

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS



**FORTIS CANCER
INSTITUTE
Launched in
Bengaluru**

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Message from the MD & CEO

Dear Colleagues,

I hope all of you had a good time during the festive season with your family and are ready to put in your energetic best as we commence our journey in the New Year. I want to take a moment to thank each one of you for your wonderful contribution.

Friends, 2019 has been a landmark year for us. It was a year when we successfully sharpened the focus on clinical excellence and world-class care. We took great strides in patient care and launched several new clinical initiatives across the network. A Cancer Institute was inaugurated at Fortis BG Road, Bengaluru while Fortis Vasant Kunj launched a dedicated unit for Parkinson's disease. Fortis Noida launched a world-class Dialysis Centre; Fortis Memorial Research Institute, Gurugram, added an Anaemia Clinic and Fortis Kalyan launched a Colorectal Clinic. Recently, a Cath Lab and a Mother & Child wing was added at Fortis Escorts, Faridabad.

Our doctors, too, notched up many successes through the year. 2019 will also remain memorable as Fortis Memorial Research Institute, Gurugram, received the Joint Commission International (JCI) accreditation for the first time while Fortis Mohali earned the JCI Gold Seal for the fifth time in a row. The Fortis network now has five JCI accredited hospitals. This

global recognition reflects well on the entire organisation and speak volumes about our culture of quality.

We now look forward to welcoming 2020 with greater zeal. In particular, we are looking forward to the launch of the Arcot Road facility in Chennai. A new Liver block is also going to come up in Noida. In addition, we have earmarked a significant budget for refurbishing our hospitals and upgrading or purchasing new medical equipment. Together with building a state-of-the-art infrastructure, we are blessed with some of the finest clinical talent, nurses, technicians and paramedical personnel in the country.

With these initiatives, I am confident that we are on the path to sustainable long-term growth. This would not have been possible without your wholehearted commitment and hard work. So, thank you once again.

I count on your support as we prepare to forge ahead and add another memorable year in our journey.

With warm regards,

Dr. A. Raghuvanshi
MD & CEO

Special Feature

State-of-the-art Cancer Institute inaugurated at Fortis BG Road, Bengaluru



The Cancer Institute at Fortis BG Road being inaugurated by the Hon'ble Home Minister of Karnataka, Shri Basavaraj Bommai, and MP, Bengaluru South, L. Suryanarayana Tejasvi in the presence of Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, Mr Ashish Bhatia, Chief Operating Officer (Rest of India) and Dr Manish Mattoo, Zonal Director, Fortis Hospital, Bengaluru

A specialised Cancer Institute at Fortis Hospital, BG Road, Bengaluru, was inaugurated by the Hon'ble Home Minister of Karnataka, Shri Basavaraj Bommai, and MP, Bengaluru South, L. Suryanarayana Tejasvi. Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, was present on the occasion along with several senior clinicians and leaders. The 200-bed institute offers comprehensive cancer care under one roof. Services available at the institute include advanced surgical oncology, robotic cancer surgery, medical oncology, radiation oncology, haemato oncology, neuro oncology, uro oncology, nuclear medicine, psycho oncology, onco-pathology, interventional radiology, palliative and rehabilitative care among others.

Dr Raghuvanshi said, "With the rise in cancer cases and due to the lack of specialised centres, having a dedicated institute for treating the disease is the need of the hour. We are happy to launch this oncology institute which will provide the citizens of this state and the country access to global oncology experts and other world class amenities under one roof. This is our first specialised cancer institute in Bengaluru which adheres to our commitment of offering high quality clinical care with focus on outcome of care for our patients."



Onco team at Fortis Cancer Institute, Bengaluru



Dr Sandeep Nayak
Director-
Surgical Oncology



Dr Niti Raizada
Director-Medical
& Hemato Oncology



Dr Harsha Doddihal
Senior Consultant-
Radiation Oncology



Dr Anil Kumar
Consultant-
Radiation Oncology



Dr Vivek Belathur
Consultant-
Medical Oncology



Dr Ravi Joshi
Consultant-
Haematology & Oncology



Dr Mohan Keshavamurthy
Director- Urology, Uro-oncology,
Andrology, Transplant
& Robotic Surgery



DR Shakir Tabrez
Senior Consultant- Urology,
Uro-oncology, Andrology,
Transplant & Robotic Surgery



Dr DV Rajkumar
Director -
Neuro & Spine Surgery



Dr Satish Satyanarayana
Additional Director -
Neuro & Spine Surgery



Dr S Gyana
Consultant-
Nuclear Medicine



Dr R Suchitra
Consultant-
Gynaec Oncology

New Beginnings & Launches

Fortis Memorial Research Institute, Gurugram, organises first Pan-Fortis Neurology Conclave

Department of Neurology, Fortis Memorial Research Institute (FMRI), Gurugram, under the leadership of Dr Praveen Gupta, Director & HOD, organised the first Pan-Fortis Neurology Conclave on September 21-22, 2019. The event was graced and presided by Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare and Air Marshal Dr B Keshav Rao, Head – Medical Strategy and Operations Group (MSOG), Fortis Healthcare, who interacted with and inspired the delegates. Dr Rajeev Nayar, Director, Medical Operations, Fortis Healthcare; Dr Ritu Garg, Zonal Director, FMRI, and Dr Vritti Lumba, Medical Superintendent, FMRI, inaugurated the programme along with the Chairperson, Dr Sudesh Prabhakar, Director, Neurology, Fortis Mohali and Dr Madhuri Behari, Consultant - Neurology, Fortis Vasant Kunj.

The event was conceived to foster synergy and camaraderie amongst various neurologists working in Fortis Hospitals. The event is also expected to lead to enhanced inter-hospital referrals and scientific collaborations between departments. The doctors from all over the country attended the conclave in large numbers. The neurologist had intense scientific deliberations over two days where they showcased their scientific and clinical prowess. This was admixed with Music, Yoga and Meditation. Dr Praveen Gupta was also felicitated by the chairpersons for this unique endeavor. The aim of the conclave is to set new beginning of scientific and social interaction amongst neurologists across Fortis.



Dr Praveen Gupta addressing the Pan Fortis Neurologists



Delegates at the Pan Fortis Neurology Conclave

Milestones

Fortis Mohali earns JCI Gold Seal for the fifth time in a row

Fortis Hospital, Mohali, earns the JCI Gold Seal for the fifth consecutive time after a re-accreditation survey by JCI. The Joint Commission International (JCI) is a USA based organisation that accredits more than 20,000 healthcare providers and inspires them to excel in providing safe and effective healthcare.

JCI grants accreditation to healthcare facilities in more than 60 countries after a rigorous evaluation of several parameters, including the quality of patient care and patient safety. This incredible accomplishment highlights the high standards of quality and patient safety at Fortis Hospital, Mohali.



Mr. Abhijit Singh, Zonal Director receiving the accreditation report From Ms. Marie M. Dennis, Team Leader (JCI)



Wg Cdr GBS Kang (Medical Director), Mr. Abhijit Singh (Zonal Director), Dr. Gurbir Singh (Director - Medical Operations – MSOG), Mr. Neeraj Tandon (Head – Engineering), Mr. William Beach (Surveyor – JCI), Ms. Marie M. Dennis (Surveyor - JCI), Hector M. Tarraza (Surveyor - JCI), Dr. Shweta Prabhakar (Quality Head), Ms. Jaspreet Kaur (Head Administration)



JCI surveyors with Team Quality

Special Comments From the JCI surveyors

I want Fortis Hospital to be one of the world's best hospital and not just Chandigarh's best Hospital

- Marie Dennis

Love the enthusiasm in the your staff and clinicians!!

- Dr Hector Tarraza

*I want to thank each one of you for being so very transparent and assisting us to survey your Huge Hospital!!
You guys are doing great work!! Keep it up.*

- Dr William Beach

Three Fortis hospitals in Delhi NCR receive NABH Nursing Excellence certification for the second year in a row



Team Fortis Memorial Research Institute, Gurugram

The Nursing teams at Fortis Memorial Research Institute, Gurugram, Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj, and Fortis Hospital, Shalimar Bagh, New Delhi, have been honoured with the National Accreditation Board for Hospitals & Healthcare Providers (NABH) Nursing Excellence Certificate for the second consecutive year. All the three units were audited for Nursing Quality and Safety of Patients by a dedicated team of assessors from NABH for two days. The NABH Nursing Excellence standards were framed to evaluate the quality of nursing services being provided by healthcare organisation, thereby providing a platform for continuous improvement and better governance. These standards are applicable to all healthcare organisations, irrespective of their size, role or complexity. Regulating, guiding and promoting safe, effective, competent and ethical nursing care are among the primary objective of these standards.



Team Fortis Hospital, Shalimar Bagh, New Delhi



Team Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi

Fortis La Femme, GK II, New Delhi receives NABH Nursing Excellence Certificate for second consecutive year



Nursing Team of Fortis La Femme, GK II, New Delhi

The Nursing Team of Fortis La Femme, GK II, New Delhi, has been honoured with the National Accreditation Board for Hospitals and Healthcare Providers (NABH) Nursing Excellence Certificate for the second consecutive year. NABH Nursing Excellence standards are formulated to provide a platform for better governance and improvement by assessing the quality of the nursing service that are provided by the healthcare organisation.

Fortis Hospital, Noida, celebrates 15th anniversary

Fortis Hospital, Noida, completed 15 years of commissioning on November 7, 2019. It was a big day for all clinicians and staff members associated with the hospital. The day was celebrated with great fun and enthusiasm. A grand get-together was organised for all the doctors and key members of the staff. All those who had completed 15 years with Fortis Noida were felicitated with mementoes. A party was also organised for all the staff members. All cash patients visiting the hospital were given 15% discount on billing all through November 2019 – January 2020.



Glimpses of the celebration

Events

Fortis Memorial Research Institute, Gurugram, conducts 10th 'Bronchoscopy in ICU' course



Participants attending the workshop



Dr Manoj K Goel, Director, Pulmonology conducting the training session



Participants receiving hands-on training

Fortis Memorial Research Institute (FMRI), Gurugram, conducted the '10th FMRI - ISCCM Bronchoscopy in ICU Course & Hands-on Workshop' on September 29, 2019. The course was organised by Dr Manoj K Goel, Director, Dept of Pulmonology, Critical Care & Sleep Medicine, FMRI. This is the only training course of its kind in the world that has trained hundreds of Critical Care practitioners from all over India, SAARC, Middle East and other countries in the art of doing bronchoscopy in seriously ill ICU patients over the years. The course involved practical learning modules, real-time bronchoscopy simulation, workstations and hands-on training on models. A book titled 'Bronchoscopy in ICU: A Practical Guide' authored by Dr Manoj K Goel was provided complimentary to each delegate this year. A milestone has been achieved with the successful conduct of this course for 10 consecutive years.

Graduation ceremony for 4th batch of 'Certified Course in Dialysis' for nurses held at Fortis BG Road, Bengaluru



A Nagasubramaniam, Medical Director, Fortis Hospital, Bengaluru, along with the team of nurses at the graduation ceremony

Fortis Hospital, Bannerghatta Road, Bengaluru, conducted the graduation ceremony for its fourth batch of Certified Course in Dialysis, for nurses. The four-month course was conducted under the guidance and supervision of Dr. Rajanna Sreedhara, Senior Consultant- Nephrology, and was supported by Dr Manish Mattoo, Zonal Director, & Ms Latha Nonis, Chief of Nursing, Fortis BG Road. 10 nurses successfully completed the course that aims to equip them with the necessary skills and confidence to safely manage and care for patients with acute and chronic nephrological disorders.

Fortis Memorial Research Institute (FMRI), Gurugram, conducted an antenatal workshop on breastfeeding week for recent mothers and to be mothers. The workshop was attended by 20 couples where they learnt about the benefits of breastfeeding versus formula milk. The workshop aimed at debunking myths by highlighting about the facts that exclusive breastfeeding provides babies the perfect nutrition. It was emphasised that mothers also receive protection from diabetes, breast and ovarian cancer, heart disease and postpartum depression. Participants were also apprised of the breastfeeding support services provided by FMRI.

The workshop began with a welcome note by Prof (Dr) Suneeta Mittal, Director & HOD, Gynaecology, on how we can achieve the WHO goals on breastfeeding. Dr Nupur Gupta, Director, Gynaecology, who initiated the workshop, explained its benefits to the mother and the new born. Kangaroo Care was explained by Dr T. J. Antony, Neonatologist, while the issue of family support and challenges was discussed by Dr Shruti Jain, Childbirth Educator. Dr Neetu Talwar, Paediatrician, spoke about the drawbacks of formula feeding while Sandhya Pandey provided nutrition counselling.

Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, organises Fellowship Course in Bariatric & Metabolic Surgery



Glimpses of Dr Randeep Wadhawan and team performing the live workshop

Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, in collaboration with the All India Institute of Medical Sciences (AIIMS) New Delhi, and a few other private hospitals organised the 4th Indian Association of Gastrointestinal Endosurgeons (IAGES) Fellowship Course in Bariatric & Metabolic Surgery (FALS) recently. IAGES Fellowship Course is a mix of didactic lectures, with discussions, video presentations and informal interactions with the faculty. Participants had ample time to practice on the Endo Trainer, with guidance and supervision from the faculty, so as to improve their hand-eye coordination.

On the third day, a live operative workshop was held at Fortis Vasant Kunj, where Dr Randeep Wadhawan, Director & Head-MAS, Bariatric and GI Surgery performed two bariatric surgical procedures which were live transmitted to the auditorium of AIIMS. More than 150 delegates attended the fellowship course. The IAGES Fellowship Course in Bariatric & Metabolic Surgery is for those who have completed MS/DNB in General Surgery. The 4th edition was completed successfully because of active participation of faculty and delegates from all over the country.



The first surgical treatment of breast cancer performed under general anaesthetic by Seishu Hanaoka (1760-1836)

Fortis Memorial Research Institute, Gurugram organised prestigious National Stroke CME & Training Programme in Guwahati

Dr Biplab Das, Consultant Neurology and Interventional Neuroradiology under the guidance of Dr Praveen Gupta, Director and HOD, Neurology, Fortis Memorial Research Institute (FMRI), Gurugram, and Dr Vijay Kant Dixit, Director, Interventional Neuroradiology, FMRI organised the 'National Stroke CME cum Stroke Preceptorship and Training Programme' in Guwahati, Assam. The programme was endorsed by Indian Stroke Association (ISA) and Indian Academy of Neurology (IAN). The academic event was attended by more than 250 delegates comprising of Neurologist, Neurointerventionist, Physicians and Paramedic stroke teams. Many national and international doyens of Stroke Neurology, including Prof M. V. Padma (AIIMS, Delhi), Prof Dheeraj Khurana (PGIMER, Chandigarh) and Dr Monica Saini (CGH, Singapore) graced the event.



National and International faculty attending the programme

Fortis Memorial Research Institute, Gurugram celebrated Breastfeeding awareness week

Fortis Memorial Research Institute (FMRI), Gurugram, conducted an antenatal workshop on breastfeeding week for recent mothers and to be mothers. The workshop was attended by 20 couples where they learnt about the benefits of breastfeeding versus formula milk. The workshop aimed at debunking myths by highlighting about the facts that exclusive breastfeeding provides babies the perfect nutrition. It was emphasised that mothers also receive protection from diabetes, breast and ovarian cancer, heart disease and postpartum depression. Participants were also apprised of the breastfeeding support services provided by FMRI.

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Participants attending the workshop

Fortis Escorts Heart Institute, New Delhi, celebrates World Patient Safety Day



Glimpses of World Patient Safety Day celebration

Fortis Escorts Heart Institute, Okhla Road, New Delhi, celebrated World Patient Safety Day by spreading awareness about International Patient Safety Goals (IPSG). The aim of this event was to promote patient safety by increasing employee awareness and enhancing inter-departmental understanding of the IPSG tenets. As part of the event, several small and large scale training programmes were conducted.

The speakers apprised the participants about the various facets of IPSG. Confirming correct patient identification, encouraging effective communication between patients and medical staff, improving the safety of high-alert medication administration, ensuring safe surgeries by correctly marking the surgical site and accurately following the prescribed procedures are some of the important patient safety goals that reduce the risk of healthcare associated infection and harm to patients. To further reinforce understanding, the patient safety goals were put together in the form of posters and displayed across the organisation.

Fortis Hospital, Shalimar Bagh, New Delhi, celebrates World Sepsis Day



Nurses actively participating in poster making competition



Group photograph of all the participants with the HODs

Fortis Hospital, Shalimar Bagh, New Delhi, celebrated World Sepsis Day to raise awareness about the life-threatening condition. Poster painting and slogan writing competitions on the theme 'Stop Sepsis, Save Lives' were organised as a part of the event. Sixty-five Nurses participated in these events. The awareness programme was presided over by Dr Gurvinder Kaur, Medical Superintendent, Fortis Hospital, Shalimar Bagh. Mrs Girja Sharma, Chief Nursing Officer, Mr Deepak Narang, Head - Administration and Mrs Shubra Saxena, Head - Human Resources adjudicated as poster and slogan writing competition judges.

Fortis Escorts Heart Institute (FEHI), New Delhi, celebrates World Pharmacist Day 2019



Glimpses of the 'World Pharmacist Day' celebrated at FEHI in presence of Dr Anil Karlekar- Executive Director, Anesthesiology & Clinical Affairs, Mr. Bidesh Chandra Paul- Zonal Director, Clinicians & Doctors and team FEHI on September 25, 2019

Fortis Escorts Heart Institute celebrated 'World Pharmacist Day' to recognize the contribution of hospital and clinical pharmacist towards the healthcare. This special day aimed to showcase pharmacists and their positive effect on health. The theme selected as 'Safe and effective medicine for all'.

Pharmacists are a trusted source of knowledge and advice, not only for patients but also for healthcare professionals. For every patient who comes into a pharmacy, pharmacists ensure that the right medicine is provided at the right dose and in the most suitable formulation. They work with other healthcare professionals to ensure that every individual receives optimal treatment.

Global Hand Hygiene Day observed at Fortis Vasant Kunj, New Delhi



Glimpses of the Global Hand Hygiene Day celebrations at Fortis Vasant Kunj

Global Hand Hygiene Day was observed at Fortis Vasant Kunj, New Delhi, where several activities were organised to educate people on the importance Hand Hygiene, in tune with the theme of 'Clean Hands for All.' The highlights of the day were various sessions by infection control nurses to encourage staff to wash their hands at all critical times. 'Walky-Talky' on hand hygiene involved all staff at all stations where demonstration of simplicity and value of clean hands were demonstrated. Poster competition, quiz and crosswords were highlight of the day. The activity was well received and appreciated by all.

Ms Mangla Dembi, Facility Director, Fortis Vasant Kunj, said, "It is very important for us to realise the importance of Hand Hygiene and support our quality control staff who are always on their toes to ensure that the doctors, nurses and the paramedical staff are in sync. It is by them that we are able to provide a safe, infection free environment for our patients. I am glad that Fortis Vasant Kunj, New Delhi, has a team of dedicated and hardworking team to make sure that we take every opportunity to educate people about hand hygiene and follow the same."

Fortis C-DOC Hospital, New Delhi, observes 'World Diabetes Day'



Team Fortis C-DOC all geared up to observe World Diabetes Day



Informational literature being distributed



A talk session in progress



The Fortis C-DOC building bathed in blue light to mark World Diabetes Day

Fortis C-DOC Hospital, New Delhi, observed World Diabetes Day by organising a Diabetes Awareness Week and Diabetic Fair. The event was held at the hospital premises during November 11-14, 2019. Dr Anoop Misra, Executive Chairman, Fortis C-DOC Hospital, inaugurated the first-of-its-kind event organised by at hospital.

Dr Ritesh Gupta, Dr Vimal Gupta, Dr Ashok Damir, Dr Amrita Ghosh, Dr Sushant Wadhwa and Dr Madhujet Gupta delivered talks and interacted with the patients and their attendants. These sessions included discussions on diabetes and liver disorder, diabetic foot care and ways to effectively manage blood glucose levels. The other major attractions of the event included free diet counselling sessions, health check-ups, diabetes related product awareness stalls, diabetes related spontaneous quiz and free HbA1c tests. The event was appreciated by all the doctors and patients.

Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, dedicates September as the 'Art of Mindful Eating' month



Participants of session on Art of Mindful Eating

To continue to spread awareness on 'Poshan Maah' of Government of India, Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj (FHVK), New Delhi, dedicated the month of September to spread awareness about the 'Art of Mindful Eating'. The campaign included numerous of activities on educating people about healthy eating. With the aim to promote happy eating instead of strict dieting, Ms Seema Singh, Chief Clinical Nutritionist at Fortis Vasant Kunj, organised workshop, 'Ditch the Diet, Enjoy the Life,' which was attended by around 30 people. The initiative was highly appreciated by the participants.

Ms Singh also conducted a day long online nutritional Q&A session in association with Gracia Raina Foundation (GRF), which was open for general public and received huge participation. Various health talks were organised at corporate offices, schools, police stations, government organisations and local Resident Welfare Associations. It was a great opportunity to increase the awareness for right maternal nutrition during pregnancy and mothers were invited to avail the complementary health talk as well.

Fortis Memorial Research Institute, Gurugram, celebrates National Nutrition Month



Nutrition Week Activity 2019



Health Mela



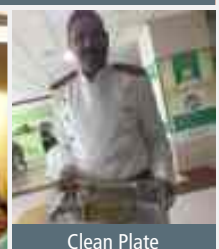
Zumba Session for female staff



Fun Nutrition Games



Poster Competition of School Children



Clean Plate Challenge Winner

Fortis Memorial Research Institute (FMRI), Gurugram, celebrated National Nutrition Month through the month of September. The event aimed at spreading awareness on the importance and need of a healthy diet. During the month-long celebration, FMRI organised multiple activities for internal staff, walk-in patients, attendants and school children.

The celebration started with a Nutrition Health Fest in the hospital. The event was attended by the patients and their attendants. The Health Fest had fun nutrition games, live food stalls, and 'Share Your Health Mantra' challenge. A poster making competition on the theme 'Healthy Diet' was also organised for school children which was attended by 93 students from 12 different schools. An online Nutrition Quiz was also carried out for internal staff along with 'Wipe your plate clean challenge', slogan writing competition, Zumba session and 'How to Stay Healthy and Fit' session for nursing team. 'Clinical Grand Round – Malnutrition in Hospitalised Patients' was also organised. Regular health tips were sent to the patients to raise awareness on myths and facts related to nutrition.

'United For Patient Safety': A campaign to create World Patient Safety Awareness at Fortis Vasant Kunj



Doctors receiving the certificate



Team Quality who made the campaign successful

Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, (FHVK) observed World Patient Safety Awareness Week. The hospital launched a campaign to once again bring together the Fortis Vasant Kunj Family towards the drive of Patient Safety. The week began by observing the World Patient Safety Day on 17th September with the Patient Safety Pledge, moving to every nook and corner of the hospital uniting the staff towards Patient Safety. Various campaign materials in the form of banners, posters and badges were used to emphasize on our Theme Patient Safety: A Global Health Priority and our slogan: Speak up for Patient Safety! Followed skit presentation on patient safety, quiz and poster competition, flash mob on hand hygiene.

The highlight of second day were focused educational session for doctors on Venous Thromboembolism, extempore speech competition on patient safety and rounds on International Patient Safety goals awareness and adherence along with fulfilled activities. The third day began with rounds on Medication Safety, Infection Control Practices, Antimicrobial Stewardship Program- Reinforcements, and Session on Surgical Safety Checklist: ensuring Safe Surgery, Role Play on IPSP goals, acknowledging our Patient Identification Audit Team committed towards Patient Safety.

The awareness campaign moved outside the hospital where Basic Life Support training was provided to the staff of Vasant Kunj, Police Station. The rest of the week followed numerous activities which included health talk on hand hygiene, in house BLS training session for non-medical departments, infection control quiz and Patient and family Education on fall prevention and session on Code blue protocol which left an impressionable image of best practices that need to be followed.

The World Patient Safety Awareness week concluded with certificate distribution ceremony for acknowledging and honoring our healthcare workers in recognition of his/her contribution and commitment towards Patient Safety. Our surgical teams (Obstetrics & Gynaecology, Orthopedic, Minimal Access and Bariatric Surgery) were felicitated for 100% compliance towards surgical prophylaxis followed by our doctors, nurses and other support departments.

Fortis Memorial Research Institute organises Patient Awareness Programme on World Arthritis Day



Lamp Lighting ceremony



Patients attending the programme

Department of Rheumatology, Fortis Memorial Research Institute Gurugram organized its first Patient Awareness Programme on the eve of World Arthritis Day under the guidance of Dr Naval Mendiratta (Consultant Rheumatology, FMRI). The programme was attended by over 30 patients and their relatives who are currently fighting the symptoms of arthritis and those who showed early symptoms of arthritis.

The Lamp Lighting was done by Dr Ritu Garg, Zonal Director, FMRI, Dr Subhash Jangid, Director and Unit Head, Fortis Bone and Joint Institute, FMRI along with the patients attending the programme. As Arthritis is becoming more and more common, the aim of the programme was to educate the patients about the symptoms of various types of arthritis like Lupus, Vasculitis, Ankylosing Spondylitis, Rheumatoid Arthritis and the various treatment modalities available.



Patients sharing their experience

Fortis Hospital, Shalimar Bagh, organises programme on Radiation Safety for nurses



Inauguration ceremony of Radiation Safety Module



Participants received Certificates from our Hon'ble ZD Mr Mahipal Singh Bhanot

Fortis Hospital, Shalimar Bagh, New Delhi, organised a certificate programme on Radiation Safety for nurses. Extensive training sessions were conducted by radiation safety expert Dr Jaskaran Singh, Director and Head of Department - Radiation Oncology, and his team. The programme aimed at providing comprehensive insights and imparting skills on dealing with wide spectrum of medical radiations that nurses are exposed to. The benefits of medical imaging far outweigh the risks; however, medical radiation can be dangerous when administered improperly. Every person working in the radiation department is responsible for following the safety policies and protocols. These procedures protect patients and healthcare professionals who work with medical imaging and radiation therapy equipment.

The programme was inaugurated by Mr Mahipal Singh Bhanot, Zonal Director, Dr Gurvinder Kaur, Medical Superintendent, Mr Deepak Narang, Head - Administration, Ms Girja Sharma, Chief Nursing Officer and Ms Shubra Saxena, Head - Human Resources. Thirty-eight nurses participated in the programme and received certificates after completion of the training.

'International Infection Prevention Week' organised at Fortis Hospital, Shalimar Bagh, New Delhi



All the participants along with the HODs



Time to spread awareness by making and displaying posters



Reward & Recognition ceremony in progress

Fortis Hospital, Shalimar Bagh, New Delhi, marked International Infection Prevention Week by spreading awareness about infection prevention and control. The event was inaugurated by Dr Gurvinder Kaur – Medical Superintendent, Mr Deepak Narang – Head, Administration, and Ms Girja Sharma – Chief Nursing Officer. Dr Monika Gupta – Infection Control Officer and Dr Pankaj Kumar – Chairman, Infection Control Committee, were also present on the occasion.

The week-long celebration commenced with an 'Infection Prevention and Control' pledge. A training session was conducted on healthcare associated infection, especially focusing on 'Central Line Blood Stream Infection' and 'Peripheral Line Blood Stream Infection'. These apart, several other activities were conducted, such as educative sessions for nurses, quiz competition, case studies, poster making competition and hands-on training for all medical and non-medical departments. A hand hygiene session was also organised. The hospital also utilised the opportunity to build awareness about bio-medical waste disposal. The event concluded with certificate distribution to nurses, recognising their contribution and commitment towards infection prevention and control.

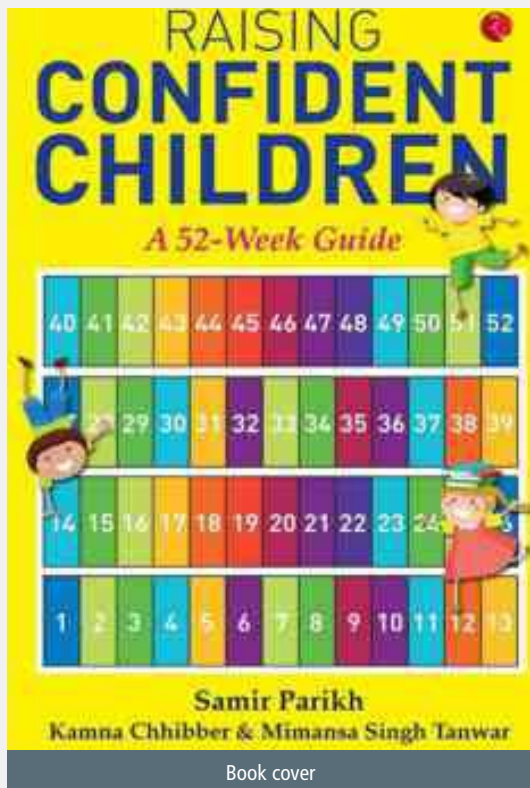
World Antibiotics Awareness Week observed at Fortis Hospital, Mohali

Fortis Hospital, Mohali, celebrated World Antibiotics Awareness Week recently to drive home awareness about the consequences of antibiotics resistance. Dr Shivani Juneja, Attending Consultant – Department of Clinical Pharmacology along with the Clinical Pharmacy Team, planned and executed a series of events as part of the activity. The week started with quiz on antibiotic use in the wards and ICUs along with a Magic Lamp session by ICC team for hand hygiene. This was followed by an awareness talk on antibiotics for the general public in the IPD lobby by Dr Juneja. A poster making competition was also held. All the staff participated with enthusiasm and a commitment to combat this global problem of antibiotic resistance.

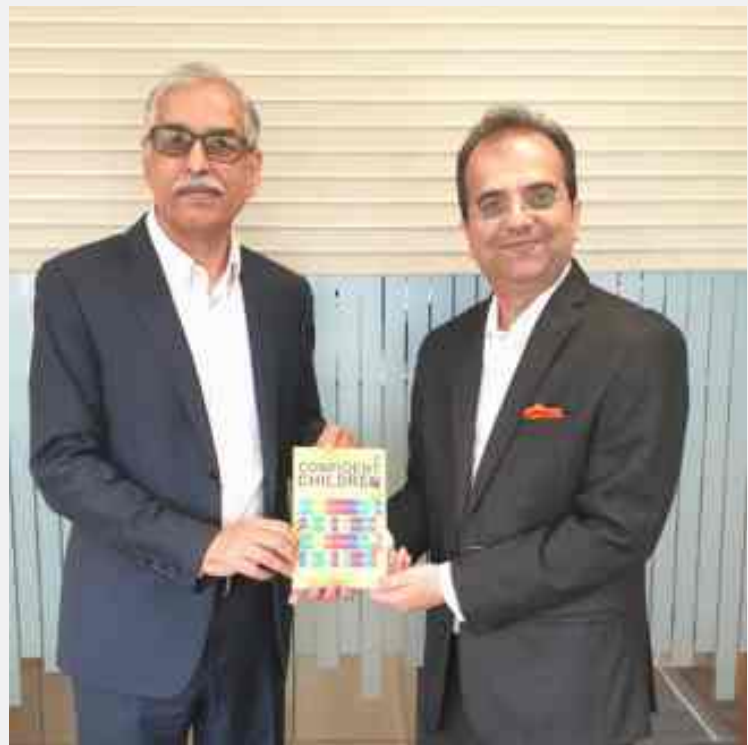


Glimpses of World Antibiotics Awareness Week at Fortis Hospital, Mohali

Dr Ashutosh Raghuvanshi releases 'Raising confident children: A 52-week guide' on Children's Day



Book cover



Dr Ashutosh Raghuvanshi and Dr Samir Parikh during the book release

Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, released 'Raising confident children: A 52-week guide' written by Dr Samir Parikh, Director - Fortis National Mental Health Program, with his colleagues Kamna Chhibber and Mimansa Singh. The book has been published by Rupa publications. This '52-week guide' provides parents one step each week that they can apply in a sequential manner. When implemented together these act as an aid towards building confidence in children and contribute to them becoming self-assured adults. Dr Parikh and his team has previously written several books that promote mental health and well-being in children and adolescents. 'Raising Confident Children' is an important contribution that highlights how building confidence is not about having conversations. Rather, it involves the acquisition and development of key skills that can be implemented by parents as they engage with them over the course of their daily interactions.

Mental Health Curriculum by Fortis School Mental Health Program Launched



Talking About Mental Health in the Classroom – A Mental Health Curriculum for Teachers was Launched at an event at Kolkata. The event was attended by principals, senior administrators and counsellors from 70 schools. Dr. Samir Parikh took the event, talking about the need for starting conversations around mental health in the classroom.

The Mental Health Curriculum is a training manual which facilitates an understanding about mental health and illness, addresses stigma, encourages help seeking and builds resilience amongst school aged children.

The curriculum has been written by Dr. Samir Parikh with Kamna Chhibber, Mimansa Singh and Divya Jain, Nilya Dutt. As a part of this curriculum, a five-module series with certification is now being offered to school teachers across India.

Fortis Mental Health at the Gurgaon Literature Festival 2019



Dr Samir Parikh participating in a discussion at the Gurgaon Literature Festival

The Department of Mental Health and Behavioral Sciences was at the Gurgaon Literature Festival held on the 16th and 17th November 2019 at Cyber Hub. The festival had an impressive lineup of speakers, authors, sportsperson, political personalities, members of the media, speaking about various aspects that related to the theme for this year which was Mental Health. Dr. Samir Parikh, Director of the department was seen speaking about 'Marriages and Mental Health' on Day One of the event. On Day Two Dr. Parikh spoke about 'Mental Health Conversations - The Role we can all Play' with Ms. Sanchita Sharma, senior Health Editor with The Hindustan Times. Also representing the department, Ms. Kamna Chhibber, Head - Mental Health spoke on Day One and moderated a panel on Day Two of the event, speaking on related areas of mental health including workplace mental health.

Fortis Rajajinagar celebrates 'Fortis Bangalore Cricket League' victory



Winner of FBCL- Rajajinagar Royals



Runner-up team B.G.Chokers

Fortis Hospital, Bangalore, conducted a cricket match for the employees held at Railway Institute Cricket Ground in Bangalore. There was an active participation from all the units, namely, BG Rising Stars, BG Chokers, BG Power Stars, Cunningham Challenger, Cunningham Supercharger, Nagarbhavi Lions, Rajajinagar Royals, SH Richmond Strikers who made the match a tough fight to win. Rajajinagar Royals won the final battle of Fortis Bangalore Cricket League (FBCL) with their heads held high with a golden feather on their hat after having a tremendous victory against B.G.Chokers (Fortis BG Road).

Fortis Bangalore Cricket League (FBCL) is an initiative by the HR Team for the employees to have a fun environment while working. The initiative was well received by all the units across Bangalore and the match was conducted by strongly believing that the best results come from motivated and engaged people, who know how to collaborate with everybody involved.

'Caring for the Environment' – a Fortis School Mental Health initiative, organised in Mumbai



Dr. Samir Parikh inaugurating the campaign at SL Raheja Hospital, Mahim



Workshop at Hiranandani Hospital, Vashi

The Department of Mental Health and Behavioural Sciences under the aegis of Dr. Samir Parikh, successfully completed Phase Two of the unique initiative "Caring for the Environment" as part of the Fortis Pro- Social Peer Moderator Programme in Mumbai. Three workshops as part of this special module were held at SL Raheja Hospital, Mahim, A Fortis Associate, Fortis Hospital Mulund and Fortis Hiranandani Hospital, Vashi, (A Fortis Network Hospital).

Conceptualised as a peer educative initiative, 'Caring for the Environment' is an experiential workshop that acts as a platform for students to understand and harmonise their relationship with the nature surrounding them. Borrowing insights from the



Tree plantation at Fortis Mulund



Dr. Kedar Tilwe at Fortis Mulund

field of Ecopsychology, the aim was to expand the emotional connection between students and the natural world through activities and interactive games.

The #HappyEarthHappyPeople campaign was introduced among students, sensitising them towards the need for a healthier environment and increase our overall happiness index. To further this campaign, a plantation drive was held at each hospital where every peer moderator planted a sapling.

They were also encouraged to adopt a plant at home or school and join the #MySaplingStory initiative, along with taking a #DigitalDetox for few hours every week to contribute towards a healthier environment. The workshops received a collective participation from over 200 students and 32 teachers from 36 schools.

Fortis Escorts Hospital, Faridabad, celebrates World Heart Day

Fortis Escorts Hospital, Faridabad, celebrated World Heart Day, in collaboration with Indian Medical Association (IMA), Faridabad and Palwal. More than 400 doctors from Palwal, Faridabad, across wide spectrum of engagements, including private practice, corporates and Public Sector Undertakings participated in the event. This was a novel event, first of its kind, organised by Fortis Escorts Hospital, Faridabad. The celebration was intended to share a positive message across the medical fraternity in the region. Dr Sanjay Kumar, Director - Cardiology addressed the doctors on 'Recent Advances in Cardiology'. Fortis Escorts Hospital, Faridabad, also showcased achievements of the Cardiology Department and its array of state-of-the-art equipment.



The occasion also gave an opportunity to introduce the new Cath Lab being installed at Fortis Escorts Hospital, Faridabad. Speaking on the occasion, Dr Sanjay Kumar, Director – Cardiology, explained the features of the new Cath Lab and how it will enable the doctors to treat complex cases. Dr Punita Hashija, IMA President, appreciated the Fortis Faridabad's initiative in bringing in all the doctors on one platform to share new development in Cardiology.

Book penned by Dr Vasundhara Atre released at World Heart Day event in Bengaluru



Dr Vasundhara Atre, Director Medical Operations, Fortis Healthcare during the launch of the book, Heartbeat, authored by her



Dr Vasundhara Atre and Dr Vivek Jawali at the launch of the book, Heartbeat

A book, 'Heartbeat-Attack the Heart Attack,' authored by Dr Vasundhara Atre, Director - Medical Operations, Fortis Healthcare, was released by Dr Vivek Jawali, Chief Cardiothoracic and Vascular Surgeon, Chairman, Department of Cardiovascular Sciences, Fortis Hospitals, Bengaluru, on the occasion of World Heart Day.

Dr Atre said, "This book is an attempt to answer all the queries related to coronary artery disease and has all the information, beginning from the basic structure of the heart to the symptoms that indicate a heart attack. It would help an individual to gain knowledge about the disease process, the risk factors and the importance of preventive routine tests and healthy living." Dr Jawali added, "I am delighted that Dr Vasundhara Atre has come up with this book. It allows readers to be self-aware about their heart and the problems related to it."

Dr Richie Gupta and Dr Rajat Gupta of Fortis Shalimar Bagh, New Delhi, participate in workshop on Gender Affirmation Surgeries in Kolkata



Glimpses from the event held in Kolkata

Dr Richie Gupta, Director and HOD, Department of Plastic, Aesthetic and Reconstructive Surgery, Fortis Hospital, Shalimar Bagh, New Delhi, and Dr Rajat Gupta, Senior Consultant, Plastic, Aesthetic and Reconstructive Surgery, Fortis Hospital, Shalimar Bagh, New Delhi, were invited by the West Bengal Chapter of Plastic Surgeons, to conduct a workshop on Gender Affirmation (Sex Change) Surgeries. Dr Richie Gupta opened the session with his talk on 'Introduction to Transsexualism and its Management'. This was followed by a talk on 'Mental Health aspects in Gender Affirmation' by Dr Ujjaini Srimani, a Kolkata-based psychiatrist, and a talk on 'Gender Incongruence - Endocrine Perspectives,' by Dr Anirban Majumder, also a local faculty. A panel discussion followed in which, Mr Kaushik Gupta, an advocate, also participated in addition to Dr Richie Gupta, Dr Srimani and Dr Majumder.

This was followed by a talk on 'Surgical Management of Transsexualism' by Dr Richie Gupta. Thereafter, Dr Rajat Gupta presented a video on 'Feminizing Genitoplasty'. Dr Richie Gupta also made a video presentation on 'Phalloplasty'. A couple of presentations by Kolkata-based Plastic Surgeons rounded up the workshop. The workshop was well attended and highly appreciated by all, with an endless series of questions being answered by the presenters. The faculty of doctors shared many modifications and refinements in existing surgical techniques, which were appreciated by the participants.

A Little Extra Care

Fortis Mulund's medical relief team treats over 2,000 patients in the flood-affected areas of Kolhapur, Maharashtra



Dr Sandeep Gore HOD-Emergency Medicine, Fortis Hospital, Mulund leading the emergency medical relief initiative in Kolhapur



Emergency medical relief team at work

A medical aid team led by Dr Sandeep Gore, HOD-Emergency Medicine, Fortis Hospital, Mulund, treated more than 2,000 flood-affected patients as part of an emergency medical relief operation conducted in Kolhapur, Maharashtra. The relief drive was initiated and coordinated by the Community Connect Team led by Dr Ashutosh Pandey, Head-Community Connect and Emerging Business, Fortis Mulund. The team included doctors and volunteers from the Fortis hospitals in Mulund and Kalyan apart from the Lions Club, Bhandup, and Matoshree Sevadham Arogya Seva Trust (MAST). The team visited flood-affected areas across Shirol Taluka, covering several villages.

Patients were treated for gastrointestinal ailments, leptospirosis infection, fever, malaria and skin infections. The team carried anti-venom and anti-rabies medications, and dispensed water purification tablets, first aid kits to the people in the affected areas. Funds collected from within the Fortis Group of Hospitals in Mumbai, helped in the procurement of medical supplies. Citizens of Mumbai opened their hearts to this cause and helped collect food and sanitary supplies. The relief aid team distributed 5,000 sanitary napkin boxes, 3,000 liters of water, 2,000 kg wheat flour, 2,000 kg rice, 700 kg toor dal, 2,000 kg sugar, 500 kg washing powder, 2000 kg Dichloro diphenyl trichloroethane (DDT) powder, apart from thousands of packets of snacks, 20,000 blankets and 5,000 toothbrushes and toothpastes.

Speaking about the initiative, Dr Gore said, "Mr Samir Shingte, Deputy Collector, Shirol, Kolhapur, and Mr Pundalik Jadhav Chief – MAST, helped us immensely, enabling us to reach remote areas. Having faced incessant rains for days together, most people from the area were extremely susceptible to infections, especially children and the elderly. The locals helped us set up camps. I would like to thank the local authorities in Shirol and to Mumbaikars for helping us with the relief material and to my team who worked round the clock to care for the patients."

Did you know?

The earliest known physician is also credited to ancient Egypt: Hesy-Ra, "Chief of Dentists and Physicians" for King Djoser in the 27th century BCE. but people believe that ancient Indians had several physician and surgeons to treat even tough diseases.

Awards and Accolades

Fortis-SRL team wins accolades at IHH Quality Summit held in Kuala Lumpur, Malaysia

A Fortis-SRL team consisting of Dr Shri Kant Swami, Director - Medical Operations, Mumbai & Rajasthan; Ms Banrishisha B, Quality Nurse, Fortis Hospital, Anandapur, Kolkata; and Dr Ravneet Kaur, Infection Control Officer & Microbiologist, Fortis Hospital, Noida, has won accolades at the IHH Quality Summit held on October 11, 2019, at Kuala Lumpur, Malaysia.

Dr Shri Kant Swami had presented a poster on 'Scientific Internal/External Benchmarking of Quality Indicators to facilitate analysis by Fortis while Ms Banrishisha presented a poster on 'Reduction of CAUTI - An Evidenced Based Approach by Fortis Hospital, Anandapur'. Dr Ravneet Kaur gave an oral presentation on 'Drug Resistance Index (DRI) - A tool to monitor Antimicrobial Resistance and Consumption and assess the effectiveness of AMS at Fortis'.



Dato' Mohammed Azlan bin Hashim, Chairman, IHH Healthcare Berhad, interacting with Dr Shri Kant Swami, Director - Medical Operations, Mumbai & Rajasthan



The Fortis-SRL Team receiving the award



Ms Banrishisha, Quality Nurse, Fortis Hospital, Anandapur, Kolkata, presenting her poster



The Fortis-SRL Team at the IHH Quality Summit

Fortis Escorts, Okhla Road, New Delhi, receives Pharmacie De Qualite Platinum certification



The Clinical Pharmacy team members celebrating in the presence of Dr Anil Karlekar - Executive Director, Anaesthesiology & Clinical Affairs

Fortis Escorts Heart Institute, Okhla Road, New Delhi, has received the prestigious Pharmacie De Qualite Platinum certification with 100% rating. The audit was carried out by Bureau Veritas, an international firm specialised in evaluating hospital pharmacies. The recognition reaffirms the high quality of pharmacy operations and the robustness of the processes apart from the high level of competence of the Clinical Pharmacy team at the hospital.

Fortis Hospital, Mohali, repeats history at CII 20th National Awards for Excellence in Energy Management, 2019; wins the top honours



Mr Neeraj Tandon, Chief Engineer, Fortis Mohali, receiving the award at Hyderabad

Fortis Hospital, Mohali, has been honoured with the 'The National Award for Excellence in Energy Management, 2019' instituted by the Confederation of Indian Industry (CII). There were over 376 companies that applied for this prestigious award among Power, Cement, Automobiles, Paper and Buildings sectors and a total of 76 were shortlisted out of these to make a presentation at this year's Award ceremony, which was held in Hyderabad on 16 -18th September, 2019.

A panel of five judges evaluated all the shortlisted companies over presentations and question-answer round over a span of two days. Thereafter, Fortis Hospital, Mohali, was declared 'The Excellent Energy Efficient Unit.' The hospital won the award by overcoming stiff challenges from large airports, hospitals, IT data centres, large banks and malls. Fortis Mohali has won the award, which was presented at an event in Hyderabad, for the fifth time in a row.

Fortis Hospital, Nagarbhavi, Bengaluru, proud to get NABH Nursing Excellence re-accreditation



Mr. Ashish Bhatia, COO handing over the certificate to NBV team

Fortis Hospital, Nagarbhavi, Bengaluru, has received the National Accreditation Board for Hospitals & Healthcare Providers (NABH) Nursing Excellence re-accreditation. Fortis Nagarbhavi received its first accreditation in 2017 after being recommended by the assessment team based on the hospital's continuous improvement and commitment in demonstrating quality Nursing care. Nursing excellence accreditation is the highest national recognition for providing quality nursing care and safety. This re-accreditation reaffirms the hospital's commitment to the safety of patients and nurses, better infection control and improvement in quality of various healthcare aspects.

Nursing Team of Fortis Escorts, Okhla Road, honoured with NABH Nursing Excellence Certificate for second year in a row



Nursing team of Fortis Escorts Heart Institute, Okhla, receiving the NABH certificate

The Nursing Team of Fortis Escorts Heart Institute, Okhla Road, New Delhi, has been honoured with the National Accreditation Board for Hospitals and Healthcare Providers (NABH) Nursing Excellence Certificate for the second consecutive year. NABH Nursing Excellence standards are formulated to provide a platform for better governance and improvement by assessing the quality of the nursing service that are provided by the healthcare organisation.

Dr Kamal Buckshee of Fortis La Femme, Greater Kailash, New Delhi, appointed by Hon'ble President of India as advisor to Union Ministry of Health & Family Welfare

The Government of India has reconstituted the Central Council of Health & Family Welfare and recently announced the appointment of various eminent medical professional across the country of council. Dr Kamal Buckshee, Senior Consultant - Obstetrics and Gynaecology at Fortis La Femme, Greater Kailash, New Delhi has been appointed by the Hon'ble President of India as an advisor to the Ministry of Health & Family Welfare, Government of India. The Central Council of Health & Family Welfare was set up under Article 263 of the Constitution and is a premiere advisory body. The Council is broadly engaged in shaping policies and providing a broad strategic framework for the health sector in Indian.



Dr Kamal Buckshee, Senior Consultant - Obstetrics and Gynaecology, Fortis La Femme, Greater Kailash, New Delhi

P. Mohandass of Fortis Mohali felicitated with Estro Technology Transfer Award



Mr P. Mohandass during his visit to the Imperial College Health Care NHS Trust, London, United Kingdom

Technology Transfer Award (ESTRO-TT Award). Mr Mohandass got an opportunity to visit the Imperial College Health Care NHS Trust, London, United Kingdom, through ESTRO-TTG, which was a fully sponsored trip by ESTRO at Belgium. The main aim of his visit was to learn advanced radiotherapy techniques and apply them in India to provide better patient care. His visit was focused on advanced treatment planning and implementation of deep inspiration breath-hold (DIBH) technique used for breast radiotherapy. The DIBH technique eliminates movement caused by breathing and pushing the treatment area from nearby critical organs and enables the delivery of precise radiotherapy for breast cancer patients.

Dr Sandeep Gore of Fortis Mulund scales 20,500ft Himalayan peak to promote organ donation



Dr Sandeep Gore atop Stok Kangri

Dr Sandeep Gore, Head - Emergency Medicine, Fortis Hospital, Mulund, has successfully scaled Stok Kangri, the highest trekkable summit in India at 20,500 feet. Dr Gore undertook the 7-day trek to promote the cause of organ donation. Previously, Dr Gore has also scaled Kalapthar peak after 10 days of rigorous trekking. Speaking about this initiative, Dr Gore said, "Being a doctor, I have witnessed the loss of many lives due to the lack of organs. This provoked me to take a different approach to promote organ donation."

Did you know?

When was medicine first invented

The earliest known medical book is the Ebers Papyrus, which was written about 1500 BC. Egyptian doctors used a huge range of drugs obtained from herbs and minerals.

Know our Clinicians



Dr Shivaji Basu
Director, Urology
Fortis Hospitals,
Kolkata

Completed 35 years of Urology career in Kolkata. Looking back to past years, feel no regrets for coming back to

India after spending 10 years in UK as trainee and then as Urology consultant.

That was good 10 years in UK working with many stalwarts which helped me deciding to take Urology as my career. Along with extremely busy hospital commitments I found time to fulfill my passion in Photography and Music.

Apart from taking photographs using the analogue SLR camera (expensive film rolls), I found most satisfaction in developing and processing the film in my small Dark Room. I do miss that part of me after I got used to the Digital Camera and the computer. Music was another passion of mine. From my first salary in UK, I bought an expensive Steel Hawaiian guitar (as my mother always wished). I did many performances there including BBC programmes. So much so that I was better known as musician rather than my professional career.

After returning and joining Wockhardt 32 years back, I found a new Family there. Wockhardt was later taken over by Fortis

Group along with the same set up and working associates. I found the deepest satisfaction in setting up the First Exclusive Urology Hospital in Eastern India. It was much more to me than receiving the USI President's gold medal in 2012 and other honors. While witnessing the growing success of this unit with its post graduate programme and state-of-the-art Urology services, I again started cultivating my passion of music.



With a firm belief that Music can connect people to the doctors, we 5 doctors at Kolkata have formed a musical band who are performing regularly for charity. More than 80 performances in the aid of Thalassemia Society, Spastic Society of India Old age homes (to name a few) were highly appreciated and widely circulated in the print and TV media.



Conversation

Meet Ms. Harvinder Kaur Senior Clinical Instructor Nursing Education Department Fortis Hospital, Mohali

When did you join Fortis?

I joined Fortis Hospital, Mohali in September 2005 as a Nursing Officer in Coronary Care Unit. Now I am working here as a Senior Clinical Instructor.

What did you like the most in about your work?

The team effort and the friendly atmosphere! Solid bonding among each other made my journey smooth. I feel very comfortable in approaching the senior leaders in the organization. At times they become my guide specially Capt. Neelam Deshwal (RCNO) as she guided and mentored me during my growing professional career. I am honored to be a part of this organization.

How has your professional experience at Fortis been?

I joined as nursing officer in CCU. A team comprise of doctors and nurses who are very supportive and enthusiastic, full of energy. My nursing team was very young, cheery, and ready to learn anything. We won many awards, like best ICU, best infection control unit. We also as a team participated in Nurses week celebrations, infection control week, patient safety quiz competitions & Intra departmental Sparkle competition. I worked as a bedside nurse for three years and as a team leader for two years. I was promoted as a clinical instructor. The experience as a clinical instructor was very rich. It gives me an opportunity to interact with nurses: senior & juniors, nursing leaders & doctors as a teacher. From the last four years I am heading nursing education department. I was given opportunity to coordinate Nursing Excellence accreditation & re-accreditation. It was the proudest moments in my life. I also participated as a speaker in Infection control conclave held in year 2016. In year 2018 I coordinated 1st Critical Care Nursing conference in Fortis Mohali. Around 100 nurses from the periphery hospitals and nursing schools & colleges attended the conference. Individually coordinating the

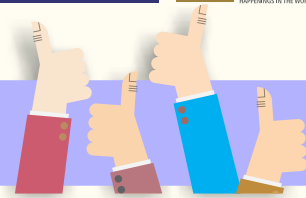


conference gave me lot of confidence. I also applied for D.L. Shah Award and presented a quality improvement project **"Effective Communication: Bridging the gap between nurse & patient"** in QCI, Delhi in year 2018. I also attended Nursing Leadership Program (NLP). I upgraded myself as AHA ACLS/BLS instructor and also participate in AHA ACLS/BLS provider course, various community connect activities and facilitate BLS & first aid sessions. Fortis Mohali is the first hospital in the region to launch simulation lab to train novice nurses and make them patient ready before assigning to the clinical areas. Nurses can learn basic to advance nursing procedures in simulation lab on high fidelity Nursing Anne. I thank my RCNO and DCNO who believed in me and also my colleagues who were always there to effectively complete my task. Thanks to Fortis for giving me opportunity and belief in me. Lastly the team spirit, culture, friendly atmosphere, training and empowerment refine my professional carrier. Above all I thank the almighty who help me to choice and work in the cities best hospital.

Did you know?

Hippocrates was born around 460 BC on the island of Kos, Greece. He became known as the founder of medicine and was regarded as the greatest physician of his time. He based his medical practice on observations and on the study of the human body. He held the belief that illness had a physical and a rational explanation.

Wall of Fame



Fortis Hospital and Kidney Institute, Kolkata

Dear Fortis Team

I am Gopalee Basu. I am here for 4 days and today, I am getting discharged. I am so happy to be here as I have found all of your staff to be so efficient and helpful. I had been attended very nicely. I thank all of them for the services offered to me. Keep up the good work. Nursing staff Priya, Subhashree deserves special appreciation. Cleanliness and Hygiene had been very well maintained.

Thanks to Mohon and Dolly. Food was also good. Thanks to everyone.

Appreciated by : **Gopalee Basu**
 Appreciation for : **Nursing: Priya Shubashree,**
Housekeeping: Mohon and Dolly



Fortis Hospital and Kidney Institute, Patient along with the Fortis staff

Fortis Escorts Hospital, Amritsar

Just wanted to thanks to you and your team. I had the pleasure of being treated at your hospital. Your Hospital team helped me to get better and I got discharged today.

If I say about the food and cleaning. I am highly satisfied You have developed an impressive professional, caring and dedicated team. The Doctor in the emergency area was especially concerned and Dr. Raj Kamal was extremely competent with great interpersonal skills and he kept us informed and ensured active patient participation. The staff were so lovely and kind and put my mind at ease when I was ill and they always had a smile on and happy to help.

Thank you so much Fortis Escorts Hospital !!!

Appreciated by : **Mota Singh**
 Appreciation for : **Entire team of Fortis**



Fortis Escorts Hospital, Amritsar - Appreciation letter

Fortis Hospital, Ludhiana

Dr. Jaspreet Singh Chhabra is a very nice person. He examines his patients very deeply and treat them with generously. He did the Kidney Transplant of my mother last month and now she's healthy and in very good condition. Her creatinine level is 0.9 which was 11 before transplant. He operated the donor with laparoscopic technique by which the risk was very minimum and the donor didn't got any big cuts now the donor my brother is good and is going to office regularly and doesn't feel any problem or weakness. I strongly recommend Dr. Jaspreet Singh Chhabra to those in need of Transplant. We had also consulted elsewhere for the transplant but we found our destined and best possible transplant surgeon Dr. Jaspreet Singh Chhabra.

Appreciated by : **Neeru Chahal**
 Appreciation for : **Dr Jaspreet Singh Chhabra**



Dr Jaspreet Singh Chhabra
 Fortis Hospital, Ludhiana

Fortis Malar Hospital, Chennai

Good hospitality and staffs are very caring and helpful, Even without an attender you can get admitted here were as in nurses like Isain, Neethu, Vensula, Sonima, Manju & Ruby are very attentive even at night times and they keep checking about my health concerns. Good response from patience experience officers as well, they acknowledged my compliant immediately. Thanks to Mrs.Akila & Mrs.Lavanya for helping the hospital to keeping up there standards. All together good experience and trustable hospital.

Appreciated by : **Pooja Raju**
 Appreciation for : **Vensula, Manju, Isalin and Sonima - Ward Nurses Lavanya, PRO and Akilandeswari Ganesh, PE Head**



Lavanya



Akilandeswari Ganesh,
 PE Head



From the left Vensula, Manju, Isalin, Sonima - Ward Nurses

Fortis Hospital, Anandapur

Dear All,

I am grateful to my Lord for curing me again. However, the amazing part is that his angelic team in Fortis made the process smooth and easy.

My ever-inspiring doctor, Dr. Raja Dhar and his dedicated team are absolutely wonderful people. They are very kind hearted, courteous and friendly at the same time. The nurses as well as other personnel's on the floor made me feel comfortable and helped me heal faster with their untiring service and kind behavior.

Appreciated by : **Mrs. Nujba Husain Zishan** Appreciation for : **Dr. Raja Dhar**

Photo feature



Glimpses of Breast Cancer Awareness Day celebration across Fortis facilities



Fortis Hospital, Mulund



Fortis Ft. Lt. Rajan Dhall Hospital, New Delhi

Glimpses of World Diabetics Day celebration across Fortis facilities



Fortis C-DOC Hospital, New Delhi



Fortis Hospital, Mulund



SL Raheja Hospital, Mahim-A Fortis Associate



Fortis Escorts Hospital, Jaipur



Fortis Hospital, Mohali

Trivia

Quiz : Oct - Nov 2019



1. How many beds does the newly launched Cancer Institute at Fortis Hospital, BG Road, Bengaluru have?
2. What is the full form of JCI?
3. In which month is National Nutrition Month celebrated?
4. Name the team that won the Fortis Bangalore Cricket League (FBCL) recently.
5. Name the author of 'Heartbeat-Attack the Heart Attack'?
6. Which Fortis hospital has won CII's National Award for Excellence in Energy Management 2019?
7. Name the highest trekkable summit in India, which was scaled by Dr Sandeep Gore of Fortis Hospital, Mulund.
8. On which date is World Polio Day observed?
9. Who is the first Lieutenant Governor of Union Territory of Jammu & Kashmir?
10. National Milk Day celebrated on November 26 to mark whose birth anniversary?



Answers to last month's quiz- August 2019 - September 2019

- 1 – Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj,
- 2 – Hiranandani Hospital, Vashi-A Fortis Network Hospital,
- 3 – 2006
- 4 – Extra Corporeal Membrane Oxygenation (ECMO)
- 5 – Assam
- 6 – PV Sindhu
- 7 – UAE
- 8 – Pandit Jasraj
- 9 – Beriberi
- 10 – 98.6°F

Send in your answers to corporate.communications@fortishealthcare.com by Jan 31st, 2020. Do mention your full name, designation, phone number and location. The subject line of your e-mail should mention "Answers to Quiz - (Month and Year)." **Five LUCKY winners amongst the all correct entries will be selected through draw of lots. Hurry!!**



And the Winners are...




LUCKY
DRAW



Rahul Rai

Supervisor, Corporate Relations –
Collections, Fortis Hospital, Mohali

Ramesh Kumar

Assistant, Finance -
ECHS, Fortis Hospital, Ludhiana

Hitesh Kumar Patni

Manager, Finance,
Fortis Escorts Hospital, Jaipur

Jai Prakash Gupta

Unit Head, HR,
Fortis Hospital & Kidney Institute, Kolkata

Aarti Mudgal

Manager, Housekeeping,
Fortis Memorial Research Institute, Gurugram



The Five lucky winners were picked by
Mr. Akshay Tiwari, Associate Vice President - Finance,
Fortis Healthcare Ltd.



Split a side - Have a laugh



Smile

A man went to see his doctor because he was suffering from a miserable cold.

His doctor prescribed some pills, but they didn't help.

On his next visit the doctor gave him a shot, but that didn't do any good.

On his third visit the doctor told the man, "Go home and take a hot bath."

As soon as you finish bathing throw open all the windows and stand in the draft."

"But doc," protested the patient, "if I do that, I'll get pneumonia."

"I know," said the doctor, "I can cure pneumonia."



Do you have a hilarious personal anecdote to share? Send a brief write-up (150-200 words) to
corporate.communications@fortishealthcare.com

along with your name, designation, location and contact number by the 15th of next month.

You could win a prize if your entry is selected for publication.



Congratulations!



NEW
ADDITIONS
TO YOUR
FAMILY



Baby of Jamaluddin Sheikh
La Femme, GK



Baby of Rajesh Kumar
Mohali



Baby of Mandeep Kaur
Mohali



Baby of Reema Puri
Shalimar Bagh



Baby of Dr Kalaiarasi K
La Femme, Bangalore



HAPPY
WEDDING



Gokul Nair
FEHI, Okhla



Mamta Sundly
Dehradun



Neha Chaunal
Fortis C-DOC



Nethra MR
Rajaji Nagar



Preeti
La Femme GK