

PULSE

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COMMUNITY OUTREACH AND ACADEMICS



**GODREJ
MEMORIAL
HOSPITAL**

COMPASSIONATE CARE FOR ALL
(NABH & NABL Accredited)



FROM EDITORS DESK...

Very few other professions have been more closely & in a genuinely caring way associated with & concerned about the community in which they live and serve, as the medical profession.

From the good old "family doctors" to the modern day 'connected' "on the go" physician or specialist one thing is for sure - they still care about their work and about their patients.

With internet and 'apps' and "social networking sites", in this 'global village' people have access to information, advice and solutions 24*7.

People can, 'self-doctor' or 'selfdamage' or 'seek a doctor' & 'self - educate'.

But one on one with your doctor or a collective interaction is still vital for getting correct information & advice.

As a modern healthcare facility provider - Godrej Memorial Hospital - as an extension of the broader 'Godrej Philosophy' - does strongly believe in & does its share in giving back to the community, to reach out to them or invite them to help, educate, improve - so that we can serve & do our jobs better.

There are many ways in which it is doing so - as we will see in this issue of 'Pulse' & there are many more ways in which it will explore & endeavour.

It will be highly appreciated if the community also responds & initiates different activiteis & suggest ways to help us serve it better.

"Come Let Us Work Together For a Healthier, Happier Future"

Wishing You All a Happy Diwali & 'Saal-Mubarak'

Dr Kanishka Kapasi.
MD,DGO



GODREJ ART CENTRE



Godrej Anti Retroviral Therapy centre is a corporate ART centre established in the NABH & NABL accredited Godrej Memorial Hospital managed by the Godrej Memorial Trust under the Public Private Partnership model (PPP).

The ART centre has been operational since December 2008, providing quality counselling ,testing and treatment, mainly ARV's and Opportunistic Infection (OI) drugs prescribed and supplied by National Aids Control Organisation. The GMH ART centre has a closed registration of 1455 people infected with HIV/AIDS. The catchment area is 10km around GMH at Vikhroli and includes Ghatkopar, Chembur, Bhandup, Mulund , Kanjurmarg and Vidyavihar.

The centre follows the NACO guidelines for ART. This is an unique Public Private Patnership where Confederation of Indian Industries (CII) has an agreement with NACO for cost free ARV test kits and OI at the GMH ART.

The GMH ART centre has developed referral linkages with local community care centre NIRAMAYA NIKETAN and a well coordinated net work with NGO's in and around the area like Hamsaya and Udaan. The PLHIV registered with us are benefitted by various social protection schemes like Balsangopan Yojana, Antodaya Ration Card, Legal advice ICDS scheme and donation by BMC for widows of registered seropositive patients. There is a NACO trained counsellor who counsels the registered patients as well as patients from the hospital side.

The current fight on HIV/TB is also the centre's prime mission along with improving adherence to medication and bringing around healthy, tension free workforce and eradication of social stigma of PLHIV.

Dr Vinitha Nair
Medical Officer
ART



PPIA Mumbai Partners With GMH



As part of the Mumbai Mission for TB Control, the Private Provider Interface Agency (PPIA), is an innovative mechanism to engage with the private sector to enhance the detection and treatment of tuberculosis in Mumbai. In this project, PPIA Mumbai has partnered with ALERT-India and Maharashtra Janavikas Kendra to reach out to and engage with private providers including informal and formal practitioners, laboratories, hospitals, and chemists in 12 high TB-risk wards and 3 wards with high slum population, over the period 2014-2016.

The major objectives of PPIA include:

1. Facilitate early and accurate diagnosis of TB cases in the private sector
2. Facilitate TB case notification from the private sector
3. Facilitate appropriate treatment of cases in the private sector as per Indian Standards of TB Care
4. Ensure treatment completion and improve cure rates of TB patients in the private sector

In order to facilitate case notifications and reduction in TB diagnostic delay, the PPIA will offer the following services to the providers and their patients:

1. Free digital chest X-ray to TB suspects through a voucher mechanism
2. Subsidized Xpert MTB/Rif test at IPAQT (Initiative for promoting affordable and quality tests) labs through a voucher mechanism (At a concessional rate of INR 500 per test instead of INR 2000)
3. Provision for sputum sample collection and transportation for Xpert MTB/Rif test
4. TB case notification to Nikshay, the Government of India case notification platform
5. Free first line anti-TB drugs at private pharmacies and chemists through a voucher mechanism
6. Counselling support to privately diagnosed TB patients on treatment adherence and follow up

The provision of above services will be at PPIA engaged hospitals / Clinics ('hub' centers) across Mumbai. Chest physicians and MD Consultants (Qualified doctors) in PPIA network will receive referrals from AYUSH providers practicing in slums after undergoing free digital chest X-ray. Specialist doctors initiating patients on treatment will follow Standards of TB Care in India.

Godrej Memorial Hospital (GMH) was the first hub hospital to offer PPIA services. Through active participation from Dr. Gangurde and Dr. Tejal Shah, GMH has registered about 50 TB suspects and diagnosed and put 25 patients on treatment.

Vaishnavi Jondhale
Project Manager - TB PATH

CERTIFICATE COURSE IN DIALYSIS TECHNOLOGY

India today has a growing number of end stage renal disease patients at an alarming pace. Indian Society of Nephrology has stated that more than 220000 new patients are being added to the population of dialysis patients every year.

At the same time, existing 1500+ Dialysis Centers do not have any regulatory guidelines for their clinical staff. The few thousand technicians do not have access to a training program to enhance their skills and monitor safety and infection norms for their patients. The quality of dialysis technicians are not in line with international norms following some of the best practice across the globe.

Godrej Memorial Hospital is pleased to launch its maiden Certificate Course in Dialysis Technology for Indian technicians in collaboration with Quality Care Dialysis LLC, USA. This program will help Competent Technologist to practice safe Dialysis Therapy in a supportive environment of growing Renal industry.

The program will cover in detail the theoretical aspects of the kidney function and practical training including some of the best practices being followed in USA. On successful completion of the program student will be issued a certificate from Godrej Memorial Hospital and Quality Care Dialysis LLC, USA. Students will be eligible to appear for the Exams conducted by BONENT & National Nephrology Certification Commission USA.(NNCC).

COURSE DETAILS

Eligibility:-

- B.Sc. or
- B.Sc. Nursing / GNM Nursing
- HSC passed with 2 years experience in dialysis.

Duration:-

The program has been designed for duration of 6 months covering both theory & practicals of Dialysis Technology. Total instruction will be 140 hours, which is equally split between classroom /online training and actual practical hours. Video content of US eminent medical professionals will be organised.

Constant upgrades will be done to keep the curriculum in line with world standards.

Mr Sameer Dalvi
In Charge-AKD



RAJIV GANDHI JEEVANDAYEE AROGYA YOJANA



The Rajiv Gandhi Jeevandayee Arogya Yojana (RGJAY) was started by Government of Maharashtra on 2nd July, 2012 with the objective to provide Quality Medical and Surgical Care to Below Poverty line (BPL) and Above Poverty line (APL) families having yellow ration card, Antyodaya Anna Yojana Card (AAY), Annapurna card and orange ration card.

The scheme entails around 971 surgeries/ therapies/ procedures along with 121 follow up packages in 30 identified specialized disease categories. The RGJAY scheme provides coverage for meeting all expenses relating to hospitalization of beneficiary upto Rs. 1,50,000/- per family per year in any of the Empanelled Hospital.

Godrej Memorial Hospital has performed around 924 procedures till date under Rajiv Gandhi Jeevandayee Yojana which include :-

SPECIALITY NAME	SURGERIES PERFORMED TILL DATE	SPECIALITY NAME	SURGERIES PERFORMED TILL DATE
Burns	1	Nephrology	190
Cardiac and Cardiothoracic Surgery	141	Neurology	14
Cardiology	337	Neurosurgery	41
Critical Care	6	Ophthalmology Surgery	4
ENT Surgery	1	Orthopedic Surgery and Procedures	32
Gastroenterology	2	Pediatric Surgery	7
General Surgery	2	Pediatrics Medical Management	6
Genitourinary System	77	Poly Trauma	20
Interventional Radiology	2	Pulmonology	1
Medical Oncology	32	Surgical Oncology	18



निरोगी महाराष्ट्र, प्रगतीशील राष्ट्र
Free Quality Critical Care
For Low Income Families

Dr Manish Shardule
Administrative Medical Officer

Let's Catch Them Early!

As they say the first five years have so much to do with how the next 80 turn out! It is certainly easier to build up a child than to repair an adult!

The truth is children grow and develop and so do their developmental disabilities...if not picked up early!

Various studies have proven beyond doubt that in a child with developmental disabilities, being aware of the 'Red flags' in developmental milestones, early pick up of developmental deviations and early intervention to help the child has a huge impact on long term outcome in children. This is because young children's brains are trainable due to 'Neuroplasticity'.

With this in mind, Child Developmental Center (CDC) was started more than a year back at Godrej Hospital. The aim was to not only increase awareness among parents, but also among professionals dealing with children including the school teachers. The Center also provides comprehensive developmental care for children with developmental, learning and behavioural difficulties.

The team consists of Developmental Paediatrician Dr. Leena Deshpande, Occupational Therapist Ms Tejaswi Kamble, Speech and language Therapist Ms Sonakshi Rawal and psychologist Ms Nazreen Shaikh.

At present, children with various problems are attending the CDC. We have children suffering from cerebral palsy, Down's syndrome, autistic spectrum disorders, Attention deficit hyperactivity disorder, speech and language delay, academic underachievement, children with coordination and concentration issues and various other problems.

These children undergo developmental, medical and neurological assessments followed by a treatment plan. Occupational therapy in the form of sensory integration therapy helps to take care of sensory issues in the child. Speech and language pathologist deals with various speech delays and disorders. Parents are being trained in how to handle and stimulate their children and a home programme for parents to follow is also being given. The school teachers are also contacted and advised regarding various issues the child is facing in school. The idea is to help the child reach his developmental and learning potential, no matter how severe the developmental disability

Dr. Leena Deshpande
Developmental Paediatrician

GMH-ISCCM RECOGNITION AND TRAINING PROGRAMMES



Godrej Memorial Hospital promotes teaching activity, and as a part of this training, post M.B.B.S and Post M.D. students are given a chance of learning all the specialized ICU procedures and protocols over a period of two years and one year respectively. This training is accredited by a recognised institute the INDIAN SOCIETY OF CRITICAL CARE MEDICINE (ISCCM)

Critical Care Medicine (CCM) is an evolving specialty overlapping multiple primary specialties. Recognizing the increasing need to consolidate the field and to promote awareness, continuing education and research in this field, the Indian Society of Critical Care Medicine

(ISCCM) was Formed on 9th October 1993.

To promote academic and scientific activity in the field of CCM.

To encourage research in the field of critical care medicine.

To organise continuing medical education and training programmes, meetings and .conferences in CCM.

To establish guidelines for the running and staffing of ICU'S.

To publish scientific papers, journals, monographs and text books aimed at upgrading knowledge and skill

To seek affiliation with national and international associations and societies or similar bodies to achieve the objectives of the society.

To generate funds to carry out the objectives of the Society.

To take such action as shall be considered with furthering the aims and objectives of the Society.

Indian Society of Critical Care Medicine was established on 9th October, 1993. It is the largest non-profit association of Indian Physicians, Nurses, Physiotherapists and other allied health care professionals involved in the care of the critically ill.

COURSES:

IDCCM

Duration

Duration of the Indian Diploma in Critical Care course (IDCC) is one year for MD/MS/DNB candidates and 2 years for DA/DTCD or equivalent candidates.

Eligibility

Diploma in Anaesthesia/Diploma in Chest diseases/Diploma in Orthopedics.

MD Medicine/Chest/Anaesthesia

DNB Medicine/Chest/Anaesthesia

MS General Surgery/Orthopedics

The base qualifications must be from a MCI recognized university.

In case of any doubt/controversy regarding the eligibility, the course coordinator should be consulted.

Decisions by the ISCCM executive committee in this regard will be final & binding.

IFCCM

The duration of the course is one year post IDCCM

POST -MBBS CERTIFICATE COURSE

Critical care is an upcoming specialty and presently has a huge shortage of trained dedicated manpower. MBBS doctors are a major workforce in ICU teams. This course has been proposed to impart structured critical care training to MBBS doctors to improve patient management skills.

ELIGIBILITY:

MBBS or equivalent allopathic medical degree with valid MCI registration.

SCOPE

In future GMH will have a group of trained dedicated doctors providing best in class medical care, knowledge and expertise round the clock, especially after the cardiac setup functioning goes in full swing.

Dr Mita Vira
MBBS, MD (Anaesthesia),
Fellow In Critical Care

Smile Train Project

Every year 35000 children are born with cleft lip palate in India. Children born with cleft lip and palate deformity require comprehensive care. These patients require multiple surgeries. It causes huge financial burden on the family.

With the help of Smile Train organisation cleft surgeries are carried out free of cost for the patients. Smile Train organisation is an international organisation dedicated to single problem, that is cleft lip and palate. In India there are 170 centers and in Mumbai there are 2 centers. Till 30th September 2014, 801 patients have benefitted by **Smile Train Center** at Godrej Memorial Hospital.

Dr Bharti Khandekar
Plastic Surgeon

“SMILE” THE BEST GIFT OF LIFE... “BEST SMILE” Gift of GMH Doctor’s



The Smile Train team at Godrej Memorial Hospital has been giving 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 worldwide amongst all the centers. 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



TMJ Ankylosis



Pre operation photo



Post operation photo

It is an inability to open the mouth due to fusion or adhesions between the condylar process of mandible and glenoid fossa of the temporal bone. It is usually acquired but rarely can be congenital. Most common etiologic factors include recurrent middle ear infections, trauma to TMJ during forceps delivery or fall during childhood which goes unnoticed, ill-managed condylar fractures. It is most commonly reported in the younger age group although adult population can also be affected.

Patients report with a complaint of slowly developing trismus (reduced mouth opening) over a period of years, thus affecting nutrition and growth of the individual. The affected side is underdeveloped and there is deviation of chin to the affected side. The affected side is flattened whereas the unaffected side is fuller. In a bilateral ankylosis the child typically has a bird face with an almost absent chin button. They also have a history of obstructive sleep apnoea.

Such patients are a challenge to manage during anesthesia as well as surgically. Due to limited or absent mouth opening nasal intubation is difficult. With the availability of pediatric bronchoscopes requirement of tracheostomy to achieve a secure airway is now reduced. Once the initial hurdle of achieving secure airway is completed successfully surgical release of the ankylosis is done from an incision in the preauricular area extending into the temporal region taking due care to avoid injury to the temporal branch of the facial nerve. The complexity of surgery increases with an increasing size of the ankylotic mass. As the mass extends medially towards the skull base, chances of injury to the pterygoid plexus of veins and internal maxillary artery increases leading to an increased risk of severe bleeding intraoperatively. Hence it is mandatory to reserve adequate amount of cross matched blood to be readily available during an emergency. If required the elongated coronoid process is also excised to achieve adequate mouth opening. Temporalis muscle flap is inter positioned to avoid chances of a reankylosis. Also postoperative vigorous physiotherapy is advisable for a minimum period of six months to a year. The residual cosmetic defect can be corrected in a second surgery if needed. In the growing patient, the affected side may grow normally post surgery and may require minimal correction postoperatively.

Dr Nishit Agni

Consultant Maxillofacial Surgeon

Congratulations

We would like to congratulate **Ms. Sonakshi Rawal, Speech language Pathologist & Audiologist** at Godrej Memorial Hospital. Her study title 'Acoustics & perceptual effect of age & gender on voice of 4-18 years old individuals is selected for oral aper presentation at National Acoustics Symposium, 2014 at ALL INDIA INSTITUTE OF SPEECH AND HEARING (AIISH), Mysore, India.



Events of The July & August

Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED	REGISTRATIONS
27 th July 2014	Free Cardiac Diagnostic Camp	Mee Mulundkar Pratishthan NGO, Mulund	Free Blood Pressure, Blood Sugar Medical Consultation Free ECG & Medicines on Doctors advice	45
8 th & 9 th August 2014	Blood Donation Camp	Godrej Memorial Hospital	Collected 602 Blood bags	602
15 th August 2014	Free Cardiac Diagnostic Camp	Waglecha Vighnaharta Bal Mitra Mandal Thane (W)	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice	56

Health Talks

DATE	EVENT	VENUE	SERVICES OFFERED	REGISTRATIONS
30 th July 2014	Fundamentals of Healthy Living	ABENGOA Abeinsa Engineering Pvt. Ltd. Vikhroli (W)	Ms Sneha Trivedi Chief Dietician	35
23 rd August 2014	Hyperbaric Oxygen Therapy (HBOT) In Clinical Medicine	Godrej Memorial Hospital	Interactive session Between Doctors	28

Celebration

DATE	EVENT	VENUE	REGISTRATIONS
1 st July 2014	Doctors Day	Godrej Memorial Hospital	92



Collected 602 Blood Bag In Blood Donation Camp on 8th & 9th August 2014

Forth coming events for September & October 2014

Various Camps

DATE	EVENT	VENUE	SERVICES OFFERED
5 th to 17 th September 2014	Teachers Day Camp	Godrej Memorial Hospital	45 Vital Diagnostic Tests & 2 Medical Consultations @ ₹ 1111/-
21 st September 2014	Free Cardiac Diagnostic Camp	Pranjal Foundation, NGO Milind Nagar, Bhandup	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice
29 th September to 9 th October 2014	Concessional Cardiac Diagnostic Camp on Occasion of World Heart Day	Godrej Memorial Hospital	32 Vital Diagnostic Tests & 2 Medical Consultations @ ₹ 2999/- Also 40% off on Angiography, 20% off on Angioplasty & Bypass
12th October to 30th November 2014	World Arthritis Day	Godrej Memorial Hospital	Knee Replacement Surgery @ ₹ 1,30,000/-
19 th October 2014	Free Cardiac Diagnostic Camp	Shree Guru Govind Singh Sabha Gurudwara, Tagore Nagar, Vikhroli	Free Blood Pressure, Blood Sugar, Medical Consultation Free ECG & Medicines on Doctors advice

Celebration

DATE	EVENT	VENUE
1 st October 2014	Dasara Celebration	Godrej Memorial Hospital
18 th October 2014	10th Year Celebration	Godrej Memorial Hospital
23 rd October 2014	Diwali Celebration	Godrej Memorial Hospital

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