cardiac Care viz. CATH-LAB, CVTS, Counseling and Cardiac Rehab.**

There being no Cardiac Center between Kurla and Bhandup/ Mulund along the Eastern Suburban Corridor - **GMH is ideally located** - with easy access from E.E.H. with minimal probability of traffic jams, etc. to make it in time during the Golden Hour.

For those who have not yet known or realised, GMH is a **NOT FOR PROFIT** Institution, which means, the patient benefits with affordable costs.

- Thus you have a facility :
- Nearer home
 - With Easy and quick access
 - At Reasonable and affordable costs.

Always for you - Dil Se.

Dr. Kanishka Kapasi
M.D, DGO

Godrej Memorial Hospital

(Unit of Godrej Memorial Trust)

PULSE

Volume No. 01, Issue No. 03, September 2012, Page : 1



MESSAGE FROM TRUSTEE

Good health is the greatest possession a human being can have. With this objective, Godrej Memorial Hospital (GMH) has been set up as a tertiary health care facility to provide comprehensive health care at affordable cost to the community at large. GMH is equipped with state of the art surgical & diagnostic facilities with special attention to hospital infrastructure, ambience and design of the wards meant for aiding the patients mental and physical well being. GMH aims to provide advanced health care services and treatment by a team of dedicated and committed workforce with compassion at the core of its existence. It has a competent medical and nursing team to carry forward the legacy of the Godrej philosophy of service to humanity. It is my earnest belief that GMH as an institution shall always endeavor to stay committed to deliver quality healthcare thereby transforming lives for the better.

Mr. Percy E Fouzdar

"SMILE" THE BEST GIFT OF LIFE... "BEST SMILE" A Gift of GMH Doctors

The Smile Train team at Godrej Memorial Hospital has been bringing smiles to hundreds of children with cleft lip and cleft palate with great results. This time, however, the smile of Nitesh Jaiswal has made a difference. Nitesh Jaiswal was operated at GMH for cleft lip surgery and the result is selected as **"BEST SMILE"** by the medical team of smile train, headed by renowned plastic surgeon, Ian Jackson. Smile train is spread over 77 countries in the world and it has 170 centers in India. This case was selected as **best smile** amongst all the centers worldwide. While selecting the result of BEST SMILE, aesthetics, function and stability of the surgery is considered. Patient got this result only with one sitting, performed by Dr. Bharati Khandekar, Plastic Surgeon at Godrej Memorial Hospital. Congratulations to Dr. Bharati Khandekar and her team. Keep up the good work with the same passion.

Godrej Memorial Hospital

"A mistake that makes you humble and wiser is much better than an achievement that makes you arrogant."

BENEFITS OF GREEN TEA

Drinking Green tea punctuates our day with precious and refreshing pauses, whether it is after a satisfying meal or when taking a much needed break in our busy schedule.

There has been a lot of hype about the benefits of Green Tea. You see advertisements on the internet, in magazines, and even on television. Now green tea is also being praised for its weight loss properties but how much of it can you believe?

Green tea was found to reduce the risk of esophageal cancer by 60% as reported in a Journal of National Cancer Institute. In several studies it has been shown that green tea helps prevent or improve cardiovascular disease, infections, cancers and arthritis, including rheumatoid arthritis. It also appears to prevent tooth decay by destroying the bacteria that causes plaque on your teeth.

This does not mean that if you have these conditions, you should stop taking your medications and replace them with green tea. If you would like to try to improve your condition with green tea therapy you should always consult your dietitian first.

So how does green tea do all these wonderful things? It has been discovered that there are natural chemicals and antioxidants (epigallocatechin gallate) in the tea that slows or prevents the growth of cancer cells. It has also been proven to lower LDL (bad) cholesterol and increase levels of HDL (good) cholesterol.

Green Tea boosts your metabolism in a healthy natural way.

Brew green tea correctly for the better taste and health benefits. Use one teabag or 1-2 teaspoons(2-4 gms) of tea per cup. Bring cold water to boil and let it stand for 1-3 mins, then pour it over teabag or tea leaves. Let it steep for 3 mins and strain the tea. Allow it to cool for 3 mins and enjoy the light, wonderful taste of green tea while your body is rejuvenated with all its health benefits.

Compiled by
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"CHILD GUIDANCE CLINIC AT GODREJ MEMORIAL HOSPITAL"

Child development clinic is established by Godrej Memorial Hospital with an intention of bringing up an autonomous centre of excellence in Early Child Care & Education.

Vision : Create a generation of prospective and responsive parenthood through healthy children and adolescents

Mission : To reduce childhood disability through novel scientific initiatives

Motto : Reduction of Childhood Disability

GMH has developed a specialist multidisciplinary team of high quality professionals to look after children and adolescents with problems in **learning, development, behaviour** and **school failure**. Children and adolescents are often unable to meet their learning and social developmental potential because of a variety of underlying medical conditions.

Examples of few such conditions are :-

1. Developmental Disorders like Autism, ADHD, Dyspraxia
2. Neurological problems like cerebral palsy, severe/poorly controlled complex epilepsy
3. Genetic conditions : chromosomal and metabolic diseases
4. Hearing and speech impairments
5. Learning disabilities : including school failure, dyslexia, and mental retardation
6. Emotional and Behavioural problems in children and adolescents

Our team of experts is co-ordinated by Consultant Paediatrician and ably supported by Consultant Developmental Paediatrician. Our team members of Paediatric Physiotherapy, Speech and Language Therapy, Occupational Therapy, Clinical Psychology as well as Educational Specialists and Counsellors include professionals of finest quality and extensive experience in national and international arena.

We have the expertise to provide a range of services, some of which are:

1. Comprehensive developmental assessment
2. Screening for and diagnosis of behavioural problems
3. Screening and diagnosis of Autism and Asperger's syndrome
4. Therapeutic management of ADHD
5. Downs syndrome: follow up and support clinic
6. Cerebral palsy including follow up clinic
7. School Liaison to facilitate and promote comprehensive development of children in school
8. Provide training to parents and teachers for effective behaviour management

Why do we need such a centre?

Cerebral palsy is one of the most visible kinds of disability.

Hidden disabilities include Autism, ADHA (Attention Deficit Hyperactivity Disorder), Learning Delays (General and specific e.g., Dyslexia) and various rare and uncommon conditions of childhood.

In reality, they are not that uncommon. For example, nearly 1 in 150 children nowadays show Autistic features. There are highly standardized sets of assessment and intervention available for them. High quality input produces remarkable improvements in most of these conditions including Cerebral Palsy.

Why 'early intervention'?

In our society, the **awareness** level is rather poor. Hence, people do not know when to consult even when faced with a red flag sign/symptom. He may be unaware of the availability of early Intervention and the requisite resources nearby.

Our mantra being Early Intervention, we leave no stones unturned keeping the "child first and always" to ensure that the child will enjoy the benefit of its interventions. A select list of red flag sign/symptom is as follows

- Very naughty, High level of activity, In a world of his own,
- Ignores what is said to him from time to time. Repeatedly flaps hands when excited or afraid
- Puts hands in ears from loud noises or for any other reason
- Bangs his head, Destructive in nature, Throws large temper tantrums
- Talks a lot, but talks gibberish, Avoids eye contact, Largely repeats what is being said to him
- Does not point at things by index finger, Excessive avidity to computers socially reclusive,
- Plays on his own alongside other children
- Tends to touch or sniff everything, Excessive interest in objects spinning
- Plays with parts of the toy, rather than the whole toy
- Inventing new words (neologism) out of context or in odd way
- Educational difficulties, Declining grades, School phobia
- Unusually gifted in a skill but not across the board, e.g. knows multiplication at the age of three, can draw minute details from memory, but may have some developmental difficulty

Parents, family members, carers, teachers, schools or any other interested person or organization, interested in welfare of children may contact us for any concern that they may have or if they are eager to promote health and well being.

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Lecture taken for
Udayachal School Teachers

Myths & Facts about Eye Care

Myth : "Lasik / Laser Vision correction is not safe"

Fact : Lasik is about freedom from glasses and contact lenses. It is the most frequently performed surgery today. More than 20 million people have undergone lasik surgery, through out the world. More than 98% of patients undergoing lasik will never require any form of glass correction following lasik surgery. It is a safe procedure to reduce dependence on glasses or contact lenses.

Myth : "Diabetes doesn't affect eye"

Fact : Diabetes is the second most common cause of treatable / preventable blindness after cataract. Diabetes affects the retina (back portion of the eye) causing damage to the retina and its blood vessels. It causes weakness in small blood vessels that starts leaking blood. If the early stage goes unnoticed and untreated, it can lead to permanent blindness. Hence proper control of diabetes and regular eye checkup is mandatory to prevent permanent loss of vision in a diabetic patient.

Myth : "Complete bed rest is needed following cataract surgery"

Fact : In older days cataract was removed through a big incision which needed at least 5-6 stitches and healing occurred over next 5-6 weeks and so bed rest was advised for at least 1 month to aid healing. Today due to advanced technology and skills, cataract is removed by Phacoemulsification technique through a micro incision and replaced by foldable intraocular lens without need for any stitches. The patient can resume his/her normal activities within few days depending on the condition of healing and on the advice of their concerned ophthalmologist. Today, cataract surgery can be performed during any time of the year and no season is a bad time for cataract surgery.

Myth : "Cataract should be removed only after it is fully ripe"

Fact : In olden days, cataracts were removed only after they were fully ripe because of the technique of surgery and stitches that were needed to be taken. Patients used to be practically blind due to fully ripe cataract, before they underwent surgery. Now, with the advancement of techniques, skills and technology, it is advisable to get cataract operated the moment it starts to interfere with one's daily routine activities.

Dr. Kalpesh Shah

MS, DOMS, FCPS (Gold),
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Consultant Ophthalmologist
Godrej Memorial Hospital

NATIONAL ACCREDITATION BOARD FOR HOSPITALS AND HEALTHCARE PROVIDERS (NABH)

NABH is an accreditation body which accredits healthcare organizations based on the standards it has made from time to time, with the experiences of its stake holders. Accreditation is basically a frame work which help healthcare organizations to establish objective systems aimed at patient safety and quality of care.

Some of the key issues are :-

1. Patient safety, treatment standards and quality of care.
2. Employee competence, ongoing training, awareness of patient requirements and monitoring of employee satisfaction.
3. Regulatory - identifying. Complying with and monitoring the effective implementation of legal, statutory and regulatory requirements.
4. Organizational policies - defining and promoting awareness and ensuring implementation of the policies and protocols laid down by the organization.

NABH is a constituent board of Quality Council of India, set up to establish and operate accreditation programme for healthcare organizations.

QCI was set up in 1997 as an autonomous body by the Government of India with the Indian Industry to establish and operate the National accreditation Structure for conformity assessment bodies.

To realize the objective of improving quality competitiveness of Indian products and services, QCI provides strategic direction to the quality movement in the country by establishing recognition of India conformity assessment system at the international level.

The mission of QCI is to help India achieve and sustain total quality and reliability, in all areas of life, work, environment, products and services, at individual, organizational, community and societal levels.

The QCI is responsible for formulating the strategy, general policy, constitution and monitoring of various components of QCI including the accreditation boards with objective to ensure transparent and credible accreditation system.

National Accreditation Board for hospitals and healthcare organizations, the constituent body of QCI was established in 2005, to establish and operate accreditation programme for healthcare organizations. The board is structured to cater to much desired needs of the consumers and to set benchmarks for progress of health industry. The board while being supported by all stakeholders including industry, consumers & government, have full functional autonomy in its operation.

Internationally, the NABH is an institutional member of the International Society for Quality in Healthcare (ISQua), which grants approval to Accreditation Bodies in the area of healthcare as mark of equivalence of accreditation program of member countries.

ISQua has accredited the NABH standards in the year 2007. The approval of ISQua authenticates that NABH standards are in consonance with the global benchmarks set by ISQua. Hence the hospitals accredited by NABH will have international recognition.

NABH is the founder member of Asian Society for Quality in Healthcare registered in Malaysia. NABH is a member of International steering Committee of WHO collaborating centre for patient safety as a nominee of ISQua Accreditation Council.

The technical committee of NABH formulated the NABH standards. The standards are equally applicable to hospitals in the Government as well as in the private sectors.

ACCREDITATION is "a public recognition of the achievement of accreditation standards by a healthcare organization, demonstrated through an independent external peer assessment of that organization's level of performance in relation to the standards."

It is a formal process by which a recognized body, usually a non-governmental organization (NGO), assesses and recognizes that a healthcare organization meets applicable pre-determined and published standards. It is not a licencing act but a certification mechanism for recognition of institutional competence.

(Benefits of NABH Accreditation for hospitals, patients and other stake holders - to be continued in the next issue).

Compiled by - Daisy N Raj
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Did you know...

Although it's only 2% of our body weight, the brain uses 20% of all oxygen we breathe, 20% of the calories we take in, and 15% of the body's blood supply.

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*Dr. Yusuf Esaf on behalf of
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Suggestions & feedback

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RAJIV GANDHI JEEVANDAYEE AROGYA YOJNA

Godrej Memorial Hospital has successfully implemented the Rajiv Gandhi Jeevandayee Arogya Yojna. The scheme is launched by the State Government of Maharashtra in order to improve medical access facilities for both Below Poverty Line (BPL-Yellow card holders) and Above Poverty Line (APL-Orange card holders) families.

The scheme intends to extend quality medical care for identified speciality services, requiring hospitalization for surgeries and therapies or consultation, through identified network healthcare providers. Godrej Memorial Hospital is one of the identified network hospitals for RGJAY and has reserved 05 beds for this scheme.

The scheme provides financial protection to families living below poverty line and above poverty line upto Rs. 1.5 lakhs in a year for the treatment of serious ailments requiring hospitalization and surgeries. The scheme will cover 30 specialized service categories inclusive of 972 procedures and 121 follow up procedures.

The insurance policy / coverage under RGJAY for the eligible beneficiary families will be in 8 Districts : Gadchiroli, Amravati, Nanded, Solapur, Dhule , Raigad, Mumbai and Suburbs.



RGJAY Kiosk at GMH

Doctors Day Celebration at GMH

Doctors Day is celebrated on 1st July every year across India to honour legendary physician and the ex-CM of West Bengal Dr. Bidhan Chandra Roy. There is no other unacquainted person in the world that we are more grateful to than doctors. Godrej Memorial Hospital celebrated Doctors day to honour the noble profession. Consultants at GMH were in high spirits of enjoying the programme. Lots of games and quiz were arranged, so that the doctors could unveil their hidden talents. A great Stress buster for the doctors out of their hectic schedule.

BLOOD DONATION DRIVE 2012

4th Blood Donation Drive was held at Godrej Memorial Hospital on 08/08/2012 & 09/08/2012. It is held on the death anniversary of Mr. N. P Godrej & Dr. B. P Godrej (Founder members of the Godrej Company). The blood donation drive was inaugurated by Mr. P. D. Lam, President, Godrej & Boyce Co. The blood donation camp was held in association with Rajawadi hospital & KEM hospital blood banks. There was a record collection of 324 units of blood at Godrej Memorial Hospital this year.

Activity for September 2012		
Date	Name of Activity	Name of Doctor
02 nd Sep 2012	"Eye Check-Up Camp"	Dr. Archana Chowdhary Ophthalmologist
09 th Sep 2012	"General Surgical Camp"	Dr. Jiten Chowdhary General Surgeon Dr. Sundeepa Rai Sawant General Surgeon Dr. Monali Patole Clinical Associate
16 th Sep 2012	"Ayurveda Medicine Camp"	Dr. Shanti Tiwari MD, PHD(Ayurvedic Medicine)
23 rd Sep 2012	"Ear, Nose, Throat Check-Up Camp"	Dr. Parvati T. ENT Surgeon
30 th Sep 2012	"Dental Check-Up Camp for Children"	Dr. Tushar Yadav Pediatric Dentist

Activity for October 2012		
Date	Name of Activity	Name of Doctor
07 th Oct 2012	"Menstrual Disorder (Bleeding) Camp"	Dr. Dimple Chudgar Gynaecologist
14 th Oct 2012	"Dietary Camp"	Ms. Sneha Trivedi Dietician
21 st Oct 2012	"Diabetes & Thyroid Check - up Camp"	Dr. Ameya Joshi Endocrinologist
28 th Oct 2012	"Urology camp"	Dr. Pradeep Vyavahare Urologist Dr. Anjali Bhosle Urologist

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