

Jan-Mar | 2013



manohriday

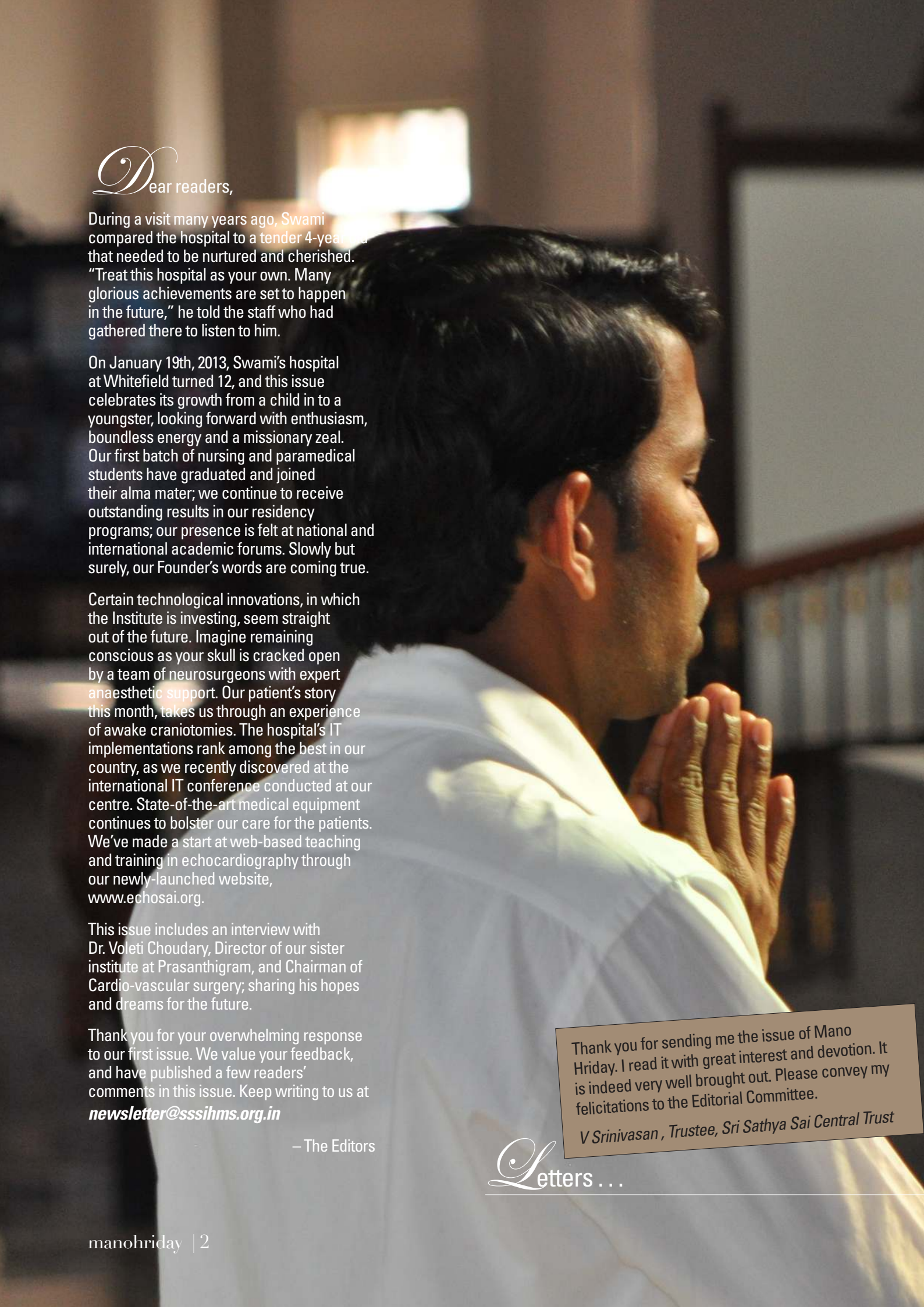
THE JOURNAL OF SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES

We, the students and staff of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, on the auspicious occasion of our 12th anniversary, rededicate ourselves in the service of mankind, to render comprehensive healthcare with love, compassion, and a spirit of sacrifice.

We will promote heart-to-heart and love-to-love relationships with the sick, irrespective of caste, creed, nationality and class, in line with Bhagwan's Health Mission.

Bless us, all-pervasive and omnipresent Swami.





Dear readers,

During a visit many years ago, Swami compared the hospital to a tender 4-year-old that needed to be nurtured and cherished. "Treat this hospital as your own. Many glorious achievements are set to happen in the future," he told the staff who had gathered there to listen to him.

On January 19th, 2013, Swami's hospital at Whitefield turned 12, and this issue celebrates its growth from a child in to a youngster, looking forward with enthusiasm, boundless energy and a missionary zeal. Our first batch of nursing and paramedical students have graduated and joined their alma mater; we continue to receive outstanding results in our residency programs; our presence is felt at national and international academic forums. Slowly but surely, our Founder's words are coming true.

Certain technological innovations, in which the Institute is investing, seem straight out of the future. Imagine remaining conscious as your skull is cracked open by a team of neurosurgeons with expert anaesthetic support. Our patient's story this month, takes us through an experience of awake craniotomies. The hospital's IT implementations rank among the best in our country, as we recently discovered at the international IT conference conducted at our centre. State-of-the-art medical equipment continues to bolster our care for the patients. We've made a start at web-based teaching and training in echocardiography through our newly-launched website, www.echosai.org.

This issue includes an interview with Dr. Voleti Choudary, Director of our sister institute at Prasanthigram, and Chairman of Cardio-vascular surgery; sharing his hopes and dreams for the future.

Thank you for your overwhelming response to our first issue. We value your feedback, and have published a few readers' comments in this issue. Keep writing to us at newsletter@sssihms.org.in

– The Editors

Thank you for sending me the issue of Mano Hriday. I read it with great interest and devotion. It is indeed very well brought out. Please convey my felicitations to the Editorial Committee.

V Srinivasan , Trustee, Sri Sathya Sai Central Trust

Letters ...

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Thank you for sending the inaugural issue of the e-Newsletter. Kavita and I enjoyed reading it. It serves as a reminder and inspiration to continue our efforts towards helping those in need, and the important work of the hospital. I look forward to the next issue and an opportunity to return to India to work.

*Abhiram Prasad MD, Professor of Medicine,
Cardiac Catheterization Laboratory
Mayo Clinic, Rochester, USA*

The newsletter is a commendable effort to achieve the goal of spreading Swami's message of medical care with love. If a space could be provided for the other hospitals under the SSSCT, the impact would be great.

*Dr.D.C.Sundaresh,
President,
M S Ramaiah Advanced Learning Center*

12th Anniversary Celebrations

On 19th Jan, 2013, the Institute completed twelve eventful years in the service of humanity, continuing to fulfil the intentions of the Founder, Bhagawan Sri Sathya Sai Baba. In these twelve years, over 30,000 cardiac and neuro surgeries, around 40,000 cardiac catheterization procedures were performed, and over 850,000 patients attended to, in the out-patient departments. The twelfth anniversary was an opportunity to revel in the grandeur of Baba's love for humanity, made manifest in the birth and development of these institutions. It is an opportunity for those associated with the Institute to re-dedicate themselves to the intentions of the Institution—being a model for free healthcare to humanity at large, with love, compassion and excellence as the guiding principles. Following is a report on the 12th Anniversary Celebrations of SSSIHMS, Whitefield.





On 19th January, the celebrations started with an audio-visual presentation organized by the Counseling dept. entitled, "Homage to Swami – The Divine Founder of our Hospital", highlighting the spirit of the Institution, how it becomes a Temple of Healing when we spiritualize patient care and how every member of staff is a Counselor, and how the Counseling department brings alive Swami's guidance regarding patient care.

Swami's room in the main dome area, which was the venue for many of his interactions with doctors and administrators, was open to the staff through the day to help relive and soak in his presence.

The evening, open-air program started with a fabulous performance of the lion dance by the students of the nursing and paramedical courses. The students were fortunate to be

the first batch of girls and also to have performed this form of dance. (They had earlier made their debut performance in the Hill View stadium in Prasanthi Nilayam, as part of the University Sports Meet Celebrations 2013).

Dr. Swarna Bharadwaj, Director, spoke on the occasion and shared with the audience, the statistics of the work performed by the hospital and the many credit-worthy achievements of the Institute during the year. The former Director and chief guest of the evening, Dr. A.S. Hegde recollected how he got involved in the setting up of the Neurosurgery dept. and how the years of interactions with Swami are what he cherishes most.



He spoke about Swami's fundamental principle of keeping the needs of the patient first and also about His direction to him that the Institute should be the best facility in the world, without it being in competition with any other Institute. Dr. Hegde emphasized the need to do further research, which will benefit mankind, and improve on the training given to staff as they need to be seen as the best wherever they go. He said that we should be known for our good work and with Swami's grace, strive to be the best Institute for centuries to come.

Shri V. Srinivasan, Trustee, Sri Sathya Sai Central Trust, spoke on the occasion and prayed that Swami would continue to inspire and guide all the staff in the same spirit of service to even greater heights. He suggested that the alumni of the Institute should be acknowledged and kept in touch with, as they have left a part of themselves behind in the sacred Institution. He too touched upon the need to engage in research and promised the support of the Trust to fulfil the Institute's aspirations.

Shri S.S. Naganand, Member, Sri Sathya Sai Central Trust and Dr. A.S. Hegde distributed the prizes to the winners of the various events of the Sports and Cultural Festival, conducted for staff and families.

The evening included light entertainment by staff. Excerpts of Swami's divine discourse, delivered at the inauguration of the Hospital, were also played on this occasion. The highlight of the program was the Dragon Dance by the students of the Nursing College. The program ended with Arati and prasadam distribution.





On 20th January, the staff and students headed to Prasanthi Nilayam, to offer their homage to Swami. In the program organized in the Sai Kulwant Hall on Sunday afternoon, the Director started her talk by clarifying doubts about the functioning of the Hospital after Swami's Mahasamadhi, saying He continues to be the guiding force, now in a formless manner. She reported on the activities of the Institute, and the statistics of the work performed, which showed that the quantum of work had not diminished even a wee bit. She prayed to Bhagawan for His blessings on the Institute and on all staff to be able to serve Him with more vigour.

The Smt. Eshwaramma Gold Medals, instituted by Bhagawan, for the best students of the year in Nursing and Allied Health Science courses, were awarded by the Director to Ms. Deepika and Ms. Archana Balaji in Bhagawan's divine presence.

This was followed by an audio-visual presentation entitled "Form to the Formless", which focussed on what inspired the hospital staff to continue to serve in Bhagawan's organization. The video presentation was interspersed with talks by Drs. Srikanth Sola and Nandita Ghosal.

Dr. Srikanth Sola spoke about the medical excellence at the Sri Sathya Sai Institute and how he considered SSSIHMS, Whitefield, not as a charitable hospital but as a divine institution set up by God for the welfare of all humanity. He shared how the mortality and infection rates are lower than the average standards of even the best hospitals in the world. This, he attributed to the best infrastructure in the country and the well-trained, committed physicians, nurses, counsellors and managers. He also mentioned about the ambience of divine love that permeates the hospital and this is what sets SSSIHMS apart from any other hospital in the world. He shared how patients who get admitted at other hospitals shed tears because of the

expenses they incur, while patients at our hospital shed tears of gratitude and joy for having received the gift of life, completely free of charge.

Dr. Nandita Ghosal shared how she was touched by Swami through his work. On the professional front, she traced her journey to ten years ago, when she joined SSSIHMS, Whitefield as a blood bank officer with doubts as to whether it was the right decision. She narrated how, slowly but steadily, the magic of the place transformed her into a neuro-pathologist earning professional acclaim and respect from peers and superiors. Given the rare cases she has seen in the past ten years, she was able to publish many scientific articles in reputed international journals, thus contributing to the medical fraternity. On the personal front, she shared how the initial scepticism gave way to tremendous love and respect for Swami through the magnificent service projects he envisioned and executed.

After the presentation, the Director led the congregation in taking the following Oath to re-dedicate themselves in the service of mankind:

We, the students and staff of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield, on the auspicious occasion of our 12th anniversary, rededicate ourselves in the service of mankind, to render comprehensive healthcare with love, compassion, and a spirit of sacrifice. We will promote heart-to-heart and love-to-love relationships with the sick, irrespective of caste, creed, nationality and class, in line with Bhagawan's Health Mission. Bless us, all-pervasive & omnipresent Swami.

It has been an eventful journey of twelve years and it promises to be an exciting journey in the years to come, as the Institute enters its teens.

“I was awake during surgery”



Mrs. Atul Dutta waved good bye to her husband and younger son with tears in her eyes and a prayer in her heart. Her son, Bhupen, had experienced several violent seizures over the past year, and doctors had diagnosed a brain tumour – a right frontal glioma. Surgery was his only hope.

The father and son, left their small village of Mudijbari in far away West Bengal to embark on the longest journey they had ever taken, to the hospital down South, they believed was their saviour. “Patients previously operated here told me that this was ‘India’s best’,” recounts Bhupen.

After a tiring 48-hour train journey, the father and son found themselves in the out-patient neuro department of SSSIHMS, Whitefield. After consultation, considering the location of the tumour as seen in the MRI scan, the doctors decided that performing an ‘awake craniotomy’, which would require Bhupen to be fully conscious during his surgery, would have the best outcome.

“I wasn’t scared when they told me that I would be awake during the operation – whatever has to happen, will happen. It was just strange to think that I would be awake while they were fiddling around in my head!” recalls Bhupen.

Operating neurosurgeon Dr. Sai Kiran, Consultant at SSSIHMS says, “Whether the patient is awake or asleep, the removal of a glioma is the same operation for us. Of course, the patient can hear everything we say and we have to be careful not to make him anxious. The onus lies with the anesthesiologist for an awake craniotomy. As the tumour was located in the motor cortex of the brain, the anesthesiologist had to monitor the motor responses of the patient (through movement in his fingers and toes) as we the surgeons cut into the part of the brain that controls these functions.”

Though such an operation had not been performed earlier at SSSIHMS, the anesthesiologists, Dr. Chalam and Dr. Pankaj had previous experience with such cases. Dr. Pankaj Punetha, Consultant, Dept. of Anesthesiology says, “The most important thing is to prepare the patient properly.

He needs to understand what will happen and cooperate. We cannot have the patient trying to leave the table in the middle of the operation! We explained to Bhupen how we would have to give him several injections on the side of his head to anesthetize the scalp. In fact, he counted the number of jabs he got, and asked why he got only ten when we said he may receive 12!”

This simple son of the soil, Bhupen, was super-cool and composed during the surgery. He says, “They just told me to move my fingers and toes in between to make sure that everything was okay. I didn’t really think much during the operation. I was interested to know what this ‘tumour-thing’ looks like – the thing which had derailed my life the last year!”

On the other hand, Bhupen’s father, Atul was dealing with the distraught family back home while his son was in surgery. He recounts, “Everyone at home was terrified

when we told them that Bhupen would be awake during the operation. They refused to eat until they heard Bhupen’s voice on the phone later that day and he himself assured them that he was alright.”

“That’s one of the advantages of this kind of surgery,” says Dr. Chalam, Sr. Consultant and HOD of Anesthesiology. “The patient can walk around, talk, and even eat soon after the operation. Of course, there are other advantages too – we can ensure that there is no damage to the eloquent (functionally important) areas of the brain during surgery.”

Recently, a visiting neurosurgeon consultant from USA, Dr. Florman spent a couple of weeks at SSSIHMS and he spoke about “awake craniotomies” and how he performs them regularly back home. This is what triggered the keenness of SSSIHMS doctors to perform this unique type of surgery.

However, such operations are not without several risks. Dr. Pankaj says, “We have to closely monitor the patient’s blood pressure, heart rate, breathing and other parameters and have to be prepared to administer general anesthesia at anytime if required.”

Please
Silence here Awake
Craniotomy



A farmer with calloused hands, Bhupen likes to project a rough exterior, but nothing can stop the tears rolling down his sun-tanned cheeks as he expresses how keenly he's looking forward to getting back to his two young sons – Kumar and Vikas, and playing cricket with them in the fields again. "The potatoes and bitter gourds will be ripe by the time we reach home," he says with a smile. It has been an emotionally draining but enriching experience for the entire family; something to look back on with pride, as undergoing brain surgery fully conscious is not for the faint-hearted. This hospital in Bangalore, known as 'India's best' in their village, has another grateful family to vouch for it.



How did your journey to becoming a Director of the first super-speciality Hospital set up by Swami begin?

I've been visiting the super-specialty hospital since 1993 and since I retired from active practice in March 2001, I have been offering my services to Swami's hospitals nine months in an year and

the three months spending time with my family and lecturing about Swami world wide. I imagine that this role had been on the cards for a few years. Why only now and why not earlier? To that I can only say that Swami's timing is impeccable.

Before retirement, I used to spend nine months in a year in the US, where I had a career spanning forty years and I used to come to India to serve at Swami's Hospitals for three months. Last July was when I felt the urge to offer my services to the Hospital full-time. I take it as a prompting from Swami. It also happened that at that time there was a vacancy for the post of the Director, and I offered myself for the post.

I feel Swami had been preparing me for this role, right from the time I passed out(graduated from) of medical college, with a spectrum of experiences and responsibilities he has blessed me with. So now, I choose to spend nine months at the Hospitals and three months with the family back in the US.

How does it feel to inherit the legacy of over two decades?

I would say rather "very difficult". The challenges of providing high-quality health care with absolutely no charges are very unique to us.

Things were perfect when the Hospital started twenty plus years ago, but gradually over time, the systems need to be reviewed to suit the current scenario. Job descriptions and roles are being revised to keep them relevant. There is also the challenge of recruiting and retaining people in Puttaparthi, which is an out-and-out rural set-up. It's totally Swami's grace that we've been able to do the work we've done in the past two decades.

To be fair to the staff, many of whom have been there since the hospital was inaugurated, I must say that they have really stretched themselves quite a bit. Despite a shortage of staff, the departments have been performing well - Multitasking being the key.

Infrastructure is another big challenge we have, as the hospital has outgrown in certain key areas, like the labs. At the inception, the lab used to do 30-40 tests a day and presently does over 400 tests a day. Also, some of the equipment is as old as the hospital, which is really old! With the support of the Trust, we're modernizing all the departments and the whole hospital will get a face-lift in the coming months. We are also working towards NABH (National Accreditation Board for Hospitals & Healthcare Providers) accreditation and this would legitimize the quality of the services we offer, as the conventional wisdom dictates that what ever is offered free must be cheap and not good.

The question most devotees have: Has the Mahasamadhi altered the quantum of work being carried out at the Hospital? How would you respond?

I can(respond) with full confidence that after the Mahasamadhi, the quantum of work continues to be the same. Actually, if you look into the details, you can see we are actually carrying out more work with the same resources.

How does the quality of care in Swami's Hospital compare with other centres you have seen / worked in?

In spite of all the challenges I described earlier, the care being provided is most certainly nothing but the best. Especially in terms of cleanliness, I've seen lots of hospitals both corporate & otherwise, and none of them come close to us in maintaining cleanliness. This is due mostly to the sevadals, who carry out their work with such love and devotion. They contribute tremendously to our staff strength being very low. In the ten-day service period, they take care of the most mundane needs of the hospital and also the patients.

What are the new initiatives in the pipeline to improve patient care?

There is going to be a major revamp of all the patient care services and the Trust has been supportive in investing in new infrastructure. We've recently inaugurated a new patient gate, which is certainly more welcoming as compared to the narrow wicket gate we had earlier.

I am very confident Swami's healthcare mission is only going to grow, grow and grow, and it's going to remain free, free, free ! Of course, for that to happen is the responsibility of each one of us, associated with His mission to ensure that it happens.



Voleti Choudary, MD, FACS, took over as the Director of our sister Institute in Prasanthigram last September, and he shares with us how the journey has been so far...

We'll also be acquiring an MRI later in the year, which would greatly improve the quality of diagnosis and treatment we offer. We have created a new 6500 sft. library with a fully equipped academics room - completely sound proof and fully air conditioned with all the gadgets for video conferencing with anyone in the world. This is for starters. Our laboratory services will soon have a 7000 sft. modern infrastructure.

In the west, we have the concepts of credentialing and proctoring, whereby the person recruited is assessed to see what his capabilities are and his performance is monitored by the HOD before he is allowed to perform on his own. Also, as a part of the recruitment, a background check is done on all the staff. These are new initiatives we would be taking up in the near future.

What is your vision for Swami's healthcare mission?

I am very confident Swami's healthcare mission is only going to grow, grow and grow, and it's going to remain free, free, free ! Of course, for that to happen is the responsibility of each one of us, associated with His mission to ensure that it happens.

Swami did not create these hospitals to cure all diseases. He built these hospitals as an example and, in my opinion, for the rich to come forward and share a little bit of their wealth towards healthcare & education. At times, I feel we've let Him down, as we see very little of that going on around us. Apart from improving patient care, I see academics and research as two major thrust areas. We've begun work on a tissue regeneration project. We're also about to launch an M.Tech in Nuclear Medicine in our Institute.

Can you share some experiences which demonstrate Swami's ever-guiding presence in the Hospitals?

There are many ranging from the sublime to the very down-to-earth. Recently, we've had vibuthi appear on Swami's pictures in the Orthopaedic department. On a more mundane level, when we were looking for support in re-designing our lab prior to its expansion, there showed up a lady – an engineer, fully trained hospital administrator and very knowledgeable with lab workflows! Within three days, we had the complete blueprint for the lab, and to top it all she offered all her services completely free of charge!

Also, when we were short of urologists, a team of urologists reached out to us from Bangalore and committed to volunteer their time on a mutually convenient basis at the hospital.

These are miracles, which show Swami is very much present, behind the scenes, running the hospital. His presence is very palpable in all the areas of the hospital.

A little bit about your interests?

My interests have been varied. I've been a photographer and I've enjoyed Swami's blessings to take thousands of his pictures, many of which have been published as photo albums, available through the Books & Publications Trust. I've also written one book "My Holyman is Avatar Bhagavan Sri Sathya Sai Baba". Another book is in the pipeline.

I've also been blessed by Swami to speak to devotees and non-devotees through out the world about Swami and his healthcare mission, in which I've had the good fortune to be a part of.

From my earlier years, I love fast cars. I also enjoy keeping myself fit through trekking and tennis.

‘OUCH’ IS OUT! – INTERVENTIONAL PAIN MANAGEMENT

The department of Anesthesiology is committed to making pain a thing of the past for many of our patients. In February last year, Dr. Sekhar Upadhyayulu from Forest Hills, New York, introduced the team to procedures to relieve low back pain. Since then, ‘pain clinics’ are being held regularly.

Transforaminal nerve root injection is a very specialized technique used to treat patients with radiculopathy (sciatica). In this technique, the nerve root is identified using fluoroscopy, and a contrast dye is injected into the covering of the nerve (dural sleeve) to delineate its course. A small dose of steroid and local anesthetic is then injected in this space. The modality is both diagnostic as well as therapeutic.

Since February 2012, pain relief services have been offered to 35 patients through epidural injections. Other options are also available for management of low back pain. The department of Anaesthesiology hopes to expand this service to other types of chronic pain ailments in the months to come.

TRAINING IN ADVANCED CARDIAC LIFE SUPPORT



**American Heart
Association**

ACLS Instructor

Basic Life Support (BLS) skills allow medical and support staff to respond to acute life-threatening emergencies in areas outside the OT and ICU. American Health Association-certified staff members of our hospital staff are training the others in BLS.

In November 2012, four staff from the Anesthesiology departments at the Super Specialty Hospitals in both Prasanthigram and Whitefield volunteered to undergo Provider training for Advanced Cardiac Life Support (ACLS). Two of them are in the process of being certified as Instructors in ACLS. The aim is to provide ACLS training to all the doctors and nursing personnel in both hospitals.

WORKSHOP ON CRANIO-VERTEBRAL JUNCTION FUSION



The Department of Neurosurgery, SSSIHMS, organized a two-day workshop on new techniques in cranio-vertebral junction fusion in collaboration with the Department of Neurosurgery and the basic sciences laboratory of M.S. Ramaiah Medical College (MSRMCH), Bangalore, on the 8th and 9th of November, 2012.

Until recently, patients suffering from cranio-vertebral junction instability and spinal cord compression needed to undergo two surgeries with potential morbidities from the procedures, resulting in longer hospital stay. The techniques demonstrated in the workshop obviate the need for two procedures and also decrease the duration of hospital stay.

On 8th November, there was a cadaver dissection workshop at the MSRMCH basic sciences lab where techniques of posterior fusion were demonstrated by the invited faculty. The delegates practised these techniques on cadavers. In an operative workshop on November 9th at SSIHMS, Bangalore, invited faculty members performed posterior fusion surgery on patients and the surgery was televised for the other delegates.

The invited faculty for both days were Dr. Jeffrey E. Florman, from Maine Medical Center, USA, who has done pioneering research in the cranio-vertebral junction and Dr. Krishna Prabhu, Associate Professor, Dept. of Neurosurgery, from CMC, Vellore.

Close to 50 delegates, practicing neurosurgeons and residents, interested in advancing their skills in cranio-vertebral junction fusion techniques attended the workshop. In keeping with the philosophy of the Sri Sathya Sai institutions, both workshops were free for all delegates.

The workshop was extremely beneficial for the Neurosurgeons at SSIHMS, Bangalore, as evidenced by the fact that two patients have already been treated using these techniques and have since then, made a good recovery.

NEURO-RADIOLOGY WEEKLY MEETINGS

The Neurosciences and Radiology departments have started weekly interactions to discuss the week's interesting cases. The residents select cases, prepare and present them to the team. This provides the clinicians an excellent forum to learn the more holistic aspects of treating patients from the senior doctors. Regular meetings and discussions of this kind within and amongst other departments, which will promote inter-departmental communication and enhance the delivery of patient care, are being taken up.

RESCUED FROM NEAR-FATAL RUPTURES

Heart attacks and ruptures of the heart are synonymous with serious problems, even on paper.

A heart attack, clinically known as myocardial infarction, is a condition resulting from the lack of blood supply to the muscles of the heart. This causes the muscle cells to die, resulting in severe chest pain and the risk of death. Though rapid progress has been made in the early treatment of this life-threatening condition, an unfortunate few end up with the rupture of the heart walls that can cause instant death.



The CTVS Dept. has enjoyed considerable success in surgically treating patients who would otherwise have had a fatal end in the absence of timely treatment. Two such patients - a mason and a housewife, were admitted to our hospital with failing hearts caused by the rupture of a part of the heart, causing the mixing of the pure and impure blood within the heart. Additionally, the lady had a contained rupture within the enclosing cover of the heart viz. the pericardium. Had it ruptured fully, she would have succumbed within minutes. Prior to the surgery, both patients were in the intensive care unit and on medication to improve their heart function and reduce water retention in the lungs. On the day of the surgery, the failing heart was supported using an intra-aortic balloon pump.

In the case of the housewife, about 30 % of the left side of her heart had reduced into an aneurysm – a weak part that could rupture any time. As a result of this, the function of the left side of her heart had greatly reduced. The hole within the heart was approached through the aneurysmal portion and closed with a special patch. With Swami's grace, both patients recovered steadily and were sent home in a stable condition.

"To provide tertiary health care is one thing and to provide timely tertiary health care is an even more important thing. But to provide timely tertiary care, free of cost, to patients of such economic backgrounds and keep them alive is truly reflective of Swami's vision and principles of helping needy people," said Dr. G. Chandrasekhar, HOD, CTVS, commenting on the work done by the Hospital on these patients.

SSSIHMS, WHITEFIELD HOSTS A “CARDIAC CT AND MRI” CONFERENCE

The Indian Association of Cardiac Imaging (IACI) hosted its 2nd annual meeting on Cardiac CT and MRI at SSSIHMS, Whitefield on 1st and 2nd Dec, 2012. This was co-hosted by Sri Sathya Sai Academy of Radiology Education (SACRED) - SSSIHMS Radiology Department's academic wing.

IACI was formed in 2010, with an aim to promote research in the emerging sub-specialty of Cardiac CT and MR, particularly in the context of the Indian population. SSSIHMS has been conducting Continuing Medical Education (CME) programs for the Radiology community to provide quality education in this domain since November 2009 under the SACRED banner, and this is the tenth such CME.

Cardiac CT and MRI are emerging as valuable non-invasive clinical tools for evaluation of the cardiovascular system and the faculty at the conference included renowned Radiologists from India, actively doing research in this area. A total of 317 registrations were made and 150 delegates from nine states of India attended the CME on each day.

Dr. Elizabeth, Professor, Department of Radiology, CMC Vellore, and President of IACI; and Dr. Bhavin Jankaria, President-elect, Indian Radiological and Imaging Association, were two of the speakers at the conference, who commended the Institute's work. Dr. Sanjaya Viswamitra, HOD, Radiology and Dr. Srikanth Sola, Addl. Sr. Consultant, Department of Cardiology also spoke at the conference.

CASE-BASED NEUROLOGY FOR PSYCHIATRISTS

Dr. E.V. Joshy, HOD of Neurology, has structured a course in case-based neurology for psychiatrists. The course primarily deals with a right-brain approach to learning clinical neurology through experiential and conceptual means, using real patient videos and images. Dr. Joshy has a very unique style of blending science and spirituality. His favourite topic of Right-Brain Awareness And Personal Transformation has also been covered in this course.

Over 400 copies of a DVD containing all the course material were distributed free-of-cost to psychiatrists all over the country, during the recent national level conference at for psychiatrists held at NIMHANS, Bangalore.

IT CONFERENCE

On 17th Nov, 2012, the SSSIHMS, Whitefield hosted an “International Healthcare IT End-Users Conference.”

Bangalore is thought of as one of the information technology (IT) capitals of the world. This conference was unique because it focused on the end users – hospital staff and patients. As stated by the Director, Dr. Swarna Baradwaj, in the inaugural session, “...this hospital is absolutely paperless, filmless, and of course, bill-less.” This describes the theme of the Hospital and the Conference to put the Patient First.

Dr. Choudary Voleti, Chairman of Cardiac Sciences, and Director of SSSIHMS, Prasanthigram followed with an explanation of how excellent IT services benefit patient care – “...integrated records benefit patient care. You have timely and meaningful data. It also achieves standardization of care. It also allows tracking of quality metrics...”

International speakers included Dr. Sarada Souyma Panchanathan, Assistant Professor of Pediatrics and Bioinformatics at Arizona State University, USA. She described her efforts to teach medical students and doctors to use IT in a way that supports patient-doctor interaction. Ms. Jayshree Dosanjh, a Senior Systems Developer for the UK government shared her experience in implementing advanced informatics in the National Health Service. Dr. Michael Rakoff, a Pediatrician and Healthcare Management Consultant from the US described some of the “Patient First” advances made at SSSIHMS, Whitefield over the past five years.

The stars of the show were the physicians at SSSIHMS, describing specific advances. Dr. Srikanth Sola, Cardiologist and Secretary of the Infection Control Committee, shared the outstanding results in Patient Safety and Infection Control, supported by the Healthcare Management Information Systems (HMIS). He shared how, for example, infections detected by the Microbiology lab are immediately messaged to the Infection Control nurse electronically as the results come off the analyzers.



Full coverage in :

http://media.radiosai.org/journals/vol_11/01JAN13/03_IT_conference.htm



Dr. Sanjaya Viswamitra, HOD of Radiology, SSSIHMS WFD, elaborated on the completely filmless Radiology Department. The Radiologists can access all studies via the PACS system from anywhere via the Internet.

Dr. Chandil Kumar Gunashekara, VP of the Asia-Pacific India chapter of Healthcare Information and Management Support Systems (HIMSS), summarized the conference thus:

"We had a very wonderful series of sessions today. What really impressed me was – doctors talking about IT and the way they've integrated IT into the clinical services. The take-home message for me is the spirit of doctors saying 'Patient First' – making use of IT to put the patient first. Practical illustrations and demonstrations of that spirit and that drive are the keystones of today's whole deliberations."



EchoSai.org

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"Practice alone makes one perfect. Knowledge without action is useless. Action without knowledge is dangerous." Sri Sathya Sai Baba

Website Dedicated to Echocardiography Training

On the hospital's 12th anniversary, the department of cardiology launched www.echosai.org, a teaching website dedicated to cardiac ultrasound.

Driven by the objective to promote patient care through quality physician training, this site- the first of its kind in India- shares online educational videos and case studies and provides comprehensive information on conference schedules, preceptorship programs and teaching initiatives in the department. "It also 'echoes' our love for the founder and his message that health and education is free for all," says Dr Srikanth Sola, additional senior consultant cardiologist.

The popularity of this site continues to grow.

Online lectures in echocardiography

Train with Us

Image Library

High quality echo images to download

1.5T MRI AND 128-SLICE CT HARMONIC SCALPEL



Swami's hospitals at Prasanthigram and Whitefield are getting set to receive the "big boys" of imaging. A fully-loaded 1.5T MRI (Siemens Magnetom Aera) and 128-slice CT (GE Optima 660) are expected to be installed shortly at the hospitals. These two machines contribute to our mission of bringing the very best of care to patients, offering a gamut of advanced imaging modalities absolutely free of cost. More information in the next newsletter once they are up and running!



In keeping with the Central Trust's initiative in investing in equipment that enhances patient care, the harmonic scalpel is a new addition in the armamentarium of the CTVS Department. This instrument, costing around Rs.10 lakhs, works on the principle of high-frequency rapid oscillation at 55,000 Hz to produce the desired cutting effect. Traditional bovie or cautery works by producing heat at the area of tissue contact. This produces smoke and dissipates heat into the surrounding tissues, causing unnecessary damage.

The harmonic scalpel was designed to prevent such collateral damage. The high-frequency vibrations cause protein denaturation and cause tissue dissection. This is very useful while dissecting around structures that are delicate, like the 1-1.5 mm arteries used for bypass grafting. This prevents damage and ensures the longevity of the bypass grafts.

The instrument also finds application in minimally invasive, endoscopic surgeries.

BIPLANE CATHLAB



The stage is set for a brand new biplane cathlab (Siemens Artis Zee) at SSSIHMS Whitefield. Designed to support both neuro and cardiac procedures, this equipment lends a new dimension to patient care at the institute. "Such high-end equipment put to the care of the very indigent is unheard of in any part of the world," says Dr P.K.Dash, Head of the Cardiology Department. "We continue to offer ourselves to his service." More to come as it kicks into action around July.

AUDIO-VIDEO CONFERENCING

With an intention to create a virtual class-room, both the super-speciality hospitals in Bangalore and Prasanthigram have invested in high-end audio-video conferencing equipment, which will improve dramatically the quality of the interactions and teaching experience between the centres. The equipment will also have the capability for specialists from outside the hospital to come and train the doctors.

CHEMI-LUMINESCENCE ANALYZER



A chemi-luminescence analyzer has been recently installed in the Biochemistry lab, which takes care of the regular hormone and cardiac marker testing, and will additionally provide reliable serology testing within half an hour. With the equipment in place, the dependency on spot tests will reduce, providing the treating clinicians a higher quality of reporting.

Students come out in Flying Colours

The second batch of Allied Health Sciences (AHS) students brought laurels to our Institute by getting a 100% pass rate in their theory exam, many with distinction. Consequently, they were assigned to different hospitals to undergo their six months' mandatory internship.

The Diplomate of National Board (DNB) exam results for Radiology and Cardiology were declared, and we are happy to announce all the eleven candidates from our institution belonging to four specialities, have passed the theory exam.

They will be taking their practical exams shortly.

*Let's celebrate
their success !*

VISITING DOCTORS

Cardiology



Dr. Jon Donnelly, Dr. Vijay Krishna Murthi and Dr. Sanjay Shah from the Maine Medical Center, visited the hospital and conducted a pediatric device camp. Over 100 patients were treated by the team during this visit, and the cost of devices implanted is close to 1.5 crores. The amplatzer and cocoon devices used during this camp, plug holes in a patient's heart, thereby avoiding open heart surgery.

The Cardiology Department conducted a training and implantation workshop of Cardiac Resynchronization Therapy (CRT) and Implantable Cardioverter-Defibrillator (ICD) devices - 7th to 13th Feb 2013 - during the visit of Dr. Yegya Raman, from New Jersey, USA. Each of these devices cost between Rs.300,000 to Rs.800,000.

Doctors from various institutions including the Trivandrum Medical College, Kasturbha Medical College, Manipal hospital etc., have been helped in understanding the nuances of device selection, implantation skills and follow-up care of the patients. The workshop was supported by St. Jude's Hospital, USA and Medtronic Inc. USA. Ten patients benefitted from this workshop.

A Cardiology Device workshop led by Dr. Keshav Naik and a team from Naval Hospital, San Diego, treated 81 patients. Pediatric devices worth Rs. 2.65 millions were implanted.

"It's always an honour to be here, and to serve the children in this country. I see this as a pilgrimage I'd like to make every year,"

- Dr Jon Donnelly

Neurosurgery

Dr. Jeffrey Florman conducted a live spinal instrumentation workshop at SSSIHMS, Whitefield, and a cadaver workshop in collaboration with MS Ramaiah Medical College.

Two Neurosurgery Spinal Implant Workshops were organized by Dr. Ravi Goyal with the help of Americares, Medtronic and Zimmer Spine. Spinal implants for 85 patients were supplied at almost a cost of 10 million rupees.

Dr. Venkat Sadanand, Assistant Professor of Neurosurgery and Neonatal neurosurgeon from Loma Linda University, California, offered one month's service in December 2012, adding value to the teaching of residents and participating in operative neurosurgery during this period.



Dr. Anil Nanda, Chairman, Neurosciences, Louisiana State University School of Medicine, gave a guest lecture in the month of December 2012.



Ms. Niveditha.K.N joined SSSIHMS, College of Nursing, on 26th Nov 2012 as a lecturer. Ms. Niveditha completed her Bachelors and Masters in Nursing (Community Health) from the Garden City College of Nursing, Bangalore. Before pursuing her M.Sc, she worked as Clinical Instructor for over a year at the Garden City College of Nursing, Bangalore.

Dr. Rajeshwari Patil joined SSSIHMS as a microbiologist on 1st Jan, 2013, bringing with her, a rich experience of working as microbiologist and Quality Manager. After completing her MD in Microbiology from Jawaharlal Nehru Medical College, Belgaum in 1997, she worked as a lecturer for 8 years at various medical colleges and at Narayana Hrudayalaya for six years, where she held several responsible posts such as consultant Microbiologist, Quality Manager, HOD of laboratory services and Chairman of Hospital Infection Control. She succeeds Dr. Srikanth Sola as the Secretary of the Hospital Infection Control Committee.

Dr. Margol Siddappa joined SSSIHMS as Sr. Resident in the Department of Cardiology on 3rd Dec 2012. Dr. Siddappa completed his DNB Cardiology from SSSIHMS, Prasanthigram and joined SSSIHMS, Bangalore to be part of this noble institution.

Dr. Naveen P. joined SSSIHMS as Jr. Consultant in the Department of CTVS on 1st Feb 2012. Dr. Naveen did his MS (General Surgery) from Thanjavur Medical College in 2003 and M.Ch (Cardiothoracic Surgery) from Christian Medical College, Vellore in 2008. Before joining SSSIHMS, Dr. Naveen worked as a Junior Consultant at Bollineni Ramanaiah Memorial Hospital, Nellore for a couple of years.

Let's give them a Warm Welcome!



Every person who volunteers at our Institute has a fascinating story to share.

But few humble you into silence as 52-year old Sumitra, who served at the hospital in March this year. Stricken by polio at the tender age of two, this volunteer realized very early on that she would never be able to walk like everyone else.

Polio immunization was not available in the village she lived in, and so her parents were mute witnesses to this disability that crippled her for life.

"Namage anukampa beda, avakaasha beku," she says in Kannada with a smile. "I don't need sympathy. I only need an opportunity (to serve).

During her period of service at the hospital, Sumitra received patients as they walked into the hospital, welcoming each with a warm, gentle smile, guiding them into the premises.

"She may not know our language, but we can feel her genuine love and warmth," says Shahin Taj, a patient from West Bengal, who came here with her mother.



When your Heart
pushes you to Serve
Why should your
Body stop you?



On the surface, life has not been fair to Sumitra. She got married with difficulty, suffered 2 abortions and had no kids to call her own. Five years ago, her husband had a cardiac arrest on a bus and passed away suddenly. "There was a time when I wondered if I had a good reason to live," she explains. "But God has his plans, and we must sometimes stop thinking and flow with his will."

Serving at a civil court in Bangalore for over 3 decades, Sumitra decided on an early retirement, and moved to Mysore. When an opportunity to serve at the hospital came her way, she jumped at it. Riding all the way from Mysore to Bangalore in a scooter modified to support the physically-challenged, she arrived at the hospital to serve for a week. "When your heart pushes you to serve, why should your body stop you?" she asks.

Towards the end of her period of service, we asked her if she enjoyed her stay. "I loved it!" she says. "It taught me that there are many people who still need my help." We asked if she would come again. "Definitely," she says "But next time, I'll come more comfortably. I'll drive down in my car."

Rocky, I miss you

• Asha Barooah

Winning entry for the Short-story writing competition

From a window in the kitchen, I could see the empty doghouse in the corner of the garden with a few crows flying around. When Rocky, our Pomeranian dog was there, not a single crow would come near the garden and his continuous barking used to be heard throughout the neighborhood. Now there was a dead silence; we all miss him a lot.

I started remembering how much he drove us crazy with his mischievous behavior.

One day when I came back home from college, all tired and exhausted, I noticed some torn pieces of white cloth spread out in the middle of the garden. Rocky was sitting very comfortably in the middle of the mess chewing busily on the leftovers of a sleeve. I stood there horrified, as I knew nothing could be done and the shirt was beyond repair. The moment he noticed my presence, he ran for his life and went behind the doghouse. To add to the horror, I discovered that the torn up shirt belonged to our neighbor.

Another incident took place in the afternoon we returned home from a friend's house. The gate was already open. As we got out of the car, we saw bundles of newspapers in a big heap, right in front of our house. Rocky was happily lying down on his back, next to this newspaper heap, enjoying the sun with one newspaper bundle in his mouth. Someone had left the gate open and Rocky had run out and collected all the newspaper bundles from the neighborhood and created an "Eiffel tower" in front of our house! He was not willing to let go of the newspaper bundle in his mouth. Finally, we had to go from house to house to return the newspapers and apologize for what had happened. This happened several times later as well. We did not know what to do with Rocky; he was driving us crazy.

At the same time, he demonstrated undying love and actually did prove to be "Man's best friend". Once, my mother was down with a severe case of pneumonia and she was bedridden for many weeks. At that time, I had just started working and could not take a single day off. My father was also busy with work and my brother had passed away a few years ago, so there was no one to sit at my mother's bedside during the daytime while we were away. Rocky was the only company she had and he would sit on the ground near the foot of the bed without eating or sleeping. When my father and I came home from work, we had to spend around an hour or two sitting with Rocky until he ate something. The kind of love and compassion he showed brought tears to our eyes. After all the screaming and shouting over the years, we could not believe the kind of unconditional love he showed. I think his love helped heal my mother as she was able to get up and move around after almost a month or so.

Many weeks passed and Rocky was back to his mischievous routine of barking at butterflies and crows, making us think someone came home. We had a gardener who would come in the morning, and he and Rocky had become friends over time. One morning, the gardener finished his work and called my mother out to inform her that he had left the gate open to water the plants outside and after coming back, he found that Rocky was not around. They searched inside and all around the house but Rocky was not to be found. When my father and I came back home from work, we searched the entire neighbourhood on foot and by car. My mother told us that during the daytime while we were at work, all the neighbours had searched as well. Rocky was lost. The next few weeks went by searching for him and the most amazing thing was that even the neighbour, whose shirt Rocky had destroyed, and all the other people in the neighbourhood, whose newspapers were taken on several mornings to create his "Eiffel tower" in front of our house, had also joined in the search for Rocky. We never found him but were touched to see how he brought everyone together in spite of his mischievous activities. All the neighbors developed a love for him in the end. We don't realize the value of what we have till it is gone.



TEMPLE TRIP



The Residents' Welfare Association of SSSIHMS, Bangalore, organized a day trip for staff and family members on 10th February, 2013. The itinerary included the three temple towns of Sringeri, Kalasha and Horanadu. A group of 105 enthusiastic members, ages ranging from 2 to 80 years, set on board two buses on 9th night. The journey through the Western Ghats provided for some great scenic views and winding roads.



The highlights of the tour were the Sathya Sai School in Jayapura and their loving teachers and students, the tranquility of the Sringeri Ashram, the history behind the Kalasha temple and the scenic grandeur of Horanadu. These, and the simple joy of traveling in company, made the trip memorable for all. There was lots of fun along the way as the group stopped at a waterfall on the way to Kalasha.

Such trips truly enable the staff to bond well with each other outside of work and also provide for a well planned pilgrimage opportunity for the elders.

SPORTS & CULTURAL FESTIVAL



In tune with Swami's principle of a sound mind in a sound body, sports and games have always been an integral part of Swami's Institutions. Keeping up a unique annual tradition for the third year, the Institute staff got together to celebrate teamwork, creativity and talent as part of the sports and cultural festival. There were over fifteen events conducted both in sports and cultural events like cricket, volleyball, carom, shuttle badminton, table tennis and creative pursuits like short-story writing, elocution, singing, rangoli etc.

The festival started off grandly on 16th Dec, 2012 with the popular cricket tournament. The staff and families were divided into four houses – Sathya, Dharma, Shanthi and Prema. Children too, participated in the events and some put up a stiff competition to many of the older participants, receiving well-deserved admiration and appreciation. The participants and enthusiastic supporters of each house made sure all events went as per schedule. Be it a sports or cultural event, there was no dearth of fun and excitement. This year, amongst the gents, Prema won the house championship and Dharma won it amongst the ladies.

The festival gives staff and the families an opportunity to bond with each other. The SSSIHMS family truly represents the spirit of unity and camaraderie.

The Annual Sports & Cultural Meet concluded on 19th Jan, 2013 with the prize distribution. Over 150 certificates and medals were distributed to the winners by Sri V. Srinivasan and Sri S. S. Naganand, Member Trustees, Sri Sathya Sai Central Trust.

SAHASRALINGARCHANA



With the blessings of Bhagawan, Sahasra Lingarchana and Rudram Homam were performed by the staff of Sri Sathya Sai Institute of Higher Medical Sciences, Whitefield on 9th Dec, 2012. The pooja was conducted by Sri Ramakanth Achar, Head Priest, Lepakshi Temple in most auspicious manner as prescribed in the scriptures.

The ceremony was performed to mark our gratitude to the ever-compassionate Lord who has given us the opportunity to work in this magnificent hospital.

A special Spatika lingam was brought from Manasa Sarovar and the head priest also made 1,000 paarthiva lingams (made out of mud). Abhishekam was done with flowers and with various types of pooja items along with chanting of Ekadasha Rudram. This was followed by Dhanvantari abhishekam and Rudra Homan. The program culminated with Poornaahuti and Maha Mangalaharathi.

SAI EDUCARE PRESCHOOL



Sai Educare Preschool was inaugurated by Dr. Swarna Bharadwaj, Director on the occasion of the 12th anniversary of SSSIHMS, Whitefield.

The Sai Educare Preschool has its roots in the Divine Declaration to the hospital staff on 26th Jan, 2002. "Many children are here; they are sent far off to the city with so many difficulties. We'll have very good teachers and have one school here itself. I'll take the responsibility of providing you these amenities. You do your duty, foster this hospital and make it an ideal to others."

During this discourse Bhagawan had declared that a tennis court and a school will come up in the campus for use of the staff. Sai Educare marks the fulfillment of His declarations.

The school will consist of a play group, nursery, LKG and UKG classes. The school aims to start the children on a journey of value-based education at an early stage, in a safe environment without parents having to worry about high education costs and the safety of the children.

The school is headed by Sarojini Mohan Das, who has several years of experience as Principal and teacher. The school has qualified teachers in A. Gauri Sharma, Roopa Chittaranjan and Kirtimayee Patnaik. At present, there are 23 children in the nursery section. The LKG and UKG sections will be started in June, after receiving the Government approval.

Cambridge Medical Elective at Sathya Sai Institutions

June 2012 saw the introduction of an exciting new collaborative venture between the institutions of SSSIHMS, Whitefield, the Sri Sathya Sai Mobile Hospital and Hughes Hall, University of Cambridge. Doctors and clinicians of all three institutions worked closely together to design an appropriate programme of study for medical students from the UK to come to India for an elective study.

The first student Mr. Steven Nottley attended both SSSIHMS and SS Mobile Hospital under the tutelage of Dr. Sola and Dr. Narasimhan respectively. He spent a period of four weeks at both institutions and left with the satisfaction of having had a truly enriching and educational experience. He participated in a National Echocardiography course in his first few days in the country and gained a true understanding of the complexities of valvular heart disease during his time at SSSIHMS. He also gained the confidence to correctly diagnose almost every combination of heart murmurs possible and formulate sensible management plans.

His experience at both the SSS General Hospital and SSSIHMS, Whitefield and also the SS Mobile Hospital gave him hands-on exposure to clinical diseases and syndromes that up to now had just been textbook theories. Some of the clinical slides he presented on his return to Hughes Hall Cambridge stumped even the senior clinicians!

During the latter part of the elective, Steven joined the SS Mobile Hospital, which he found to be a unique example of a very successful model of delivering high quality hospital-based health care to a rural population. The student benefitted from his exposure to different specialities and a chance to see many varied conditions first-hand. More importantly, the expert team he worked with provided an example of what is possible with faith and effort.

The next elective collaboration is being eagerly planned with four Cambridge medical students being selected to join our institutions in June 2013. We hope that this partnership will develop fruitfully in the future so that we can learn from each other for the benefit of all patients and work towards delivering the highest quality of clinical experience for students worldwide.



"The medical institutions not only provide an integrated model of health care to the underprivileged free of cost, but also have a strong undercurrent of academic and practical training, which matches the ethos of Cambridge University,"
- Steven Nottley,
Medical Student, Hughes Hall
Cambridge.



Cumulative Statistics for SSSIHMS, Whitefield. 19 Jan. 2001 - 30 Mar. 2013

Out Patient Visits	
Cardiology	5,75,957
Neuro Surgery	1,82,260
Neurology	1,20,774
Total:	8,78,991

Cardiac Catheterization Procedures	
Diagnostics	17,612
Interventions	22,220
Pacemaker implantations	717
Total:	40,549

Surgeries	
Cardiac Surgeries	15,377
Neuro Surgeries	16,883
Total:	32,260

Laboratory Tests	
Biochemistry	21,58,033
Blood bank	2,65,735
Haematology	30,97,273
Histopathology	7,350
Microbiology	58,343
Serology	2,65,109
Total:	58,51,843

Radiology Exams	
CT Scan	40,635
MRI	97,341
Neurocathlab	1,540
Ultrasound	14,089
X-rays	1,46,106
Total:	2,99,711



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