



ST STEPHEN'S NEWS

An official newsletter of St Stephen's Hospital
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From the Director's Desk

I was on a peace walk. Reliving Gandhi's *Dandi* Salt March. We were all more than halfway through the 23 kilometres of the march. Most had slowed down. Some had given up. Notwithstanding the expensive walking and jogging shoes from famous shoemakers of the world quite a few were limping. Suddenly four young boys ran past me weaving their way past the marchers. Only after they had gone past I realised they were running barefoot. They needed no cushioning of the soles of their feet. They were not burdened by the comfort of their daydreams. They just ran for the fun of it. To reach the end. It needs a child's innocence to do that. How many of us can do that? We get waylaid by our addictions. No, I do not mean alcohol or drugs. But, more common addictions than the vices that first comes to our mind on hearing the word. The little comforts of day-to-day life that we are so fond of. Are we ready to give up even some of these little cravings that keep us from reaching the end of this race of life?

Are you ready to walk your life without some of your addictions?

Dr Mathew Varghese
Director

ABC4: Centre for Cardiac Care in Children

Among the paediatric cardiac surgical problems, only less than 10% get treatment. A great majority do not even get diagnosed. Lack of availability of expert care and high cost of surgery are the major problems.

Heart-to-heart programme for paediatric cardiac surgical problems was launched in St Stephen's Hospital in March 2005. St Stephen's Hospital provided the necessary infrastructure while the Schneider Children's Hospital, New York offered the expertise. The primary objective of this collaboration was to develop a team to perform independently.



Dr Baiju, Cardiologist, doing an echo on a child

Variety International, The Lifeline Children's Charity Organisation, supports this programme by supporting the Schneider's team. So far 2 camps have been conducted where 20 major surgeries, 20 cardiac catheterisations and 150 echo screenings have been performed.

St Stephen's Hospital is now proud to have "Sequoia", a state-

of-the-art echo machine. Echocardiogram examination is offered at 50% concession to all paediatric patients. On every Thursday this test is done free of charge for poor patients. There is a plan to train a paediatric surgeon with full support from Lifeline programme. This surgeon will be committed to this programme. St Stephen's Hospital will remain the focal point from where the programme will be extended to the surrounding countries.

The next cardiac surgery camp is planned for the month of April, 2006. The Quota Club, New Delhi has generously agreed to sponsor the cost of the surgery of 9 children in the forthcoming camp. In the past the club has also supported the kidney transplant of a young 20-year-old girl, Khalida.



Office Bearers of the Quota Club including Ms Kusum Ansal (2nd from right), the Chairperson with Khalida (centre) who had a kidney transplant donated by her mother

A corpus fund of 10 million is targeted to accomplish this noble task and the devoted team of cardiologists at St Stephen's Hospital feels fully confident of this challenging task.

Feature

Keeping the Bugs Out!

What wonderful work goes on humbly, in the underbelly of the hospital, in the Central Sterile Supply Department - CSSD is unseen and unacknowledged by most of us. But it is a fact that if the CSSD did not provide support from the basement, all the hospital services can collapse.

Under the able supervision of Sr Veena Lee, assisted by Sr Usha Harrison, the hospital work in general and the Operation Theatre get an uninterrupted supply of sterilised linen, instruments and other accessories.

The CSSD is never closed. Even on holidays. All the back-up supplies to the hospital and anticipated extra work load are done using these holidays. Quality standards have mandated that all unused packages of instruments and other sets for use in the wards and the operation theatres are to be sterilised after every use and once a week even if it is not used.

We laud and acknowledge this important service and are grateful for the hard work of this department.



L-R Sitting: Ms Amla, Ms Vijay Rani, Ms Patines Solomon, Ms Gladys Saxena, Mr Suresh Masih, Ms Olive Singh, Mr Susheel Philip, Mr Anil Paul, Mr Jaswant Singh, Mr Ramesh Sharma, Ms Daya, Standing: Mr Sobith, Sr Veena Lee, Sr Usha Harrison, Ms Babita, Ms Viola Peter, Ms Maushimi Lal, Ms Lovina, Ms Mayoorkha, Ms Limy Jose, Ms Liny Joseph.

Children Under the Knife

Paediatric surgery is a highly specialised branch of surgery which deals with the surgical diseases of the newborn, infants and children upto 18 years of age. This includes a wide spectrum of abnormalities like malformations from birth and difficulty in breathing, plastic surgical procedures, neuro and urological diseases.



Paediatric Surgery under progress

Beside these, paediatric traumas, tumours and acquired diseases of childhood lie in the domain of paediatric surgery. The three basic necessities of life - the right to breathe, the right to feed and the right to pass stool at an appropriate time and place, which the majority of us take for granted are being denied to these unfortunate babies- a truly negative start to life.

Paediatric surgery as a specialty is almost a century old. The most important thing is to understand that children are not miniature adults. Their needs (physical, emotional and

metabolic) are very much different from those of adults, more so if they are facing surgical stress.

Hence the need for highly skilled professionals (nurses/ doctors) and a specialised set-up to manage them. A set-up which can provide them an infection free friendly atmosphere. Children, especially the newborns are very vulnerable to temperature changes. Maintaining their temperature is critical. The margin of error in newborns, infant and children is low and they hardly give a second chance to the treating doctor. Hence, there is a need for a more cautious perfectionist approach to get the things right and that too the first time itself.

Setting up a good paediatric surgical unit can be put as a difficult goal, as it does not appeal to the normal sense of logistics. One wants to have a highly specialized setup with highly skilled professionals to give quality care to the unprivileged children who can hardly afford the management.

In 1907 Anna Alisa took up a similar audacious goal "that no child in the state of Washington will be denied care because of the inability to pay." For 95 years, they have been maintaining this goal. We in Stephen's have been following a similar principle.

It is believed that investing in the child's health is like an insurance policy for a better world.

Dr Archana Puri
Paediatric Surgeon

In every issue a feature on one or two departments is covered. Clinical and one non-clinical. Departments that send in write-ups are included in this section.

Dementia - A Mind Forgotten

Decline in memory is a routine happening in old age. Forgetting your keys or purse or not remembering the date in old age is simply the age-related, benign forgetfulness which can happen to anyone. There is no disturbance of thought process, behaviour or personality. On the other hand, Dementia is an illness in which not only the memory is reduced but there is impairment in judgment, language, behaviour and personality that often results in a low quality of life for the individual.

The term, dementia has been equated with senility and 'going out of mind' in old age. At times, however, dementia occurs at a younger age also. It happens in males and females, rich and poor, in all races and in all countries. Alzheimer's disease is the commonest cause of dementia and has degenerative aetiology resulting from involvement of those parts of brain which control memory and language. Vascular dementia is the second commonest cause of dementia, often subsequent to a stroke. There are many medical conditions like hypothyroidism, electrolyte disturbances and hypoxia which can also cause dementia, which is transient and often fully treatable.

Patients with dementia can have wide ranging complaints. In mild cases, short term recall memory only may be affected. As the disease advances, impairment in thought process, judgment and behaviour may slowly creep in. This disease progresses so slow that family members regard this as normal aging effects and hardly ever bring these patients to health providers. When things go too far, like wearing a sweater in the month of June, losing their way, wandering and inappropriate behaviour in public, medical attention may be sought.

Early detection of dementia is important for early intervention thus delaying the progress of disease and maintaining a good quality of life for longer periods. Unfortunately, despite National Policy for the aged well in place, mental morbidity remains at a priority much lower than loco motor, visual and other morbidities of old age.

At St Stephen's Hospital a Geriatric Clinic is held twice a week. Every Tuesday and Friday mornings patients over 60 years of age are evaluated and treated with emphasis on counselling.

Holistic care, which includes medical care, emotional, social and economic support by family or non-family members, goes a long way in protecting the quality of life of these patients. Care giving with devotion coupled with proper education for care givers can ensure good routine, health, fitness and good quality of life of patients.



A Funny First

Recently Bishop Caleb had to stay at St Stephen's Hospital for a minor procedure. We took the lift up to the third floor of the Dr Lucy Oommen Block. We didn't realize quite how full the hospital was till we got to the doors of the Obstetrics and Gynaecology ward. The guard stood up and said "You can't bring your patient here! I have worked here for three and a half years and I have never admitted a male patient here". We assured him this was a first. Bishop Caleb was duly admitted and given a good diet for a lactating mum with a big glass of milk!

Bishop Caleb was the first to ordain women in Delhi diocese and allow them to be admitted to a ministry and career that had previously been open only to men. Was he now showing that men had a right to be admitted to the maternity ward, previously the exclusive preserve of women! Of course not! But thank you, St Stephen's for generously making room for him somewhere very comfortable.

Mrs Janet Caleb

Life is Calling

This incident dates back to the time when I had just finished my internship and was posted in the casualty. I was aspiring to write my entrance examinations and become a so called 'specialist'. During my tenure, I was particularly close to a senior resident in Surgery, Dr Ashish. He spent a lot of time in the casualty during his duties. While many of the senior residents would send for anaesthetists for initial resuscitation and management, Dr Ashish would do all this himself.

Often I used to watch Dr Ashish, take out his wallet and gaze smilingly at a photograph. I knew he was married but certainly not recently married. He was married for 5 years. Upon enquiring he explained, "Two years after my marriage I got electrocuted while using a hot water iron and suffered a cardiac arrest. It was my wife who single-handedly resuscitated and gave me Cardio Pulmonary Resuscitation. For a layman, stopping of the heart is death. That day I died. She was the one who gave me a second chance in life."

His wife was not an anaesthetist but an ophthalmologist. One of those specialties who least deal with emergencies of this kind.

We are here to become Specialists. Someone who will know more and more of less and less of the body. Along the way we pick up some extra skills that may not only help us clear our exams but may one day make a big difference in our lives and the lives of our loved ones.

All the best! Life is Calling!

Dr Simon Thomas
Resident Doctor, Orthopaedics

News

Christmas

The Christmas festivities began with funfair on the 15th of December. The beautiful choir concert on the 17th of December filled the atmosphere with the spirit of Yuletide. Carol rounds reverberated Christmas joy in all corners of St Stephen's campus. A multilingual carol competition was held with great enthusiasm and every heart had a Christmas song. This was followed by a solemn candle-light procession and sweets-distribution in the beautifully decorated wards. Friends of St Stephen's Hospital got together for a lovely Christmas party which was attended by the First Counsellor of Ivory Coast, Mr Guezcon Aime.



The staff of St Stephen's Hospital having Christmas lunch

The season ended with the traditional lunch on the 31st of December and a midnight thanksgiving service to welcome the New Year!

Rural Youth Festival

The Integrated Community Health and Development Program of St Stephen's Hospital organized a Rural Youth Festival at Kaliawas village, Gurgaon, Haryana in December 2005. The prime purpose of organising the event was to explore the educational and cultural talents of the youth. The Youth Festival was inaugurated by Sarpanch Manohar Lal and closed by Mr Bhupender Chaudhary, Member Legislative Assembly of Patuadi block, Haryana



Youth presenting a folk dance

In the variety programme at the festival Essay writing, Drawing, Painting, Rangoli, Stage Play, Folk Song, Folk Dance and Mimicry for the youth were held. The theme was based on health and social issues such as prevention and treatment of tuberculosis, alcoholism, protecting the girl child and prohibition of dowry. Besides, the cultural events the villagers were also imparted information on agriculture, dental care and health care services by some village based NGOs and institutions. The Jagriti Mahila Cooperative Society of Dhankot village, promoted by St Stephen's Hospital, put up a stall of mouth-watering eatables.

Welcome

Dr Bharat Ratan Jindal, Junior Specialist, Plastic Surgery
Dr Rajesh Kumar, Junior Specialist, Neurology
Dr Jamila Koshi, Consultant, Psychiatry
Dr Manish S Kansal, Consultant, Psychiatry

Promoted

Sr Shanta Babji, Assistant Nursing Superintendent
Sr Sangeeta Franklin, Ward Incharge
Sr Bindu Savin, Ward Incharge
Sr Helen Singh, Ward Incharge
Sr Susamma Thomas, Ward Incharge
Sr Vidhyawati Das, Ward Incharge

Wedding Bells

There were peels of wedding bells through this quarter with many weddings blessed. Congratulations to all!

Dr Abhishek (Ortho) with Dr Niharika (Gynae)
Dr Ankit (Ortho) with Dr Meenu
Dr Gauri (Radiology) with Dr Ankush
Dr Neeti (Family Med) with Dr Pankaj (Medicine)
Dr Pranay (Ortho) with Dr Meghna (Anaesthesia)
Dr Ritesh (Ortho) with Dr Prerna (Radiology)
Dr Sanila (Radiology) with Mr John
Dr Tapan (Ortho) with Ms Gitanjali
Dr Brijender (Radiology) with Dr Sandhya (Ob/Gynae)
Dr Karthik (Medicine) with Dr Anjali
Mr Rajendra Das (Comm Health) with Ms Poonam
Mr Sanjay Toppo (Reception) with Ms Deepika
Ms Namrata (Nursing) with Mr Bhaskar
Ms Varinder (Nursing) with Mr Gagandeep
Ms Sharmila Das (Rehab Med) with Mr Gautam
Ms Savita (Nursing) with Mr Sanjeev
Ms Vinita (Nursing) with Mr Christopher
Ms Ruby (Nursing) with Mr Aby
Ms Lovina (Nursing) with Mr Liju
Mr Salim (Nursing) with Ms Afsha

Retired



Mr Balbir from the Housekeeping department retired after 38 years of service. We wish him a healthy and happy retired life.

Congratulations

Dr J Terrence Jose on winning the Best Paper Award at the Golden Jubilee National Conference of the Indian Orthopaedic Association held in Mumbai in 2005.

Three cheers to you!

Talent Night 2005



The Lucy team won the Best Team Cup at the Talent Night celebrations on 29th October, 05!