



NABL & NABH accredited

From Editor's Desk...

Dear Friends,

Greetings on this Inaugural Issue of Godrej Memorial Hospital (GMH) Newsletter - Pulse. Since inception, in September 2004, we have attended to over 87,000 O.P.D. patients, 30,000 indoor admissions and 50,000 emergency patients.

This multispeciality hospital provides super specialty services including high risk obstetric facility supported with neonatal I.C.U. The hospital will soon have the State of Art interventional cardiology, C.V.T.S. and cardiac rehabilitation center added to its arena of super speciality services.

The hospital has a fully equipped Cardiac/Emergency Ambulance provided to the community and a Patient Transport Ambulance available round-the-clock at very nominal cost.

The Hyperbaric Oxygen Therapy Centre has helped salvage many lives and limbs. The hospital is NABL & NABH accredited by (National Accreditation Board) and is dedicated to provide **QUALITY** medical care for **ALL** at **AFFORDABLE** (& reasonable) rates in a **RATIONAL** and **ETHICAL** manner.

GMH will always endeavour to continually improve and upgrade its services and contribute to the community towards healthcare.

Your feedback and contributions are solicited and so that we can be better and benefit from it.

For Private Circulation only

Godrej Memorial Hospital

Value healthcare for all

PULSE

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TRUSTEES' MESSAGE

Congratulations on introducing the Godrej Hospital NewsLetter which I hope , in time, will be a valuable channel of two way communication. While it cannot address each individual patient's need, it can answer the FAQ by the patients collective..

Doctors are generally of few words -.. They are under constant pressure by the responsibilities their profession entails. Patients, how so intelligent, on the other hand, are on an unequal footing, unable to pierce the esoteric veil that surrounds medicine. Hope this NewsLetter addresses our general health concerns and brings the understanding of each closer to the other

The advance in medicine, in the last fifty years dwarfs all what mankind has cumulatively experienced in the preceding 5000 years. This level of complexity has shifted the burden of treatment from the generalist, that is what the neighbourhood family physician was, who knew the patient often from birth, to a Specialist who knows the disease. This gets more complex and calls for therapeutic coordination where the case requires multi specialty care..

Finally, if the NewsLetter is read widely – with interest and profit - it will have served its purpose. Our best wishes for the success of your initiative.

FROM CEO'S DESK...

It gives me immense pleasure to present this inaugural issue of GMH news letter. Godrej Memorial Hospital is now into the 8th year of service to the community & over the years has built a reputation for patient centric, ethical & rational medical practice. The motto of GMH says it all; **"Value Healthcare For all"**.

Right from the beginning, top-end medical services, including diagnostics have been provided at very economical rate compared to similar hospitals in Mumbai. There have been success stories in terms of complicated surgeries performed & lives retrieved from the jaws of death.

The salient feature has always been medical care of patients first, rather than worrying about patient deposits during admission. This year the hospital will be taking a new leap, with the establishment of **Cardiac Care Center**, which will have the latest cath-lab, cardiac surgeries & latest equipment for diagnosing cardiac ailments. The HBOT (Hyperbaric Oxygen Treatment) has always been the USP of the hospital, as can be seen in the article printed in the news letter.

Finally, I would like to thank the editorial board for their constant support & encouragement that has made this news letter possible. I wish the entire team all the best.

A Smile gives red color to our cheeks, white to our teeth, pink to our lips and silver to our eyes. So keep smiling & enjoy the colours of life....

What is Hyperbaric Oxygen Treatment used for?

- Crush injuries & Traumatic ischemias
- Diabetic Wounds & Ulcers (Diabetic foot)
- HBO enhances healing & reduces considerably amputation rates.
- In problem wounds, due poor circulation, etc.
- Refractory Mycosis (fungal infections)
- Gas Gangrene & other forms of gangrene
- Air/ Gas embolism.
- Decompression sickness (after diving or compressed air works)
- Bone infection (Refractory Osteomyelitis)
- Soft tissue infections
- Select cases of thermal burns.
- Bone damage (OsteoRadionecrosis) and tissue damage following Radiation Therapy for Cancer.
- Carbon Monoxide poisoning & Smoke inhalation.
- Toxic Gas exposure : H₂S (Oil rig) and Methane poisoning (closed drains)

Hyperbaric Oxygen Treatment, a Boon!

What is Hyperbaric Oxygen Treatment?

Hyperbaric Oxygen Therapy is a non invasive medical treatment which involves breathing 100% oxygen at increased pressure in a Hyperbaric Chamber. Breathing 100% oxygen under pressure allows oxygen to dissolve into the blood plasma, resulting in increased amounts of oxygen delivery to tissues.

Is it scary to go inside the chamber?

No, the chamber is like a room, were the patient does not feel claustrophobic unlike monoplace chamber.

How many patients can go inside the chamber?

Six patients can be accommodated at one point of time in the HBOT chamber at our hospital

How does the patient take HBOT?

The patient will be taken inside the chamber along with one attendant (if needed).
Compression : The chamber door will be closed and the pressure inside the chamber will be increased. The oxygen mask covers patients mouth and nose appropriately. Patient may relax during the session. The patients can take breaks and take off the mask periodically and breathe air.

Re-compression : Slowly the pressure will be released from the chamber. The patient may experience pressure release and there may be normal adjustment in ears.

Who can take HBOT and how long does it take in one sitting?

Most age groups can avail treatment inside this chamber. Patients breathe 100% oxygen in a closed chamber with a mask / hood, each session lasting 60 to 120 mins. Number of sessions required depends on the nature of illness.

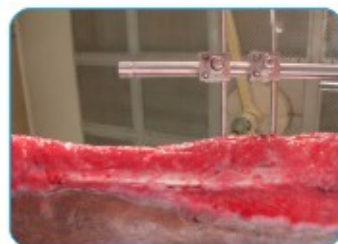
Is it true that similar type of chamber was used for Cosmetic purpose by Micheal Jackson?

Yes, Micheal Jackson used to avail it for cosmetic purpose, but the chamber at Godrej Memorial Hospital is used for treating medical conditions as stated above and not used for cosmetic purposes.

In 20 months over 350 patients have been treated with 3400 sittings till date. Initially only the 'approved' indications were treated. However, over the last 6 months, some other indications like Traumatic Brain Injury, CVA and Autism (have shown good results in international studies), are also being treated at our center.



Interesting HBOT case



21 year old, referred from Sun Hospital, Bhubhneswar, Orissa. He had sustained severe crush injuries to his right lower limb in a tiller machine accident and was advised for amputation of the limb. His treating surgeon offered them HBOT as a last resort. He was given 28 sittings. Initial 10 sittings were given twice daily and then followed up by one sitting daily. He responded extremely well as can be seen from the photographs above. Amputation, which appeared inevitable, was averted though the patient reported almost 15 to 20 days after the accident

Encountering Resistance

It can be annoying when bugs are hitting your face, and yet it means you are moving along very fast.

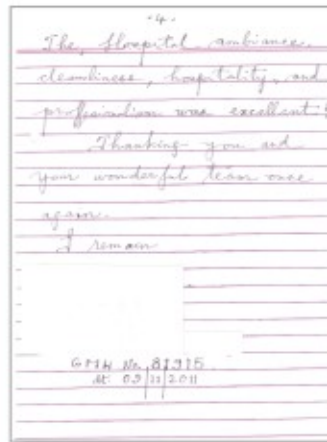
It can be frustrating when obstacles keep popping up to block your path and yet it is a sure sign that you are making progress.

It can take a great deal of effort to work through the challenges that arise every day and yet the more difficult those challenges become the higher you are climbing.

The faster you go the more resistance you are likely to encounter. Fortunately though the faster you go, the more momentum you build.

As that momentum grows you can more and more quickly turn the problems into opportunities. Though the challenges grow intense as you move faster, your ability to handle them grows at an even faster pace.

Choose to work through the obstacles, to seek out challenges and do not let the frustrations get you down. For as you move through them, you are moving towards success, achievement and fulfillment.



Dated: 16 Nov 2011

To the CEO

Dear Sir,

This is just to put on record my appreciation for the wonderful service received by me at your hospital lately. I was advised certain check by my family doctor when I had the option of going to Hiranandani hospital or Powai hospital, when one of our family friend advised Godrej hospital.

Right from the case paper, clerk I was well attended to!! looking at my doctors recommendations he suggested a complete health check package, which includes much more tests and at a reasonable price! Archana madam organized a systematic check up schedule and also giving individual attention on all fronts! by 1.30pm less than 4 hours after I walked into your hospital, all tests were done. After a hearty lunch which was on the house, was in front of your senior doctor with all reports in hand! I was more than impressed by the high quality service received by me at your hospital with clockwise precision.

I shall always use your services as and when required willingly and also recommend friends and relative of your wonderful hospital. The hospital ambience, cleanliness, hospitality and professionalism was excellent.

Thank you and your wonderful team once again

I remain

Yours sincerely,

GMH no. 819XX



The patient went to his doctor for a checkup, and the doctor wrote out a prescription for him in his usual illegible writing. The patient put it in his pocket, but he forgot to have it filled. Every morning for two years, he showed it to the conductor as a railroad pass. Twice, it got him into the movies, once into the baseball park, and once into the symphony. He got a raise at work by showing it as a note from the boss. One day, he misplaced it. His daughter picked it up, played it on the piano, and won a scholarship to a conservatory of music.

This sound's funny, but the Doctor can land into medicolegal issues because of illegible writing.

Patient Testimonial

How many Calories in one cup of milk ?

It depends on the kind of milk that you are drinking. Milk skimmed 91 calories, Semi-skimmed 122 calories, Whole milk full fat 146 calories, Goat milk 168 calories.



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Achievements

Godrej Memorial Hospital has been bestowed with the prestigious National Commendation D.L. Shah Award of the Quality Council of India (QCI), on economics of quality under the category B.4 (private large hospital) in healthcare sector.

This award has been instituted with a view to establish that bottomline benefits are achieved through quality initiatives. The award recognizes successful projects that have linked quality in initiatives to realterm financial gains and competitiveness.

The assessment of the project was made on the basis of various parameters which have been identified by the experts from QCI & D.L. Shah Trust. The emphasis was placed on Economic benefits, Impact, Diagnostics, Methodology & Sustainability.

Besides evaluation of the project by the jury, the QCI had an onsite inspection of the hospital and its processes prior to finalizing the winners.

This has been possible due to the initiative, enthusiasm and cooperation of all the staff members of Godrej Memorial Hospital and with immense support from the trustees.

Activities

Women's Day celebrated at Godrej Memorial Hospital

GMH celebrated International Women's Day from 5th March 2012 to 24th March 2012 by providing a comprehensive Health package which was availed by 556 females all over. Package included 51 essential blood tests with Sonography whole abdomen, Pap smear and gynaecologist consultation. **"A great way to salute the charisma of Nari Shakti".**

Good Health Adds Life to Years – World Health day

In the fast paced changing lifestyle where health is a prime concern, GMH joined hands with the global theme of improving community health & Quality of life. GMH introduced a special Healthcare package (Healthy Body Plus), which was availed by 286 individuals.

Free Health Camp for indigent Children

GMH conducted a free health checkup camp on 8th February 2012 for under privileged children of Jeevan Vikas Vidyalaya, Kanjurmarg. The children were from poor economic strata including rag pickers, children of domestic workers, etc. 147 children were assessed for medical fitness by Dr Smita Roy Choudhary (MD, Paediatrics), Dr Mrunal Chowdhary (BDS) and Optometrist. Major issue was with the oral health and it was found that 117 children were suffering from dental caries. The Godrej Memorial Trust sponsored free filling of cavities for the indigent children.



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