

July-September | 2013

manohriday

THE JOURNAL OF SRI SATHYA SAI INSTITUTE OF HIGHER MEDICAL SCIENCES



*D*ear Readers,

It's a pleasure to bring you another issue of Mano Hriday. Each time we do so, we have the opportunity to collate all that Swami's Hospital has done during the quarter – and forgive our audacity – we are very proud! The Hospital shines brighter with every passing month. We know that Swami would be proud as well.

We've showcased Swami's "Little Hospital" in Whitefield in this issue. During the 37 years of its existence it has silently treated millions of patients for free and continues to do with added vigour.

We know that you love to hear about the impact the hospital has made on patients, so we are committed to bringing you one such story every issue. Chand Basha, a fruit seller, saved from a life-threatening aneurysm by the efforts of a multi-disciplinary team of doctors, has a happy story to share.

There's a lot to say about the hospital's patient-care initiatives. In keeping with Swami's directive that the patient must always come first, we ensure patients are the prime beneficiary of every innovation at work. This issue witnesses the launch of novel procedures, new equipment and training programs directed at that single goal.

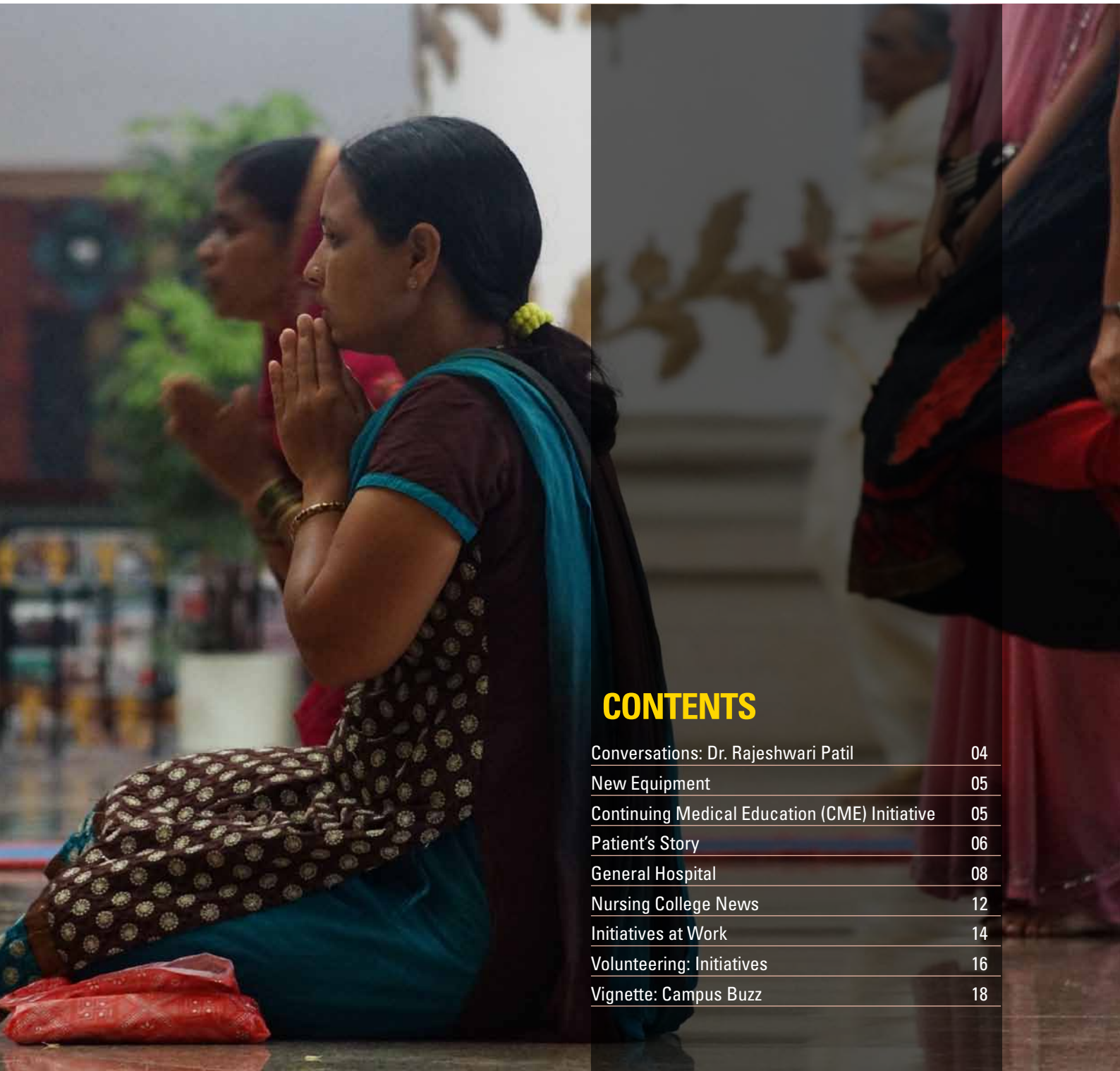
Additionally, the visibility of Swami's hospital in academic circles continues to grow. We believe that to be a model of excellence, we should share our work amongst peer groups and each time we do, the medical world sits up in awe and listens. We see Swami's Masterplan unfold as we sincerely labour to make Swami's hospital a model for others to emulate.

- The Editors



Cover :

Nursing students in prayer at the central dome



CONTENTS

Conversations: Dr. Rajeshwari Patil	04
New Equipment	05
Continuing Medical Education (CME) Initiative	05
Patient's Story	06
General Hospital	08
Nursing College News	12
Initiatives at Work	14
Volunteering: Initiatives	16
Vignette: Campus Buzz	18

In this tete-a-tete, Dr Rajeshwari Patil, MD, Consultant Microbiologist, shares her views on the importance of stringent infection control and the measures adopted at the hospital to up the ante in this “no-bug” business!

Give Germs the Stick!

The hospital staff has been working diligently for several years to decrease hospital-acquired infections. Based on your experience at other hospitals in India, how would you evaluate our efforts and results?

Prevention of HAI (Hospital Acquired Infections) has gained importance with progress in newer diagnostic methods and newer treatment modalities. Since inception, we have made a very good effort to curtail infections in pre-and post-surgical patients with available resources. These initiatives were stepped up in 2006, with a thrust on hand hygiene, implementation of prevention bundles, introduction of clippers, pre-surgical scrub bath with Chlorhexidine, chlorination of water used for hand wash, biomedical waste management, isolation techniques, surveillance methods and the introduction of an infection control dashboard.

And how would you measure our progress?

The graph shows a steady decline in total infection rate. Additionally, there has also been a 50% decline in SSI (Surgical Site Infection) rates and CAUTI (Catheter-Associated Urinary Tract Infection) rates, and only stray cases of VAP (Ventilator Associated Pneumonia) and CLABSI (Central Line-Associated Bloodstream Infection).

As the Infection Control Officer, what are your areas of focus?

There are a number of areas I am interested in at the moment. These include:

- Reinforcement of hand hygiene, prevention bundles and surveillance for SSI, VAP, CAUTI, CLABSI.
- Improvement in transportation and handling of sterile packs.

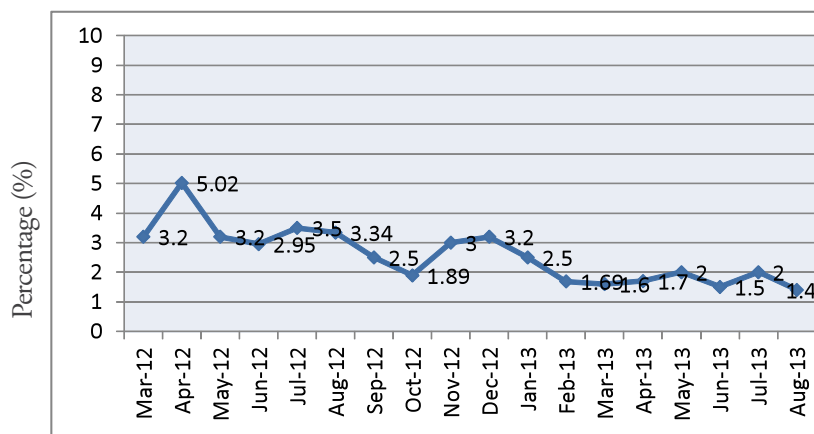
- Training healthcare workers –Doctors, nurses, paramedical staff, students, housekeeping staff, ward boys and volunteers– for prevention of infection and safety, based on the type of work being done.
- Improvement in cleaning and disinfection across the hospital.
- Antibiotic stewardship.
- Improvement in housekeeping activities and biomedical waste management.
- Infection-control measures during construction activities, based on the type of work and patients at risk.
- Safe handling, disinfection and transportation of soiled linen.
- Handling of blood and body fluid spillages.
- Reduction of exposure to blood and body fluids and needle-stick injuries.

Are there new innovations that you have implemented since joining?

We have formulated our very own alcohol hand rub in keeping with WHO guidelines. Not only is this more effective against germs, but it is also cost-effective compared to commercially available products. We distributed a few trial packs and have received encouraging feedback from staff in active work domains at the hospital. We plan to use this formulation in due course once the necessary costing exercise is complete.

Do you have a word of encouragement for our staff?

I owe the success we have achieved at the hospital to the enthusiastic participation of all staff. We need to keep up this good work, as prevention of infections will benefit healthcare workers, patients and the organization. Compliance with infection control practices at all levels will lead to good outcomes in the work done, with less exposure to drug-resistant bacteria and reduction in work stress. All of this will finally contribute to patient and staff safety and the optimal utilization of resources.



Total Health Care Associated Infection Rate - SSSIHMS - WFD

Navigating the Brain—Neurosurgery updates its technologies

The neurosurgery department has recently acquired a Medtronic S7 neuro-navigation system. Neuro-navigation provides neurosurgeons with a virtual “road map”, allowing them to plan the surgical course with greater confidence and precision. In 2001, the department pioneered the use of neuro-navigation in the country. “The current version is an impressive upgrade to what was earlier available. The Medtronic S7 allows the neurosurgeon

to localize small lesions and excise them with minimal injury to surrounding structures,” says Dr A Sai Kiran, Consultant and in-charge, Neurosurgery. This system is the most advanced available and a significant update of the existing system.

In addition, the department has also acquired a top-of-the-line operating microscope. Costing over 1.6 million dollars, the Leica OH5 microscope boasts of the best optics available. Combined with Indo Cyanide Green Video-Angiography (ICG-VA), it offers the safest methods for clipping aneurysms of the brain and assuring normal blood flow after the procedure.



e-learning gets a medical makeover!



The Department of Cardiology hosted a live webcast during Echo India 2013. A live relay of a structural device closure was transmitted from the cardiac cathlab at the hospital to the conference venue at Sheraton Hotel, Bangalore.

“It is not enough to bring doctors to the hospital. We need to take Swami’s hospital out to doctors to show them the quality of care that is being offered,” said Dr. Srikanth Sola, Additional Senior Consultant Cardiologist, who led the discussion from SSSIHMS. Conference delegates could witness the intervention as it was performed by the Sathya Sai team and interact with the faculty. Real-time audio and video streaming was possible, thanks to high-end video-conferencing equipment and a high-speed internet connection that the hospital recently acquired.

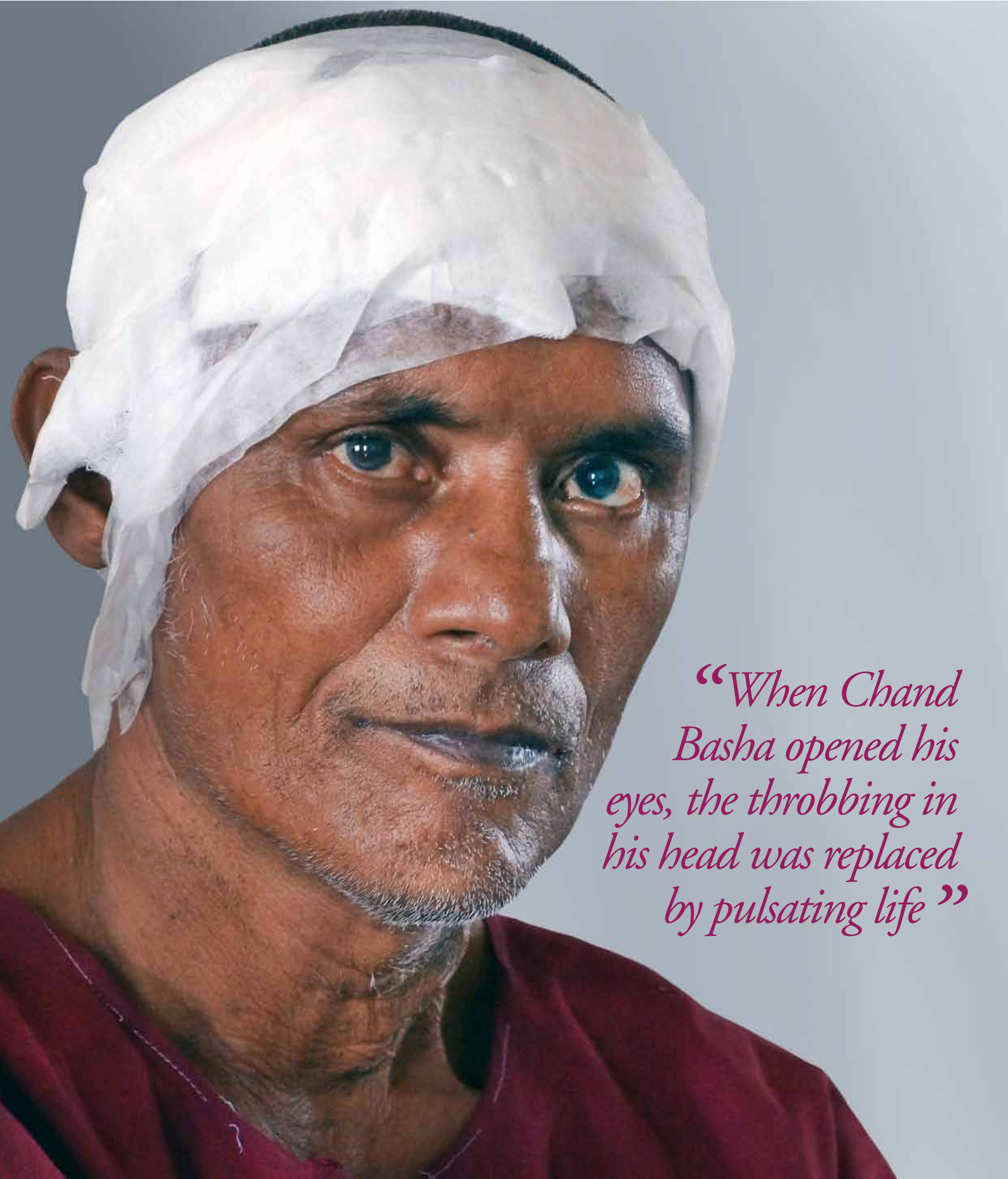
This was the first time a live relay was conducted during a meeting of the Indian Academy of Echocardiography, and the session was received with great enthusiasm and appreciation. “We should have this every year, and Sathya Sai hospital must definitely lead the way,” said Professor V Amuthan, Senior Cardiologist from Madurai.

They Did Us Proud!

Dr Sumit Thakar, Consultant Neurosurgeon, received the best free paper award for his presentation on “Paraspinal muscle morphometry in cervical spondylotic myelopathy” during the Spine Conference conducted by the Neurospine Surgeons’ Association of India. Attended by 300 delegates, the event brought together the finest neurosurgeons and spine specialists from across the country and abroad.

Ashwin Venkateshvaran, Senior Manager, Department of Cardiology received the Young Investigator Award for best oral abstract presentation at Echo India 2013, the annual meeting of the Indian Association of Echocardiography (IAE) conducted in Bangalore between Sept. 5-8, 2013. The event was attended by 800 physicians, sonographers and cardiologists from around the country. Ashwin, currently pursuing a PhD in echocardiography, was recognized as the first non-physician to receive the award during the 18 years that this event has been conducted.





“When Chand Basha opened his eyes, the throbbing in his head was replaced by pulsating life”

As 55-year-old **Chand Basha** set out from home one morning, with his push cart loaded with apples, grapes, oranges and pomegranates, he had no premonition that the day would be any different. As a fruit vendor, he led a very routine life, selling fruits on the streets of Mulagala Cheruvu, a small village in Andhra Pradesh.

When he returned from work that evening, he complained of a severe headache, and almost soon after, lost consciousness and collapsed. His wife Shamshad, rushed to sprinkle some water on him and Chand Basha recovered a little while later. However, the throbbing pain in his head still continued. They hurried to the local government hospital, where the doctor referred him to a bigger hospital in Kadiri for a CT scan. The scan suggested a complex intracranial aneurysm, a life-threatening condition which could not be managed in smaller health centers. They referred Chand Basha to Swami's Super Specialty Hospital in Whitefield, Bangalore.

Shamshad's sister stayed a few minutes away from Swami's hospital and knew of this Temple of Healing. She hoped that the good Lord would work His miracles in this edifice. Chand Basha was soon in the out-patient department where a Digital Subtraction Angiogram (DSA) was ordered. The DSA, performed to identify abnormalities in the blood vessels supplying the brain, revealed multiple intracranial aneurysms. An intracranial aneurysm is a life-threatening condition that can result in sudden death if left untreated. Surgery is a risky proposition, besides costing far more than what a fruit vendor could earn over a lifetime.

"Chand Basha's was a very unique case, where there were four aneurysms in very critical locations. One of the aneurysms was very complex, arising from the basilar artery supplying the brainstem. Careful planning is required for such aneurysms as any compromise to these vessels during surgery can result in severe neurological deficits. Such complex basilar aneurysms can be clipped during an adenosine-induced cardiac standstill which is a novel technique, where transient cardiac arrest is induced for a few seconds with a high dose of adenosine," says Dr Sai Kiran, Consultant Neurosurgeon.

The road ahead was not only complicated but also involved multiple disciplines. Cardiology, Anesthesiology and Neurosurgery joined hands to perform three complex surgeries. "I read extensively about adenosine-induced cardiac standstill and gave my input to the brave neurosurgeons and I agreed to stand by during the brain surgery," says Dr Banajit Barooah, Senior Consultant Cardiologist.

Though clipping under adenosine-induced cardiac standstill is proven to be safe and is used regularly abroad, it is not very popular in our country yet. However, in Swami's hospital, with its commitment to serve the poor irrespective of cost or effort, things are different. "It is a challenging endeavour to resort to deliberate cardiac standstill utilizing a double dose of adenosine to facilitate the smooth clipping of aneurysms. It was made possible because of the high-end equipment and a committed, multidisciplinary team," say Dr Kolli Challam and Dr Pankaj Punetha from the Neuroanesthesia team.

After the entire ordeal, when Chand Basha opened his eyes, the throbbing in his head was replaced by pulsating life—many more years of it. "I take it as Allah's grace that my husband is alive and



healthy now," says Shamshad, grateful for the treatment that her husband received at the hospital.

The hospital does not distinguish between fruit vendors and business tycoons, Hindus or Muslims, because as Swami would often say—why should we differentiate, when the afflicting disease does not see the rich as different from the poor? Chand Basha's next lot of fruits for sale is sure to contain the promise that health is available to everyone, after all.

Inaugural Discourse (Excerpts)

28 August 1976



Swami giving discourse during the inauguration



Swami lighting lamp during the inauguration of the Hospital



Inauguration of the wards



Swami with Dr. Sundar Rao



Swami with Dr. Rajeswari during one of the Hospital visits



Swami with Dr. Savithri at the Hospital

“To improve and maintain the health of the people, continuous education on the principles and practice of hygiene and environmental cleanliness is essential. Education is the most effective. This hospital is being established here to remedy disease and help people to keep their bodies in good condition.

People of this village and villages that are in the surrounding area, will resort to this hospital for medical relief and advice. This hospital is being started amidst the villages so that expert advice and treatment can be rendered to them in a loving atmosphere of reverence and devotion.

Today we are inaugurating this hospital so that it will provide good and lasting service of the people of this region.”

25th Anniversary Discourse (Excerpts)

“It was Dr. Rajeswari, the mother of C. Srinivas, who started this hospital. She was highly qualified and had worked in several countries.

She was very loving and caring towards everybody. She started this hospital in a small room. Gradually, she expanded it and brought it to its present state. Every year she would add some new department to it. Though it is a general hospital, all types of advanced treatments are now available here. One cannot say that treatment for a particular ailment is not available here. Then how can we call this a small hospital? It may look small in size but the service rendered here is great. In that sense it is, no doubt, a big hospital.

This was like a tiny banyan seed that has now grown into a gigantic tree. It will continue to grow more and more.

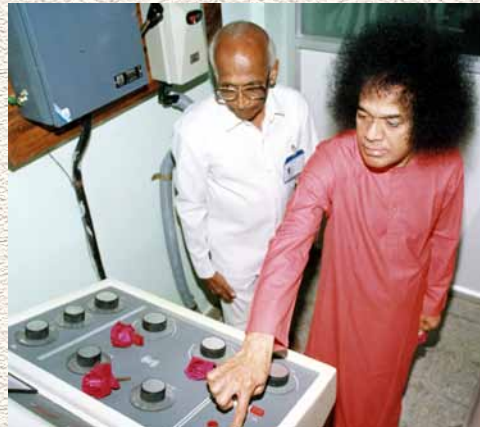
Today we are celebrating the Silver Jubilee of this hospital, but I am not satisfied with this. We should develop this hospital further and celebrate its Golden Jubilee. I wish it to grow further and serve the poor and needy.”



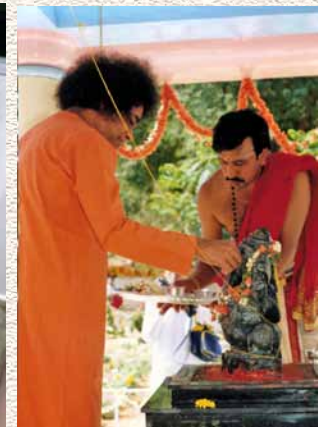
Swami performing the Bhoomi Puja for Physiotherapy Department



Swami inaugurating Ward 4



Swami with Dr. Balasubramanian inaugurating X-ray Machine



Swami consecrating Ganesha Statue

Anniversary Celebration

With the rising of sun on the morning of 28th Aug 2013, a fresh chapter began, with the hospital celebrating its 37th Anniversary. The best way to offer our dedication to Swami on this day was to work as though it was a normal day, but treat all patients with special care and utmost compassion.

The anniversary marked a unique bonding for the staff and offering of gratitude to our beloved Lord, by assembling in the holy premises of divine abode, Trayee Brindavan. Evening prayers were offered at his lotus feet.

The icing on the cake for the occasion was, this year 28th Aug, happened to be Sri Krishnashtami. What better way to spend a day full of work and an evening with Sai Krishna on such a special & holi-day.



His “little” Hospital fulfils *a million dreams*

37 years of service to humanity – Sri Sathya Sai General Hospital, Whitefield

“A seed that was sown then, has now become a giant tree”, said beloved Swami at the 25th anniversary of the hospital. “What was started in a small room by Dr. Rajeshwari, has now grown into a massive institute,” he added.

The hospital which bears testimony to the above statements began in 1976, as a mother and child healthcare institution, under the leadership of Dr. Rajeshwari, and then, Dr. Savithri. The hospital blossomed under the direct care and guidance of Swami, as it grew from strength to strength each year.

On 28th Aug 2013, the hospital completed 37 years of dedicated service to the poor and needy, with sacrifice and service as its primary motto. From a mother and child center, the General Hospital started expanding under the first Medical Director, Dr. M.Balasubramanian. Today, it offers services in 15 specialties—General Medicine, Obstetrics and Gynaecology, Pediatrics, Orthopedics, General Surgery, Ophthalmology, Urology, ENT, Dental,

Dermatology, Diabetology, Endocrinology, Rheumatology, Anaesthesiology and Psychiatry.

Dr. Upendra Acharya, the current Medical Superintendent, ably supported by Dr. Ram Kumar and Dr. Kamakshi Kannan and their extended team of medical professionals, continue to offer relentless service to patients visiting each day. Additionally, close to 60 senior doctors, as visiting consultants and domain experts, volunteer here on a regular basis, united in their intent to bring healthcare to the poor with no strings attached. This opportunity to serve, expecting no reward, holds true to the spirit of medicine.

Patients come from as far off as West Bengal, covering 1500 kilometres over a 2-day train journey to receive treatment. On an average, the hospital treats close to 100,000 patients in the outpatient department each year, and performs 1500 surgeries annually. The smile on the patient's face after treatment is the only gratitude that can be offered to our beloved Lord, who has given us such a wonderful opportunity to serve.

It is apt to reminisce on the remarks made by Swami on the occasion of the hospital's 25th anniversary. “Today, we

are celebrating the Silver Jubilee of this Hospital, but I am not satisfied with this. We should develop this hospital further and celebrate its Golden Jubilee (50th anniversary).”

“The ideal Sai Health care model can be observed at the Hospital—a shining example of free medical care and the spirit of unity.”





Diet-Engineering Programme

As part of the practical course curriculum, the first-year Nursing students studying nutrition and balanced diet, conducted a diet-engineering program on 25-26 July in the Nutrition Lab, within the Nursing College premises. Under the leadership of the Chief Dietician, Sharavathy, the enthusiastic students showcased their culinary skills. The visitors to this program included the Director, Nursing Superintendent, staff of other departments and the hospital, college faculty and the dietary department. A total of 81 dishes constituting diabetic diets, hypertensive diets and high-fat diets, as well as regional flavors, were on display. The visitors were welcome to taste these dishes.

“It was indeed a learning experience for students and a creative exploration,” says Manjuri, the principal of the Nursing College.

“Diet is a very critical component of the treatment process, and Diet-Engineering is a fun way of teaching the students and staff alike, the critical role diet plays in treatment,” says Sharavathy, Chief Dietician.

*“A visual treat,
Plenty to eat,
A remarkable feat.”*
— Dr Swarna Bhardwaj, Director

“‘Too many cooks spoil the broth’, was proven wrong”
— Rekha, Nursing Tutor



Organ Donation Day

124 of our students, belonging to the Student Nurses Association (SNA), affiliated to the Karnataka State Nursing Council, celebrated “Organ Donation Day” on 6th August. The Director inaugurated the event, which was followed by an Organ Donation Campaign by the Nursing students. A total of 223 people registered for Organ Donation using this facility



Freshers 2013-2014

2nd September marked the beginning of the academic year 2013-2014, the sixth batch of the SSSIHMS College of Nursing and Allied Health Sciences. A total of 49 students joined the campus from different parts of the country, 19 of them from Kerala, 6 from Tamil Nadu, 5 each from Karnataka, Andhra Pradesh and Sikkim, 2 each from West Bengal and Assam, and one each from Manipur and Nepal.. A Fresher's Day was organized on this occasion to formally welcome these students.

An Alumni Organization is born!

A formal inauguration of “SAI VANDANAM” the alumni association of the SSSIHMS College of Nursing and Allied Health Sciences, took place on 5th September. The Director presided over the function. The formal proceedings of the event started with the felicitation of the office bearers of the association, followed by the oath-taking by all members, and a brief presentation on the mission and vision of the association and the job responsibilities of the office bearers. Registration forms for life-membership enrollment were distributed among the students who have either completed the program or are in their final year.





Widening Horizons in Healing the Heart

There's always something new and exciting happening at the hospital to raise the bar in patient care. New technologies and techniques are constantly being adopted to bring the very best to our patients. Here's a sneak peak into some fascinating areas of medical treatment and education that we have introduced at our Institute.

Moving from “scar” to “scar-less”!

No patient wants an ugly-looking scar on his chest. Neither do they want to spend many days in the intensive care unit with tubes sticking out of their bodies. Fortunately, at SSSIHMS, a strong interventional program facilitates all the benefits of heart surgery by making pin-hole incisions.

New advances in technology now allow interventional cardiologists to perform procedures in the catheterization lab that previously were done in the operating theater by cardiac surgeons. “There are now many patients who receive only a small incision in their thigh to close holes in the heart structure. Through these incisions, catheters are inserted so that devices can be implanted to plug holes in the heart,” says Dr. P.K. Dash, head of the department of Cardiology. “Our team has performed over 500 such procedures and we are getting stronger

every month. A number of cardiologists from other hospitals also visit the center to observe how these procedures are performed.” The ultimate beneficiary is the patient, who can walk out of the hospital without a mark on his body to tell his tale. In this case, he possibly has a more fascinating story to tell.

Taking many inches off cardiac surgery with minimally invasive techniques

Just as cardiologists are using advanced techniques and equipment, cardiac surgeons are also on a drive to employ advanced surgical techniques. A program of Minimally Invasive Cardiac Surgery (MICS) has begun under the direction of Dr. G. Chandrashekar, head of the department of Cardiothoracic and vascular surgery. Procedures such as Atrial Septal Defect (ASD) closure, a procedure that involved making large incisions on

the patient's chest, will soon be done with very small incisions in the chest through which instruments will be inserted. These techniques reduce length of stay at the hospital and offer much less risk of complications.

What are the advantages of MICS?

- No disfiguring scars.
- Reduced hospital stay.
- Optimal resource utilization.
- Fewer risks of complications.
- Lower costs.

“The course served as a good refresher program. What we learnt as theory is now converted into practice, directed at improving patient care.”

Leading innovation in echocardiography with the country's first training website, and a smart phone app coming soon!

Our diagnostic cardiologists are now using the most advanced echocardiograph machines, making diagnoses more accurate. SSSIHMS has also become a training site for cardiologists all over India to learn these advanced techniques, under the leadership of Dr. Srikanth Sola. "We have conducted five Echo conferences already, and have received requests from numerous cardiologists for more such programs. Our training website www.echosai.org has also been received very well. Our next venture is to introduce a smart phone application in echocardiography so we can make training available to as many doctors as possible."



Advanced Cardiac Life Support takes off at the hospital



The first ACLS training was conducted for six doctors from all clinical specialties in the hospital from 10-12 Sept. This was Dr. Pankaj Punetha's first program as an instructor, after being trained to conduct such programs. The training provided an opportunity for staff across the hierarchy to learn together on a common platform. This not only breaks the ice amongst the staff, but also reflects in better team work while providing patient-care.



Honing Critical Care Skills among Nurses

Eleven senior nurses from different departments successfully completed a comprehensive two-year training program in critical care offered at the hospital. The program objectives were to upgrade patient care, enhance clinical and administrative knowledge, and promote teamwork.

The program comprised of three semesters—two, to advance clinical expertise, and one for administrative training. Each semester included 34 one-hour classes, held on Saturdays. Classes were taught by overseas instructors from the USA—Alpa Uchill, a senior nurse from Johns Hopkins Hospital and Dr. Ravi Goyal, a consultant neurosurgeon, both from the United States. In addition, the Anesthesiology department and faculty from the nursing college participated in the teaching program.

"The course helped us a great deal. Owing to a busy work schedule, we often lack time to read and keep up. It is a must for nurses to take this course; it benefits both nurses and patients. Topics in administration helped us understand recruitment and staffing issues."

- Hemanjali K, In-Charge, Neurosurgery Ward

- Premalatha A, In-Charge, Cardio-thoracic and Vascular Surgery ward

"In my profession, the knowledge of Basic Life Support (BLS) & Advanced Cardiac Life Support (ACLS) is very critical to handle any patient emergencies in the department. This training will help me immensely."

- Dr Zarina, Interventional Neuro Radiologist

"The BLS & ACLS training imparted is very up-to-date. It helps us cardiologists understand team dynamics and deliver patient-care effectively and in a timely manner."

**- Dr Pranav Shamraj
DNB Fellow, Cardiology.**

Technology Firms roll up their sleeves to serve at SSSIHMS



The Silicon Valley of India is taking to service! Thanks to the initiative of the Sri Sathya Sai Seva Organization, young professionals from leading software companies in Bangalore chose to volunteer for a day at the hospital. Sai youth, currently holding management positions in leading corporate organizations, were instrumental in bringing their teams to the hospital to expose them to the joys of service. 73 young software professionals from Hewlett Packard (HP) and 72 from IHS, offered to serve in areas such as the dietary department, laundry, record room, garden and maintenance. Their experience is best encapsulated in their own words. One thing is certain – all you need to serve is the willingness to do so.





Quotes by Volunteers

"It was a wonderful feeling and we were in a different world. I thought that I would be just spending time with friends during the weekend but one Saturday spent in service gave me a whole new level of self-satisfaction and peace of mind."

– **Ganesh. BG**

"Thank you so much for giving us this wonderful opportunity to serve people in need. It was an eye-opener for me. I never realized there were so many people in need, and doing just a little bit made such a huge difference. I was touched much more than the few I could help."

– **Shivanand**

"Thank you so much for giving us this opportunity. I felt as if I'm back at my own home, cleaning my own books and cleaning up my own garden again. Serving the people at the hospital was like serving my own family."

– **Regan**

"Thank you so much for organizing this visit. All of us were deeply touched by this unique experience of voluntary service. Hope we have many more to come."

– **Eliezer Bennet Pramodan**

"Thanks for providing us an opportunity to serve mankind!"

– **Prasun Chaudhury**

"Definitely a unique experience... my soul was recharged. Feels great!"

– **Sprina Chris**



Independence Day



*Puri Jagannath
Rathotsavam*

Ganesha Festival



Krishna Janmastami



Cumulative Statistics for SSSIHMS, Whitefield, Bangalore January 2001 - September 2013

Out Patient Visits	
Cardiology	5,99,183
Neuro Surgery	1,91,900
Neurology	1,27,868
Total	9,18,951

Cardiac Catheterization Procedures	
Diagnostics	16,865
Interventions	23,303
Pacemaker implantations	765
Total	40,933

Surgeries	
Cardiac Surgeries	15,143
Neuro Surgeries	17,848
Total	32,991

Laboratory Tests	
Biochemistry	23,29,342
Blood bank	2,86,093
Haematology	30,64,835
Histopathology	8,048
Microbiology	60,364
Serology	2,79,679
Total	60,28,361

Radiology Exams	
CT Scan	42,898
MRI	1,03,649
Neurocathlab	1,632
Ultrasound	15,684
X-rays	1,53,812
Total	3,17,969



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