

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS



Serving nation in the fight against COVID-19

Turn to page 7 for more details & pictures...





Message from the MD & CEO

Dear Colleagues,

The country is going through a very challenging period currently. After a brief lull, the COVID-19 positivity rate is rising steeply. With each passing day, we are witnessing a new high in the number of COVID infections across the country. My heart goes out to all our colleagues who are at the frontline, battling the surge; especially in the worst affected areas such as Maharashtra, Karnataka and Delhi NCR among other places.

I take this opportunity to urge each one of you to take the COVID vaccine shots and stay protected. As responsible healthcare workers, it is important for each one of us to set an example by taking the vaccine. We must also adopt COVID appropriate behaviours, such as wearing the face mask appropriately, washing hands frequently and maintaining social distance.

The leadership team is keeping a close watch on the developments and is coordinating strongly with the government agencies to ensure smooth operations. I would like to assure you that we are with each one of you and we are doing all that is possible to enable you to function optimally.

Do take good care of yourselves and stay safe.

With warm regards,

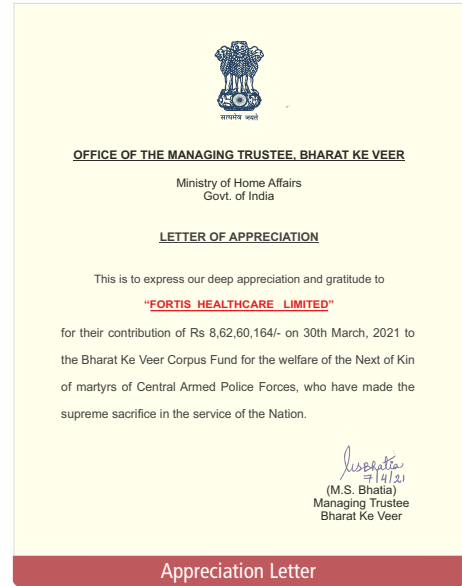
Dr A. Raghuvanshi
MD & CEO

Fortis donates Rs 8.62 crore to Bharat Ke Veer Corpus Fund

Fortis Healthcare has contributed Rs 8.62 crore on March 30, 2021, to the Bharat Ke Veer Corpus Fund managed by the Ministry of Home Affairs, Govt of India. The cheque was handed over to Mr Ajay Bhalla, Home Secretary, Govt of India, by Dr A. Raghuvanshi, MD & CEO, Fortis Healthcare, and Mr Manu Kapila, Head - Corporate Affairs & CSR. The amount will be used for the welfare of the families of Central Armed Police Forces martyrs, who have made the supreme sacrifice in the service of the Nation.



Dr A. Raghuvanshi and Mr Manu Kapila handing over the cheque to Mr Ajay Bhalla in the presence of Mr M. S. Bhatia, IPS, Managing Trustee, Bharat Ke Veer



Appreciation Letter

COVID Vaccination Update

More than 2,400 women administered COVID-19 vaccine for free at Fortis hospitals on International Women's Day

Fortis hospitals across the country vaccinated more than 2,400 women for free as part of International Women's Day celebrations. The recipients were selected as per government specified norms. The vaccination took place at Fortis units in Delhi, Noida, Faridabad, Gurugram, Mumbai, Bengaluru, Chennai, Kolkata, Mohali, Jaipur and Ludhiana.

Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, said, "Women play a stellar role both at work and home. At Fortis Healthcare, women account for around 60% of the workforce and play an integral role in the success of the organisation as clinicians, nurses, frontline staff and in other roles. Women's health has always been a priority us and the gesture of providing free vaccination to women was an expression of our gratitude. We wish every woman in India success and good health."







18 months after a complicated Carotid Stenting procedure at Fortis Escorts, Okhla Road, 107-year-old receives COVID shot at same hospital

A 107-year-old man received the COVID-19 vaccine at Fortis Escorts Heart Institute (FEHI), New Delhi, on March 15, 2021. The centenarian had at the age of 105 (to our knowledge the oldest person in the world) undergone emergency Carotid Artery Stent Implantation at FEHI. The procedure was performed by Dr Ashok Seth – Chairman, FEHI, to treat a 95% blockage in a major artery that supplies blood to the left half of the brain. The timely treatment had prevented a major paralytic attack. The patient had responded well to the treatment and had recovered his movements and speech within 4-5 days. Now, a year and a half later, he remains well with no further strokes, is reasonably active at home, fully alert and happily interacts with the family and lives a positive and happy life. The family expressed gratitude to Dr Ashok Seth and his team for giving the patient a good quality of life, so that he could undergo vaccination to remain well and safe.



Dr Ashok Seth with the 107-year-old vaccine recipient

Fortis Memorial, Gurugram, first in the network to commence COVID-19 vaccination at residential societies

Fortis Memorial Research Institute (FMRI), Gurugram, has become the first hospital in the Fortis network to start COVID-19 vaccination camps in the condominiums and gated societies of Gurugram, enabling people above 60 years and those aged between 45 to 59 years with co-morbidities to take their vaccine shot. In the first two such camps, 164 residents of two societies were vaccinated. This step has been taken to increase the vaccination coverage by reaching out to senior citizens and people with co-morbidities at their doorstep. FMRI has set up separate designated rooms for vaccination and observation rooms have also been created within the premises of the societies. The camp will offer doctors consultation, nurse supervision and will also monitor the beneficiaries post the vaccination. This is a first-of-its-kind initiative where FMRI has made a concentrated effort to serve the community in its fight against COVID-19.



Glimpses of the vaccination drive at a residential society

Fortis Anandapur, Kolkata, is first in the network to commence round-the-clock vaccination

Fortis Hospital, Anandapur, Kolkata, opened its vaccination centre 24/7, vaccinating over 900 senior citizens and people above 45 years with co-morbidities till March. "Many elderly people need someone to take them to the vaccination centres. We had been receiving calls from their kin who are too busy to accompany them during the day time. That is when we got in touch with the senior health officials to find out if we could launch a 24/7 vaccination centre. We commenced the operation once we got the approval," said Ms Richa S. Debgupta, Senior Vice President, Fortis Hospitals Limited.

Patient Speak:

"I found the Fortis Team working round the clock and doing a great job. I thought I would have to wait for a long time in the queue but people working here made it very comfortable for us. Cheers to Fortis!"

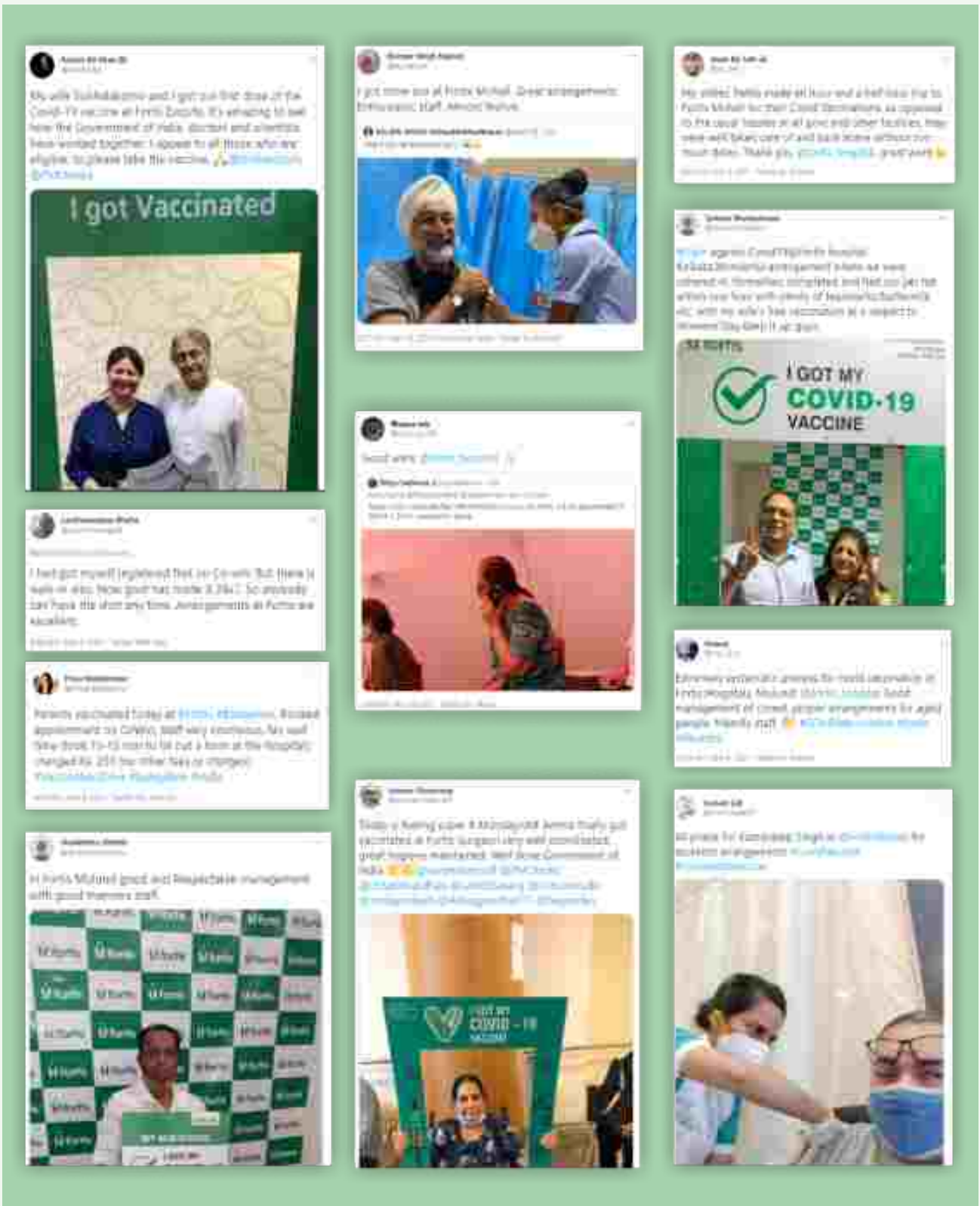
"I am 73-years-old and happy to take the vaccine. I would like to assure people of my age that there is nothing to be scared of. I am very happy with the kind of arrangements Fortis has made to make this journey comfortable."



Senior citizens at the vaccination centre at Fortis Hospital, Anandapur, Kolkata

Special Story

Twitter abuzz with praise for Fortis Healthcare's COVID-19 vaccination efforts





New Beginnings

Implantation of World's Smallest Pacemaker done at FMRI, Gurugram

In what would be termed as a path breaking achievement, a team of doctors in the Department of Cardiology at Fortis Memorial Research Institute Gurugram have successfully conducted the non-surgical implantation of world's smallest cardiac pacemaker in a middle aged man.

Padma Bhushan awardee and renowned Cardiologist & Electrophysiologist Dr T. S. Kler (Chairman of Fortis Heart & Vascular Institute), with his team of Dr. Avinash Verma, Dr. Rohit Goel and Dr. Mukul Bhargava conducted the leadless percutaneous permanent pacemaker implantation in a 64-year-old patient, who was admitted to the hospital after very slow heart beat and multiple other problems. The patient had multiple comorbidities including cirrhosis of liver, higher bleeding and infection risk. Hence a minimally invasive, safe, leadless pacemaker 'Micra' was considered. In this first of its kind of pacemaker implantation in this institute, the experts took around 30 minutes to complete the entire non-surgical implantation process.



Dr T. S. Kler

Dr T. S. Kler said, "Unlike most pacemakers that are placed in the patient's chest with leads running to the heart, MICRA which is 93 percent smaller is implanted directly into the patient's right ventricle. It is MRI compatible and can adjust the heart rate according to the patient's activity and needs of the body because it is rate responsive." Comparable in size to a large vitamin capsule (25.9 x 6.7 mm), the doctor decided to use the leadless pacemaker because unlike traditional pacemakers, the device does not require cardiac wires (leads) or a surgical pocket under the skin to deliver pacing therapy. The miniature pacemaker implanted without surgery is the latest effort to make pacing technology less traumatic, said Chairman Dr T.S. Kler.

The near and dear ones of the patient expressed their gratitude to Dr T. S. Kler and his team for their tireless efforts to improve the quality of health care facilities in the field of Cardiology & Electrophysiology.

The Heart & Vascular Institute in Fortis Memorial Research Institute, Gurugram is instrumental in bringing the state of art healthcare facilities to the common populace of the country.

Fortis Escorts, New Delhi, becomes one of the first centres in India to launch Laser Atherectomy to treat complex cardiac Blockages

A team of doctors led by Dr Ashok Seth, Chairman – Fortis Escorts Heart Institute (FEHI), New Delhi, conducted a Laser Atherectomy procedure on a 73-year-old female patient. With this, FEHI has become the first centre in India with independent expertise to launch Excimer Coronary Laser Atherectomy after its commercial approval. FEHI had also done Laser Coronary Atherectomy cases three-and-a-half years ago as part of a study for approval of this device in India.

The patient was referred to FEHI by an Interventional Cardiologist because she had complex lesion in the Right Coronary Artery, which was 100% occluded at origin and heavily calcified. Dr Seth and his team opened the Calcified Total Occlusion using Laser Atherectomy and implanted three stents, resulting in complete opening of artery and resolution of symptoms. The patient is doing well.



Pre

Excimer Coronary Laser Atherectomy Catheter

Post



Dr Ashok Seth and his team with the Excimer Laser System

Fortis Memorial, Gurugram, launches dedicated Paediatric Solid Tumour Clinic

On the occasion of International Childhood Cancer Day, Fortis Memorial Research Institute (FMRI), Gurugram, launched a first-of-its-kind Paediatric Solid Tumour Clinic. The clinic treats children with a variety of solid tumours or malignancies, from brain and spinal cord tumours to those affecting bones and muscles as well as those arising from the liver and kidney. A team of doctors applies a multidisciplinary approach to treat children with solid malignancies. The team, led by Dr Vikas Dua, Additional Director & HOD - Paediatric Haematology Oncology & Bone Marrow Transplantation (BMT) and Dr Mansi Sachdev, Senior Consultant - Paediatric Haematology Oncology & BMT, includes Paediatric Medical Oncologists, Surgical Oncologists, Radiation Oncologists, Neurosurgeons, Interventional Radiologists and Nuclear Medicine experts among others.



Glimpses of the inauguration ceremony

Fortis Hospital, Shalimar Bagh, New Delhi, launches Sports Injury Clinic

Fortis Hospital, Shalimar Bagh, New Delhi, has launched a Sports Injury Speciality Clinic under the leadership of Dr Amite Pankaj Aggarwal, HOD and Director - Orthopaedics, Sports Medicine & Joint Replacement. Mr J. N. Nehra, former Coach, Indian Basket Ball team, attended the inauguration of the clinic. With rising interest in sports activities, the incidence of sports related injuries is also on the rise. Many patients now ask for a specialist in Sports Medicine to treat such injuries.



Glimpses of the inauguration ceremony

Clinical Excellence

Another milestone with India's first Percutaneous Trans Axillary TAVI conducted by Dr Ashok Seth – Chairman, Fortis Escorts Heart Institute along with his team



Dr Ashok Seth and his team

It's a truly fascinating advancement of catheter based valve replacement therapy which makes it possible to implant a valve using the Axillary artery in arm pit area non-surgically for patients who have badly diseased and narrowed conventionally used groin site (femoral) artery route. The axillary artery is accessed by a small puncture and closed at end of valve replacement using catheter based pre placed sutures.

78-year-old gentleman with severe Aortic stenosis underwent successful aortic valve implantation through Trans Axillary route.



Valve tracked down left subclavian artery



Aortic valve implanted



Axillary artery puncture site at the end of procedure

First at Fortis: Doctors at Fortis BG Road, Bengaluru, recreate new urinary bladder for 59-year-old cancer patient

Team Urology at Fortis Hospital, Bannerghatta Road, Bengaluru, have performed a Robotic Radical Cystectomy with Intracorporeal Ileal Neobladder on a 59-year-old male patient with recurrent bladder cancer. This was a first of the kind in the Fortis network across India. The procedure was led by Dr Mohan Keshavamurthy and Dr Sreeharsha Harinatha.

The patient had previously undergone left radical nephroureterectomy for TCC in the ureter and renal pelvis, followed by regular follow up and HIVEC treatment. Patient now presented with muscle invasive TCC bladder and was advised to undergo Robotic Radical Cystectomy with Intracorporeal Ileal Neobladder.

The patient was managed post-op in the Surgical ICU and several metabolic challenges were managed efficiently by team Anaesthesia led by Dr Murali Chakravarthy with inputs from Dr Anil Kustagi (Internal Medicine), Dr Vinod Dibbur (Nephrology) and Dr Pruthi Dhekane (Infectious Diseases). The patient recovered well post procedure.



Dr Mohan Keshavamurthy



Dr Sreeharsha



Dr Murali

Doctors at Fortis Shalimar Bagh, New Delhi, save six kids suffering from life-threatening post-COVID complication

Early diagnosis of Multisystem Inflammatory Syndrome-C (MIS-C), a life-threatening post-COVID-19 complication, and treatment administered by the Paediatrics Team at Fortis Hospital, Shalimar Bagh, New Delhi, led by Dr Arvind Kumar, Director & Head – Paediatrics, has enabled the complete recovery of six affected children so far.

The affected children were generally admitted with three to five days of fever as predominant complaint along with gastro-intestinal symptoms, such as abdominal pain, vomiting, loose motions or jaundice. The patients also complained of headache and neck stiffness. Of these, two children had toxic shock (an exaggerated immune response) and two had mild left ventricle dysfunction without any coronary artery involvement. In all of these patients, diagnosis of MIS-C was made within 48 hours of admission on the basis of clinical features and high levels of inflammatory markers, fulfilling the WHO criteria for MIS-C. Early diagnosis helped the doctors administer appropriate treatment (IVIg and steroids) leading to their discharge within seven days in a stable condition after complete recovery.



Dr Arvind Kumar

Doctors at Fortis Mulund perform awake brain surgery to save patient's speech and memory

A team of doctors led by Dr Gurneet Singh Sawhney, Senior Consultant – Neurosurgery at Fortis Hospital, Mulund, performed a rare awake brain surgery to save a 40-year-old patient from being mute for the rest of his life. The patient was suffering from focal seizures (seizures which affect initially only one hemisphere of the brain) and failed to recollect words. A brain MRI revealed a large left frontal tumour in the speech area. A functional MRI further indicated the presence of a low-grade malignant tumour. A complete tumour removal could cure the patient but the challenge was to remove this tumour without affecting his speech. So, the only option left was to perform an 'awake brain craniotomy', wherein the patient is kept awake while performing the surgery.



(R-L) Dr Gurneet Singh Sawhney with the patient

“The procedure involved intraoperative neuro mapping. While operating, we asked the patient to speak phrases and count numbers. While the patient was speaking, particular areas in the brain were stimulated to check for speech arrest. This helped us identify the crucial speech area. In such cases, the surgical team needs to be prepared for all types of complications. Clinical proficiency is, therefore, crucial. Moreover, the role of the anaesthesiologist is very significant. India needs a lot more centres to perform such complex cases. We are very proud that our team at

Fortis has the infrastructure to explore such a complex arena. However, the success of it lies in the teamwork and clinical competence," said Dr Sawhney. The surgery went off successfully and the patient was discharged within three days. He underwent speech therapy for a week, which led to significant improvement.



Patient scan

Minimally invasive hip replacement surgery with just 2-inch skin incision conducted at Fortis Escorts, Okhla Road

A team of doctors led by Dr Kaushal Kant Mishra, Associate Director – Fortis Escorts Bone & Joint Institute, Okhla Road, New Delhi, has performed a Minimally Invasive Hip Replacement Surgery on a 92-year-old male with just a two-inch skin incision instead of the usual 5-8 inch incision.

The patient, who also has Coronary Artery Disease (CAD), coronary blockage of over 90%, hypertension and diabetes, was brought to the hospital after he suffered a fall and fractured the neck of his femur (thigh bone). To overcome the risks associated with surgery due to the patient's advanced age and the comorbidities, Dr Mishra performed an uncemented hip replacement procedure (Hemiarthroplasty). The surgery was done using routine instruments instead of specialised instruments to prevent cost escalation.

The patient was discharged after three days of the surgery. He and his family has expressed his gratitude and thanked Dr Mishra and his team comprising Dr Ranvijay Pathak, Dr Manju Singh, Sarvari, Uma, Vikash, Manish and other team members who have contributed to this success.

Previously, Dr Mishra has performed a similar surgery on a 107-year-old patient. The case has been nominated for a Guinness Book of World Records entry. Recently, he has also performed the fastest hip replacement on an elderly patient in just 18 minutes, which is under process for indexing in the record books.



Dr Mishra with the patient and the team



Dr Mishra addressing the media

Urologists at Fortis Hospital CG Road, Bengaluru, use new approach to remove stone in a rare kidney anomaly

Doctors at Fortis Hospital, Cunningham Road successfully treated a patient with a large stone in a Sagittally malrotated kidney (a rare congenital anomaly) using a new approach called Supine PCNL. There are less than 10 reported cases of Sagittally malrotated kidneys worldwide. This is the first case where PCNL has been done in a Sagittally malrotated kidney.

Supine PCNL is a recent approach for removal of kidney stones that has been adopted by Team Urology with great felicity and enhanced outcomes especially helpful in obese and high risk patients needing stone surgery. It also obviates the need for tenuous prone Anaesthesia for prolonged periods in such patients.

The procedure was conducted on a 51 year old lady with a 2cm large stone in the right kidney malrotated in sagittal plane (long axis of kidney in the horizontal plane - a very rare congenital abnormality). Percutaneous Nephrolithotomy was done in the supine position (with the patient lying with his chest facing upwards). Renal access was done under combined ultrasound and fluoroscopy guidance. Stone fragmentation and complete suction and evacuation was done using Shockwave Pulse Equipment giving complete stone clearance.



Dr Mohan BA, Consultant - Urology & Transplant surgery



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

Osteoporotic Vertebral Fracture Fixation with Fenestrated / Cemented Pedicle Screws At Fortis Escorts, Okhla Road

Case –

Male, 83 years old fell down while going down the stairs and fractured his spine. For 3 days, he was in excruciating pain which was radiating towards flanks and had great difficulty in moving. He was operated on the 5th day by Dr Harshavardhan Hegde, Executive Director – Orthopedics, Fortis Bone & Joint Institute.

Surgical Procedure –

Under Fluoroscopy guidance, specialized Fenestrated Pedicle Screws, used for the first time in India, were inserted in D10, D11, L1 and L2. Cement augmentation was done with 1.5 cc cement in lower 4 pedicle screws and 1 cc each in top 4 screws. Indirect reduction and Vertebral height restored by Ligamentotaxis.

What's New –

The use of these specialized Fenestrated Pedicle Screws has been done. These screws are a big improvement on the earlier version as during cement augmentation, they do not heat up and damage the surrounding tissues and nerves.



Post Surgery Mobilization following day



Post Surgery Images



Pre-Operative X-Ray & MRI

Rare reverse total shoulder replacement surgery at Fortis Hospital, Kalyan, promises better quality of life to 70-year-old woman

A 70-year-old woman whose shoulder dislocation had worsened after being treated by a local bone setter, underwent an uncemented reverse total shoulder replacement surgery, a rare procedure conducted for the first time at Fortis Kalyan. A team of experts led by Dr Raghavendra K. S., Consultant - Joint Replacement & Spine Surgery, Fortis Hospital, Kalyan, performed the procedure.

By the time the patient visited Fortis, she had been living with pain and discomfort for more than six months. She was suffering from neglected right anterior shoulder dislocation and her shoulder movement was restricted by more than 90%. MRI investigation revealed an anterior dislocated shoulder with Bankarts Lesion, around 20 mm Hillsach Lesion, complete Rotator cuff tear, Gleno-Humeral Arthritis and Joint effusion. After a complete fitness evaluation, the patient underwent surgery. Dr Raghavendra K. S. explained, "Reverse Shoulder Arthroplasty is a type of shoulder replacement in which the normal ball and socket relationship of Gleno-Humeral is reversed, creating a more stable joint with a fixed fulcrum. This is a complex procedure and is done when the traditional surgery may not provide the desired outcomes. In this patient's case, ignorance, and lack of proper care led her to this stage. It is always advisable to get treated by a qualified medical expert."



Dr Raghavendra K. S. with the patient



Image of post-operative X-ray

Events

Fortis Escorts Hospital, Amritsar, marks World Cancer Day with survivors' meet

On the occasion of World Cancer Day, Fortis Escorts Hospital, Amritsar, organised a Cancer Survivors Meet at the hospital premises. Around 20 survivors attended the event. Dr Hakeem Ansar Hussain, Consultant - Oncology, Ms Guljeet, Dietitian and Dr Vandita Aggarwal, Clinical Psychologist, addressed the gathering. Mr Deepak Narang, Facility Director, also shared his thoughts. Saplings were presented to the survivors as a token of appreciation.



Glimpses of the event

Doctors, patients and survivors get together at Fortis Mohali to observe World Cancer Day

A heavy downpour hardly deterred over 30 cancer survivors and the doctors and staff of Fortis Cancer Institute, Fortis Hospital, Mohali, who got together to mark World Cancer Day. Echoing this year's theme, #IAmAndIWill, the patients and survivors renewed their resolve to fight against the disease.

Dr Rajeev Bedi, Director - Medical Oncology, Fortis Hospital, Mohali, said, "Treatment works best when cancer gets diagnosed early – while still small and is less likely to have spread to other parts of the body. It often means a better chance for a cure, especially if surgery can remove the lesion."



Balloons being released to mark the occasion



A cancer survivor at the event

Dietetics Day held at Fortis BG Road, Bengaluru

The Department of Dietetics at Fortis Hospital, Bannerghatta Road, Bengaluru, conducted a 'Nutrition Mela' (fair) to mark Dietetics Day. Various events were organised to share knowledge through fun-filled activities and engaging people in games. The 'fair' showcased traditional nutritional practices such as extraction of cold pressed oils, use of moringa leaves, use of conventional oils, Kashya concoction (kaada) preparation, turmeric milk and use of millets, among others. A survey of employees on their eating habits and health status was also done and displayed, with suggestions for a healthy life style. The exhibition also educated the audience about the nutrient content of various food items. Visitors were cautioned about avoiding fad diets and the ill effects of such diets were highlighted. Competition on healthy traditional cooking, e-collage and quiz were also conducted.



Glimpses of the event

Dr Manjeet Singh Arora of Fortis Mulund stresses on need for emergency care training for police personnel at Road Safety event

Dr Manjeet Singh Arora, Consultant - General Medicine and Community Health Expert at Fortis Hospital, Mulund, was invited as the special guest at the inauguration of the 32nd Road Safety Awareness celebrations held in Mumbai recently. Shri Uddhav Thackeray, Chief Minister of Maharashtra and Shri Ajit Pawar, Deputy Chief Minister of Maharashtra, inaugurated the event in the presence of Shri Anil Parab, Minister of Transport & Parliamentary Affairs, Shri Aslam Sheikh, Minister of Textiles, Port Development, Fisheries & Guardian Minister-Mumbai City, Shri Satej Patil, Minister of Home, Housing, Transport, Information Technology, Parliamentary Affairs & Ex-Servicemen Welfare, Shri Arvind Sawant, Member-Lok Sabha, Shri Mangal Prabhat Lodha, Member-Vidhan Sabha, Mr Sanjaykumar, Chief Secretary of State-Maharashtra and Mr Hemant Nagrale, Director General of Police, Maharashtra.

Dr Manjeet Singh spoke about importance of training and equipping the Traffic & Police personnel with appropriate Basic Life Support and First Aid support knowledge. Fortis' First Aid Guide and Emergency hand book was also distributed at the function. The inauguration event was supported by Mr Ashish Kumar Singh, Additional Chief Secretary (Transport & Ports), Dr Bhushan Kumar Upadhyay, Additional Director General of Police (Traffic), Mr Yashasvi Yadav, Joint Commissioner (Traffic), Dr Ashish Danke, Commissioner (Transport).



(5th from left): Dr Manjeet Singh Arora, Consultant - General Medicine and Community Health Expert, at Fortis Hospital, Mulund, with Traffic & Police personnel, holding up the First Aid Guide and Emergency hand book

Fortis Escorts Heart Institute, New Delhi, launches a Nursing Speciality Certification Programme 'SAKSHAM – Enhancing Nursing Capabilities for Nursing led by Clinicians'



Glimpses of the event

Fortis Escorts Heart Institute, New Delhi, launched a Nursing Speciality Certification Programme 'SAKSHAM – Enhancing Nursing Capabilities for Nursing led by Clinicians' under the guidance of Dr Z S Meharwal, Executive Director – Cardiothoracic & Vascular Surgery (CTVS). The inauguration ceremony was attended by Dr Meharwal, Dr K. S. Iyer, Dr Sunil Dhole, Dr P. U. Iyer, Dr Amrita Gupta, Mr Bidesh Chandra Paul, Mr Ravi Ranjan and Ms Minimole John along with nursing team members. Capt Sandhya Shankar Pandey, Chief Nursing Officer, also shared her thoughts and good wishes through a video message.

The programme aims to upskill the nurses in CTVS and enhance their understanding of nursing care for post-surgery cardiac patients whilst improving accuracy in clinical aspects. The need for the programme was stated by Dr Meharwal and the outline of the programme was laid down by Mr Bidesh Chandra Paul, Zonal Director. The six-month programme has been designed by Nursing Education Team under the guidance of

Dr Meharwal and Ms Minimole John, Chief of Nursing. The programme is expected to improve clinical excellence, service excellence and patient safety. The speciality topics will be taken up by clinicians along with Nursing Education Team.

Fortis BG Road, Bengaluru, marks National Safety Week with awareness building events



(L-R) Mr Rovin Srivastava and Mr Abhilash from the Security and Fire Safety departments lighting the lamp in the presence of Mr Praveen Wali, Ms Latha Nonis, Dr Murali Chakravarthy, Dr Manish Mattoo and Mr Ganesh Rao

Fortis Hospital, Bannerghatta Road, Bengaluru, marked National Safety Week with a slew of awareness building events. As part of the initiative, staff from housekeeping, Food & Beverages, Radiology, Nursing, OT, ER doctors and Security performed a ramp walk to create awareness about the equipment they use and showcase the latest safety and security equipment available at the hospital. As part of the event, a unique quiz competition on the lines of KBC was conducted where people from all the departments participated.

Various stalls comprising of Physiotherapy, Infection Control, Bio Medical, Fire Safety, Security, Engineering, Infection Control, Clinical Pharmacy, Dietician and CCTV agencies were put up to educate and engage with the participants on different aspects of safety measures at the hospital. Around 100 staff members participated in the event and were felicitated.



Glimpses of the event

Over 270 auto drivers attend Fortis Kalyan's Road Safety awareness event

To educate auto-rickshaw drivers about road safety measures, Fortis Hospital, Kalyan, along with Rikshaw Taxi Chalak Malak Association, Kalyan City, organised a health camp and training programme at the hospital. Inaugurated by Mr Deepak Shinde, Inspector of Motor Vehicles, Deputy Regional Transport Officer, Kalyan, the initiative was an extension of the Road Safety Month celebration, which aims to raise awareness and curb road accidents. Through this community connect programme, Fortis Hospital, Kalyan, underlined the significance of road safety and emergency preparedness among auto-rickshaw drivers.

270 auto-rickshaw drivers underwent health check-ups and road safety training. The health camp included screening for height, weight, blood pressure, Body Mass Index, Random Blood Sugar, ECG and eye check-up along with doctor consultation. Speaking about the initiative, Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan, said, "On average, India witnesses nearly 2.5 lakh road accidents every year and has one of the highest number of deaths due to such mishaps. Hence, spreading awareness about road safety is a must. Especially, in a city like Mumbai, where everyone is in a rush. Auto-rickshaw drivers are the core of vehicular traffic in Mumbai. If they are trained properly, they can be instrumental in providing emergency services, till medical aid arrives."

The training programme included first aid and emergency care. The participants also learnt about cardiopulmonary resuscitation. The training was delivered by Dr Manjeet Singh Arora, Consultant - General Medicine & Community Health Expert at Fortis Hospital, Mulund.



Dr Manjeet Singh Arora demonstrating response to an emergency situation

Fortis Noida promotes road safety in association with Noida Traffic Police

Around 90 bikers participated in a 'Safety Ride' organised by Fortis Noida to promote road safety. The event, organised in association with Noida Traffic Police, was flagged off by Shri Rajesh S., Deputy Commissioner of Police – Noida and Mr Hardeep Singh, Zonal Director. The rally was led by a Fortis ambulance and followed by police marshals. Fortis personnel delivered training to the police officers and bikers on how to manage medical emergencies on the road. The event was appreciated by all the participants.



Riders gearing up for the ride

World Kidney Day celebrated at Fortis Hospital & Kidney Institute, Kolkata

Fortis Hospital & Kidney Institute, Kolkata, celebrated World Kidney Day on March 11, 2021. A Facebook Live session with Dr. Upal Sengupta, Senior Consultant-Nephrology along with one Post Kidney Transplant patient was held to share tips on keeping kidneys healthy. A Health Check-Up camp was also organised within the hospital premises.

Leading up to the event was a 15-day long FM radio campaign. Paper inserts were also used to promote Renal Packages. World Kidney Day messages urging people to keep their kidneys healthy were spread among the masses through a tableau which passed through the streets and alleys of Kolkata. On the day of the event, World Kidney Day branded masks were distributed among the consultants, patients and staff. A cake bedecked with World Kidney Day theme was cut in the presence of Ms Richa Debgupta, Senior Vice President, Mr Pratyush Srivastava, Zonal Director, Mr Gurvinder Singh, Facility Director of the Unit, Dr Shivaji Basu, Director - Urology, Dr Arup Ratan Dutta, Director - Nephrology, and other consultants as well as staff. Winners of an online quiz competition were given away prizes.



FHKI bedecked with World Kidney Day drop-down

Fortis Memorial, Gurugram, celebrates World Kidney Day

On the occasion of World Kidney Day, Fortis Memorial Research Institute (FMRI), Gurugram conducted a week long in-house screening camp for public. The initiative, led by Dr Salil Jain, Director & HOD - Nephrology and Kidney Transplant, FMRI and his team saw participation from over 250 patients of which 42 patients were found to have positive urine findings. The camp offered free services of urine dipstick, BP, BMI, Random Blood Sugar and doctor consultation. In addition, Dr Jain also held a free screening camp in Hisar where he screened over 200 patients in order to raise awareness on timely screening and diagnosis for best outcomes. Of the patients screened at the camp, around 17% (34/200) were found to have protein loss in urine which is generally the first manifestation of kidney damage. Around 60 of them were diabetic, 45 hypertensive and 55 of them suffered from both, diabetes and hypertension, which is a major risk factor for kidney disease. The camp was followed by a press conference. Dr Jain said, "The major risk factors adding to the burden of kidney disease in India include diabetes and hypertension, attributing to over 60% of the cases of Chronic Kidney Disease (CKD). With such an alarming rise, the prevalence is expected to grow further. CKD needs to be diagnosed at early stages for proper treatment and effective management through medications. Devoid of timely screening, many patients present with advanced progression and at later stages where dialysis or renal transplant remains the last resort."



Glimpses of in-house camp at the hospital



Nephro PC- Dr Salil Jain addressing media persons during the press meet

Fortis Hospital, Mohali, celebrates International Women's Day 2021

Fortis Hospital, Mohali, organised an event to mark International Women's Day 2021. The event, organised jointly by the Department of Mental Health & Behavioural Sciences along with the Human Resource Department, was based on the theme #CHOOSE TO CHALLENGE. The keynote speakers were Dr Bhavna Ahuja, Medical Superintendent, and Dr Swati Gupta, Paediatrician & Allergist. The guest speakers shared some useful insights on the importance of the mental well-being of a working woman, her family commitments, the importance of personal space, her day-to-day struggles and how they overcame these challenges.

The event saw women participate in various activities donning shades of blue or green. The winners were accorded titles for the activities like Efficacious, Encyclopaedia, Aesthetic Walk and Good Vibes, to name a few. Mr Abhijit Singh, Zonal Director, and Air Marshal (Dr.) R.K. Ranyal, Medical Director, also graced the occasion. Dr Ranyal said, "It is a time to reflect on the progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of Fortis." He also emphasised on how women deserve an equal future free from stigma, stereotypes and violence; a future that's sustainable, peaceful, with equal rights and opportunities for all. He concluded by saying, "The world needs women at every table where decisions are being made."

The event was organised and overseen by Ms Anchal Sharma, Counselling Psychologist with the Department of Mental Health and Behavioural Sciences, Fortis Healthcare Mohali.



Ms Anchal Sharma, Counseling Psychologist, hosting the event



Ms Anchal Sharma with Dr Sanchita (Neuro-ICU)



Dr Shivani Juneja, Head - Pharmacology, with Ms Anchal Sharma



(L-T): Dr Swati Gupta, Dr Bhavna Ahuja and Air Marshal (Dr) R. K. Ranyal

Fortis Shalimar Bagh, New Delhi, organises Advanced Cardiac Life Support (ACLS) programme for nurses

Ninety-one critical care nurses at Fortis Hospital, Shalimar Bagh, New Delhi, underwent a comprehensive training session on Advance Cardiac Life Support (ACLS) conducted in the hospital premises. The session was conducted under the expert guidance of Mrs Girja Sharma, Chief Nursing Officer, and her team. The programme delivered extensive insights and imparted skills in cardiopulmonary resuscitation (CPR), airway management and algorithm, Code Blue management and resuscitation of patients, among others.

Hands-on practical work was conducted by the Education Team along with Dr Amit Prakash, Additional Director - Cardiac Anaesthesia and Dr Vishal Garg, Senior Consultant - Cardiac Anaesthesia. All the participants qualified the post training evaluation.

The ACLS programme is designed to enhance life support skills while providing training in effective team dynamics and basic drug therapy. The goal is to enable nurses to improve patient outcomes and sustain life by making efforts to keep neurological function intact during cardiovascular events such as stroke and heart attack.



The nursing team members who underwent Advance Cardiac Life Support (ACLS) training programme

Fortis Escorts, Okhla, New Delhi, marks World Kidney Day with Support Group event

On World Kidney Day, Fortis Escorts, Okhla, New Delhi, organised a support group programme for patients combatting kidney disease. The event was hosted by Dr Sanjeev Gulati, Director - Nephrology and Kidney Transplant and Dr Ajit Singh Narula, Director - Nephrology and Renal Transplant. Guests of honour included Dr Ashok Seth - Chairman, Fortis Escorts Heart Institute and Dr Z. S. Meharwal, Executive Director and HOD, CTVS. The doctors spoke about the need for better interventions and building awareness about kidney diseases whilst highlighting the importance of regular check-ups as a means of prevention. "During the COVID pandemic, the dialysis patients had a significantly higher risk of mortality as compared to kidney transplant patients. Hence, it becomes all the more important to fast track these patients towards kidney transplant while ensuring their safety by following established SOPs," said Dr Gulati.

Dr Ashok Seth, Chairman, Fortis Escorts Heart Institute, said, "While FEHI is known for its cardiac care services, it also has a very robust Nephrology and Kidney Transplant team, which has performed over 100 kidney transplants via safe donor surgery. Our main aim is to raise awareness amongst people for kidney disease by helping them recognise the early symptoms." Dr Z. S. Meharwal, Executive Director and HOD, CTVS added, "In India, many people are suffering from Chronic Kidney Disease (CKD). Lack of awareness around kidney care and delayed diagnosis have emerged as major areas of concern. The link between the kidney and the heart cannot be dismissed as those with CKD often have cardiovascular ailments. To prevent kidney disease from developing, we must be aware of its symptoms."

The event included a felicitation ceremony where mementoes were presented to the patients.



Glimpses of the Support Group event

Fortis Hospital, Shalimar Bagh, New Delhi, organises training for nurses on Bone Marrow and Kidney Transplant

Fortis Hospital, Shalimar Bagh, New Delhi, organised a special training session for nurses on delivering care for Bone Marrow Transplant (BMT) and Kidney Transplant patients. Dr Amrita Chakrabarti, Associate Consultant - Haemato-oncology & Bone Marrow Transplant, conducted the training along with the Nursing Team. The session focussed on nursing care, post-transplant care, chemotherapy drugs and pre-transplant condition regimens, neutropenic care, post-transplant complications, infection and close monitoring of graft kidney site apart from handling of invasive line and importance of barrier nursing.

A total of 13 nurses from critical and non-critical care areas were specially trained on handling BMT and kidney transplant patients, who are immunocompromised and prone to catch infections quickly. The nurses were encouraged to follow aseptic techniques in bone marrow and kidney transplant cases.



Group photograph of participants of the training session

Research Work & Publications

European Society of Cardiology publishes article on prevention of sudden cardiac death in athletes by Dr Ankush Sachdeva of Fortis Escorts, Okhla Road, New Delhi

An article titled 'How do you answer a 20 year old when they ask: Can I participate in competitive sports? Long questionnaire,' written by Dr Ankush Sachdeva, Associate Consultant - Non-Invasive Cardiology, Fortis Escorts Heart Institute, Okhla Road, New Delhi, was published by the European Society of Cardiology in the e-Journal of Cardiology Practice (<https://www.escardio.org/>). The article emphasises on the need to use better diagnostic tools to prevent sudden cardiac death in young athletes planning to take up competitive sports as a career.



Dr Ankush Sachdeva

Video article on robotic ureteric reconstruction by doctors at Fortis BG Road, Bengaluru, published in prestigious open journal

A video article titled 'Robotic Assisted Ureteric Mitrofanoff Conduit with Malone Antegrade Continence Enema Procedure' by a team of doctors from the Urology, Uro-oncology, Andrology, Transplant & Robotic Surgery Team at Fortis Hospital, Bannerghatta Road, Bengaluru has been published in the Urology Open Access Journal (<https://soaj.com/urology/>). The team of doctors included Dr Sreeharsha Harinatha, Dr Mohan Keshavamurthy, Dr Shakir Tabrez, Dr Prem Kumar, Dr Basavaraj Neelagar, Dr Karthik Rao and Dr Santosh Subudhi. The article is a practical showcase of complex robotic ureteric reconstruction performed on a 14-year-old male patient suffering from neurogenic bladder due to spinal dysraphism (malformation of the spine).



Dr Mohan Keshavamurthy



Dr Shakir Tabrez



Dr Sreeharsha Harinatha



Dr Basavaraj Neelagar



Dr Karthik Rao



Dr Prem Kumar



Dr Santosh Kumar Subudhi

International journal publishes study on sternal closure using ZIPFIX band and steel wires, done at Fortis Memorial, Gurugram

A study authored by Dr Udgeeth Dhir, Director & Head - Cardio-thoracic & Vascular Surgery, Fortis Memorial Research Institute (FMRI), Gurugram, and his team has been published in the International Journal of Cardiovascular and Thoracic Surgery. Median sternotomy is the standard way of opening the chest wall in cardio-



Dr Udgeeth Dhir



Dr Anand Kumar

thoracic surgeries. It is associated with low incidence of complications and lesser pain. However, as with any other procedure, median sternotomy and closure of sternum using stainless steel wires may be associated with a few complications like dehiscence, sternal wound infection and wound healing, and mediastinitis. The study used a cable-tie closure system, the sternal ZIPFIX made up of biocompatible fiber poly-ether-ether-ketone (PEEK) in combination with stainless steel wires in 100 patients at FMRI for closure of sternum after cardiac surgery. It is a simple and reliable method for fastening together the corpus sterni after median sternotomy. The study found that using ZIPFIX system along with stainless steel wires was associated with lower post-operative pain and better sternal healing. 98% of the patients recovered well without any sternum related complications. While many studies claimed the aforementioned benefits using ZIFIX system, Dr Dhir's is the first study to present statistically significant results.

Doctors from Fortis Hospital, Mulund and Regional Cancer Centre, Gwalior, pioneer novel 'draping technique' to minimise aerosol transmitted infection amongst healthcare staff

A team of doctors from Fortis Hospital, Mulund, with support from the Regional Cancer Centre, Gwalior, has pioneered a novel 'Draping Technique during Tracheostomy' aimed at minimising aerosolisation, which is a potential source of infection among healthcare workers. The technique was conceptualised and pioneered by Dr Hitesh Singhavi, Dr Anil Heroor, Dr Ayesha Khan and Dr Prashant Pawar of the Department of Surgical Oncology and Dr Vijay Shetty of the Department of Anaesthesia at Fortis Hospital, Mulund, along with Dr Sudeshna Banerjee of Regional Cancer Centre, Gwalior. The doctors made use of simple instruments commonly available in the operation theatre, such as L-screen, transparent drape, sterile scissors and micropore tape. The technique can be a useful adjunct to the conventional risk reduction efforts during surgical tracheostomy procedures, which are known to generate highly infectious aerosols. Their revolutionary effort was acknowledged in the International Journal of Innovative Surgery, in an article titled 'Novel Draping Technique during Tracheostomy to Minimize Aerosolization in the Times of COVID-19 Pandemic.'



Article published in the International Journal of Innovative Surgery



The team using the novel draping technique while performing the surgical tracheostomy procedure

Article on influenza co-infection in COVID-19 patients by Dr Arun Agarwal and team of Fortis Jaipur published in prestigious international journal

An article titled 'Impact of Influenza A co-infection with COVID-19' written by Dr Arun Agarwal, Director - Internal Medicine, Fortis Escorts Hospital, Jaipur, and his team has been published in the International Journal of Tuberculosis and Lung Diseases. The report, based on a study of COVID-19 patients admitted at the hospital between August-December, 2020, was shared as fast track article by the journal in view of its importance for the clinical community.

The doctors reported that influenza A co-infection is not an uncommon occurrence in COVID-19 patients and leads to significantly higher hyper-inflammation and longer disease course. With the ongoing flu season and gradual relaxation of COVID-19 restrictions in many parts of the world, rates of co-infection are likely to increase despite ongoing vaccination, because inoculation of a sufficient proportion of the population takes time. Because influenza A test is widely available and specific treatment options are available for influenza, screening of high-risk patients for seasonal flu should be considered. Further, majority of these co-infections are due to H3N2 strain of Influenza A virus. This is concerning because H3N2 can cause more severe disease compared to H1N1.



Dr Arun Agarwal

Awards & Accolades

Dr Praveer Agarwal of Fortis Escorts, Okhla Road, performs over 100 angioplasties in Feb 2021

Dr Praveer Agarwal, Director – Interventional Cardiology, Fortis Escorts Heart Institute, Okhla Road, has performed over 100 successful angioplasties in February 2021. Dr Agarwal is a nationally renowned cardiologist who has contributed extensively to growth, development and training in the field of Interventional Cardiology in India. He is dedicated to provide compassionate and comprehensive treatment to patients.



Dr Praveer Agarwal with the memento commemorating his success

Dr Manoj K. Goel of Fortis Memorial, Gurugram, receives NCCP (I) Prof A. S. Paintal – Dr R. C. Jain Oration Award at NAPCON 2020

Dr Manoj K. Goel, Director - Pulmonology, Critical Care and Sleep Medicine at Fortis Memorial Research Institute, Gurugram, received the prestigious NCCP (I) Prof A. S. Paintal – Dr R. C. Jain Memorial Chest Oration Award at NAPCON 2020, the joint National Conference of Pulmonary Diseases of the National College of Chest Physicians - India and Indian Chest Society. The topic of the oration was 'My Journey of Pulmonary Interventions and Innovations in ICU.' The award was given to Dr Goel in recognition of his contribution to the development of Pulmonary Interventions in India.



Dr Manoj K. Goel



A glimpse of the award ceremony

Dr Supriya Amey, Facility Director - Fortis Kalyan, felicitated for contribution to fight against COVID-19

Indian Medical Association (IMA), Kalyan, celebrated International Women's Day 2021 by honouring Dr Supriya Amey, Facility Director - Fortis Hospital, Kalyan, along with three other women leaders, in the presence of Mr Dattatray Karale, Additional Commissioner of Police, Thane. These superwomen were felicitated for their phenomenal contribution to the war against COVID-19. Dr Amey contributed as the Infection Control Expert for Kalyan Dombivali Municipal Corporation (KDMC)'s COVID-19 hospitals. A memento of appreciation was presented to the award winners by Dr Prashant Patil, Chief - IMA Kalyan and Mr Karale at an event.



Dr Prashant Patil, Chief-IMA Kalyan and Mr Dattatray Karale, Addl. Commissioner of Police, Thane with Dr Supriya Amey (fourth from right) and the other awardees

The Department of Urology at Fortis Hospitals, Bengaluru, has been ranked 7th in the country and 3rd in South India

Times Health Survey - All India Critical Care
Hospital Ranking Survey – 2021



The Urology Team at Fortis Hospitals, Bengaluru

Fortis Escorts Heart Institute, Okhla Road, New Delhi, features in Newsweek's Best Hospitals 2021 - Top Specialised hospitals list for Cardiology speciality



Four Fortis hospitals shine in Newsweek's 'World's Best Hospitals 2021' rankings list

Rank	Unit	Location
13	Fortis Ft. Lt. Rajan Dhall Hospital	Vasant Kunj, New Delhi
16	Fortis Memorial Research Institute	Gurugram
22	Fortis Hospital, Mulund	Mumbai
34	Fortis Malar Hospital	Chennai

Newsweek has partnered with Statista Inc, a global data research firm, to identify the World's Best Hospitals 2021. The hospitals named in this list, which covers 25 countries, including the United States, the United Kingdom, Germany and Canada, stand out for their consistent excellence, including distinguished physicians, top-notch nursing care and state-of-the-art technology.

Rotary Club honours Dr Supriya Amey, Facility Director - Fortis Kalyan with 'Wisdom Award'

Rotary Club of Dombivli Winners recently felicitated the superwomen of Kalyan-Dombivali, on the occasion of International Women's Day 2021. The honour, 'Wisdom Award', was bestowed upon Dr Supriya Amey, Facility Director - Fortis Hospital, Kalyan, for her selfless service and immense contribution to the field of medicine. She was specially applauded for her involvement in handling the pandemic as an Infection Control Expert for KDMC's COVID19 hospitals. She received this award alongside seven other women who made sterling contribution to various fields such as journalism, women empowerment, entrepreneurship, literature, Yog and social service, advertising and cultural arts. The Wisdom Award-winning superwomen was brought together digitally, to help share their stories of courage and continuation with the world. The inspiring session can be found on <https://fb.watch/46DanPmFYb/>



Certificate of appreciation bestowed upon Dr Supriya Amey



(C) Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan receives the award from the members of Rotary Club of Dombivli Winners

Doctors at Fortis Escorts, Okhla, New Delhi, felicitated for battling COVID-19 pandemic and saving lives

A recognition ceremony was held at Fortis Escorts, Okhla, New Delhi, to felicitate the doctors who had shouldered great risk to uphold their commitment to the patients during the COVID-19 pandemic. The event was held in the presence of Dr Ashok Seth – Chairman, Fortis Escorts Heart Institute and Mr Bidesh Chandra Paul – Zonal Director, Fortis Escorts, Okhla, New Delhi, and was organised by Mr Ravi Ranjan, Zonal HR Head.

Dr Rajat Agrawal, Dr A. S. Sandhya, Dr Avi Kumar, Dr Shailendra S. Bhadoriya, Dr Mitu Anand Minocha, Dr Poonam Khurana, Dr Mona Bhatia, Dr Surendra Pratap Singh, Dr Sunil Dhole and Dr Anu Gupta were recognised for their exemplary courage.

Speaking on the occasion, Dr Ashok Seth said, "I appreciate all the Doctors, Nursing and the Admin staff members who stood up together during the pandemic and upheld our tradition of keeping patients first, come what may, and take care of them."



Awardees

Know our Clinicians



Dr Rajat Bhargava
 HOD-Radiology,
 Fortis Hospital, Mulund, Mumbai

When did Tennis pique your interest?

I've always been interested in sports, particularly Tennis, as a fan since school, but I started playing in 2008.

When did you play your first game? Who tutored you, and what was that one game that you remember till date?

I play for leisure, fun and fitness. I have played only a few competitive matches in tournaments organized for doctors. There haven't been many memorable outings in competitions so far. I have been mostly self-taught; Tennis training videos on YouTube are very good. Currently I'm getting coached twice a week at a local club.

When do you make time to practice? And do you have a set of Tennis pals you always train with?

With the demanding work schedule, currently I am able to make time at least twice a week in the mornings to play. Sports develops a lot of camaraderie, so our tennis friends often sit for a nice chat over snacks after the game.



Apart from the health benefits, what do you think has been your greatest takeaway from your passion for Tennis?

Tennis keeps me balanced and gives me lot of positive energy. Fitness and good health come naturally as an added perk.

How do you make time to follow your passion, especially in the current scenario?

The job and home responsibilities don't allow me to play more than two days in a week. I'm looking forward to the days when I can play at least 5 days a week.

Who is your Tennis guru/ a role model you look up to?

Undoubtedly Roger Federer, he is the ultimate icon for me; I idolise him. I have travelled a few places to watch him play.

Anything that you would like to share with our readers additionally?

All of us should have one hobby that we are passionate about. Sports keep you grounded and balanced. The best part is as you enjoy playing the game, fitness comes naturally with it, you don't have to work extra hard for it.



Conversation

Meet
Mrs. Deennamma Mathew
 Assistant Chief of Nursing (ACON)
 Fortis Escorts Hospital,
 Okhla Road, New Delhi

When did you join Fortis?

I joined Fortis Escorts in 1999 as senior staff nurse & I am presently working as an assistant chief of Nursing.

What do you like the most about work?

As a Nurse I feel honoured to serve people in need and give my best whatever work I am assigned to as an ACON. I have always worked toward Patient centricity and nothing brings me more happiness than their blessings. The friendly atmosphere, Unity & team efforts makes the work easier even during the worst case scenarios.

I have always been grateful for the guidance and support I have received from my team especially the seniors. It's a privilege to be part of Fortis Family.

How is your Professional experience in Fortis till now?

I joined as a senior staff nurse 22 years back & after many, many years of facing challenges & struggles, I have realized that Nurse responsibility extend beyond nursing care & medication administration because in earlier years there was no empowerment but today there are so many policies & process improvements implemented in Fortis with an excellent journey that help us to move forward and sustain operating procedures over time. During this ongoing COVID-19 pandemic, I took an opportunity to not only serve the patient but also to manage the staff crisis and take extra efforts to encourage my staff to do COVID duties at that time when they were hesitant. I also developed and implemented cross-audit checklist to improve Quality of



Nursing practices. Today I am proud to be an ACON and this would have not been possible without constant support of 'Chief of Nursing' and entire Fortis family who empower me and validated my efforts time-to-time to make me productive and effective. I am looking forward to do better and better as an individual and as a part of this organization.

Wall of Fame



Fortis Hospital, Ludhiana

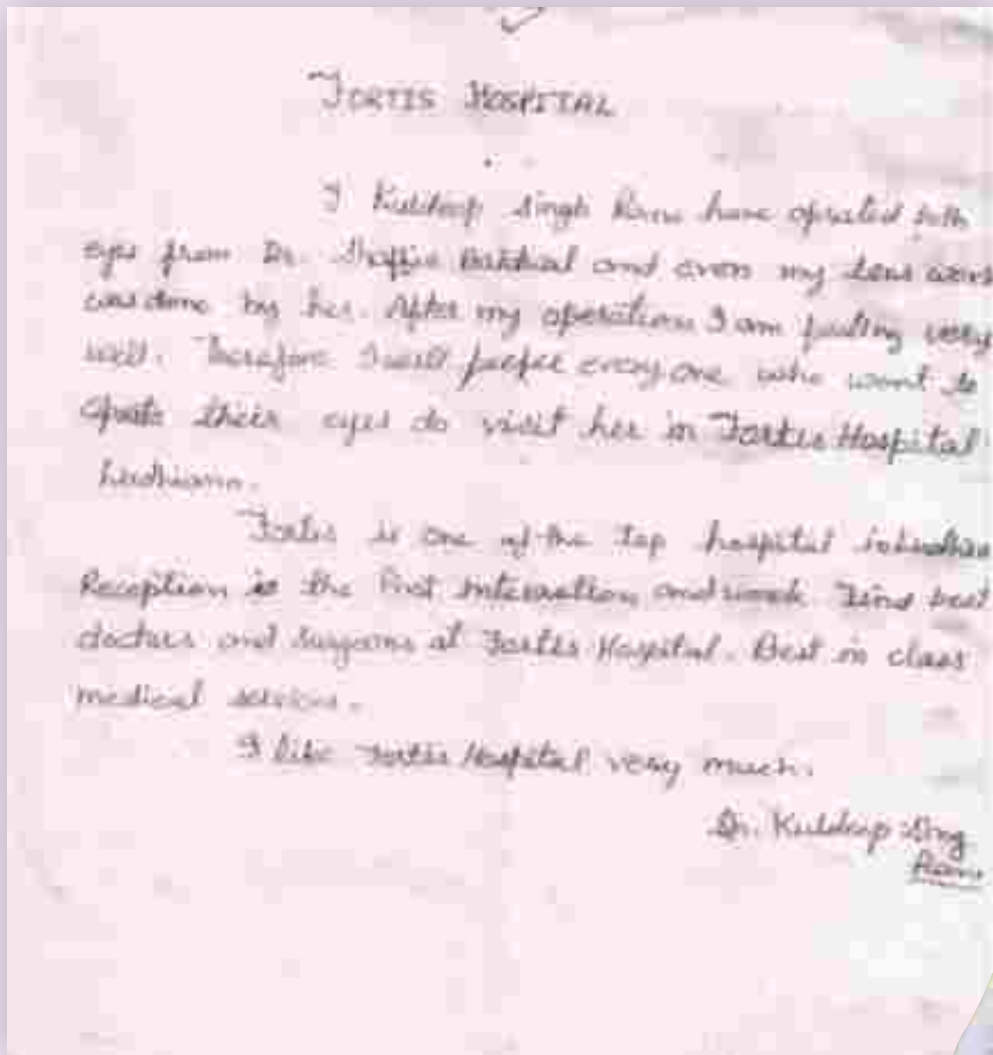
Although we are living in technology era but most important the way it has to use and implemented. I want to thanks Dr Sanjeev Mahajan, Ms. Jyoti and their entire team who did successfully robotics knee placement for my mother about a week ago. And she is doing fine and hope she will be on her toes by own within few days without any support. We all should proud of Fortis Hospital, Ludhiana who gave access to this technology.

Thanks

Appreciated by : Amit Bhalla, Patient's son & Saroj Bhalla, patient
Appreciated for : Dr Sanjeev Mahajan, Ms. Jyoti and their entire team



Dr Sanjeev Mahajan



Dr Shaffie Baidwal

Appreciated by : Dr Kuldeep Singh Rana

Appreciated for : Dr Shaffie Baidwal

SL Raheja Hospital, Mumbai

Dear Ms. Sarin,

My wife, Mrs. Maria Xalxo is a cancer patient and has been under the care of your hospital from mid-March 2020. She is under the care of Dr. Advani / Dr. Shivam / Dr. Sadia. Currently my wife is in the hospital admitted on the 22nd of January for medical conditions related to the cancer, and have been informed that we will be here for a few days more.

Since April 17th, my wife has been admitted to the hospital around 16 times, including Day Care treatment.

This email is very specifically to convey my appreciation to all the Doctors, Nurses and other support staff of the hospital, who have gone the extra mile to make my wife feel well taken care of, and despite the dreaded disease, made us feel at ease. Besides, this care came during the pandemic, where very few hospital opened their doors to patients, which is much appreciated. I have the following persons for specific mention;

Dr. Shivam Shingla: From day one, Dr. Shivam has made us feel at ease and has been most attentive to my wife's treatment and care. My wife has faced several complications at different stages of her treatment over the past 10 months, and Dr. Shivam has always been there at every stage to provide the necessary treatment and care. Simple things like his prompt responding to my numerous text messages to seek his advice, or the way that he speaks to patients in such a kind manner, with compassion and empathy, goes a long way to feel cared. This is not only with my wife, but I have noticed during our Day Care treatments, but with everyone, totally agnostic to their perceived economic or social status. Dr. Shivam is an excellent asset to your hospital, and more importantly a great human being.

Dr. Sadia: Dr. Sadia, as part of Dr. Shivam's team, has lent able support to Dr. Shivam in my wife's treatment and care and has been there to provide all help that was needed. She forms a great team with Dr. Shivam, and a great asset to the Hospital.

Dr. Kirti Bhushan: Post the three cycles of Chemotherapy, in July 2020, it was felt that the 24 cms Sarcoma Tumour needed to be surgically removed urgently. Since it was a major surgery and very complicated, we also approached several leading surgeons of Mumbai who were specialized in this type of surgery. All of them refused or were tentative in their responses, essentially conveying that this was a high risk surgery and they would not do it. At Dr. Shivam's suggestion, we spoke to Dr. Bhushan. Given the situation that my wife was already spooked after hearing the responses from the other surgeons, our discussion with Dr. Bhushan put all my fears at rest as he explained the situation to us and gave us the confidence to go ahead with him. We were fully aware of the complications and risks, but Dr. Bhushan pulled off a 6 hour 15 minute miracle surgery, for which I will remember him life long. Dr. Bhushan is an excellent asset to your hospital, and more importantly a great human being.

Nurses Salma / Vishaka / Anjali: These three nurses who were involved in my several rounds of Chemotherapy, pre & post surgery, are very competent nurses who go about their care smilingly and work long hours even during the peak of the COVID times. There were times when the Day Care was overflowing with cancer patients and these Nurses were very apparently stressed, but yet they kept their composure and provided the much needed care. These nurses are great ambassadors for your hospital.

Ms. Vinitha Nair: My wife is an official of State Bank of India, which has an arrangement with your hospital for treatment of their staff. Every time my wife had to be admitted, she has to submit a Credit Letter on the basis of an Estimate provided by your hospital. Ms. Vinitha has handled all the requirements to facilitate a smooth admission process with aplomb, including providing the Estimates in a timely manner after completing the necessary internal interaction with Dr. Shivam and his team. Every time we needed anything to be sorted out for admission, earmarking a room for us, arranging patented medicines in the pharmacy when we needed it, smoothening out any procedural wrinkles, Ms. Vinitha was there in the forefront. There were a couple of times when Ms. Vinitha was travelling on leave when I needed to get an Estimate and she managed to get it done by speaking to her colleagues. Ms. Vinitha is indeed a great asset to your hospital

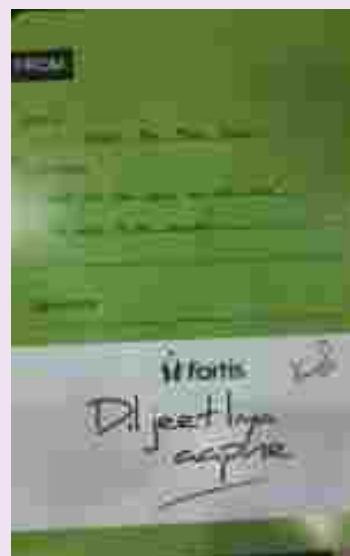
As I am writing this email, we are in the hospital and my wife is battling her disease and related complications, but thanks to the above people, we feel cared for, for which we are indeed thankful

I needed to do this quite sometime back, but I think better late than never.

Warm regards

Appreciated by : **John Mathew & his wife, Mrs. Maria Xalxo**

Appreciated for : **Dr. Shivam Shingla, Dr. Sadia, Dr. Kirti Bhushan, Nurses Salma / Vishaka / Anjali, Ms. Vinitha Nair and all the Doctors, Nurses and other support staff of the hospital**



Congratulations!



Baby of Chandresh Vij
- Corporate Office



Baby of Minakshi Popli
- Shalimar Bagh



Baby of Sudhir Kumar
- Shalimar Bagh



HAPPY
WEDDING



Tamilvanan M
- Arcot Road



A Jaisha
- Arcot Road



Dr. Jaikhishen Mohana Krishnan
- Arcot Road

PLEASE
NOTE

Dear Fortisians,
Due to the COVID-19 Pandemic, the publication of the "TRIVIA" section is being temporarily suspended.

Produced by Corporate Communications Team
Please send your feedback to
corporate.communications@fortishealthcare.com

