

# #FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS













FORTIS

National Doctors' Day 2021 Please turn to Page

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## Message from the MD & CEO

#### **Dear Colleagues,**

It gives me great pleasure to connect with you through yet another issue of The Fortisian.

The second wave of COVID-19 has subsided and we are witnessing a recovery. There has been a steady decline in COVID admissions and the number of vaccinations is going up with each passing week. It is a matter of great pride that 24 Fortis hospitals are participating in the nation-wide vaccination drive.

I am equally proud of the work our doctors, nurses, paramedics and other staff members are doing across all our hospitals. The excellent quarterly results published recently reflect the commitment and dedication of our frontline staff, who have been relentlessly delivering their best in spite of the challenges. I thank all our people and I am sure that we will all continue to do what is right for our patients.

People have been our greatest strength and as part of our continued efforts to build an inclusive and robust organisation, our HR Team has rolled out the Employee Engagement Survey 2021. I encourage each one of you to take a few minutes out and participate in the survey. Your honest opinion will help create an inclusive and inspired workplace.

Whilst the festive season is just round the corner, I urge all of you to stay vigilant and cautious. Do take adequate precautions, keep yourselves protected and follow all the guidelines issued from time to time.

Regards, **Dr A. Raghuvanshi** MD & CEO



#### Fortis Memorial, Gurugram, is the only Indian hospital in Newsweek's top 25 'World's Best Smart Hospitals 2021' list



Fortis Memorial Research Institute (FMRI), Gurugram, has been featured at the 23<sup>rd</sup> position in the list of the 'World's Best Smart Hospitals, 2021', as per a survey published by Newsweek. Out of 250 participating premier medical institutions, it is the only Indian hospital to feature in the top 25. Recognised as a smart hospital for its optimisation of clinical processes, digitised management systems, electronic surveys and imaging, advanced technology use through AI and telehealth, FMRI is at par with global medical chains such as Mayo Clinic, Rochester, Massachusetts General Hospital, Boston, and Abbot Northwestern Hospital, Minneapolis, among others.

The survey was powered by Statista and the final shortlist is based on the recommendations on services of international and national nature. A unique methodology was employed by Statista to ensure the quality and validity of the ranking. The evaluation process included three steps - expert interviews with smart hospital experts, hospital recommendations from peers, which included over 13,000 votes from doctors, hospital managers and healthcare professionals and secondary research through which a review of every nominated hospital's advancement in the area of smart functioning was conducted.



## **Special Feature**

#### National Doctors' Day celebration at Fortis

























#### Fortis Hospitals in Mumbai observe National Doctors' Day, honour the caregivers

Fortis Hospitals in Mumbai celebrated Doctors' Day 2021 with much aplomb this year, in a bid to honour the contribution of the caregivers, especially during the pandemic. Fortis Hospital, Mulund, hosted a multi-level engagement comprising of a hoarding, a video, message boards at the OPDs and department-focused standees across the hospital. Hiranandani Hospital, Vashi - A Fortis Network Hospital and Fortis Hospital, Kalyan, also put up a hoardings at a crucial traffic junctions adjacent to the hospital, followed by departmentfocused celebrations which witnessed participation from all HODs and clinicians, and were led by the Facility Directors. Cake cutting ceremony and department-specific engagement programmes were hosted across all units. SL Raheja Hospital, Mahim, also hosted a celebration that witnessed participation from the CEO, HODs, and the clinicians. On the occasion, doctors across the network in Mumbai were given beautifully designed gift hampers as a token of appreciation.



#### Fortis Hospital, Nagarbhavi, Bengaluru, marks Doctors' Day with 'Wall of Fame'

On Doctors' Day, Team Nagarbhavi unveiled a 'Wall of Fame' celebrating and recognising the contributions of 30 doctors who played a pivotal role throughout the pandemic. The event generated significant excitement and joy from all staff members. Influencer Gratitude Cards were also given to nurses and other staff members who provided strong support during the pandemic.





## Doctors at Fortis Hospital, Mohali, felicitated for battling COVID-19 on National Doctor's Day





On the occasion of National Doctor's Day, July 1, 2021, **Chandigarh Group of Colleges (CGC)**, **Jhanjeri** organised a special event to express their gratitude and in honour of COVID-19 warriors at Fortis Hospital, Mohali. They felicitated the entire team of doctors — Dr Amit Mandal, Dr Arun Kumar, Dr Zafar A. Iqbal, Dr Vikramjit, Dr Mohit Kaushal, Dr Sunil Gupta, Dr Navreet Sandhu, Dr Vikas Bedi and Dr Yogesh Kumar, from the **Pulmonology & Critical Care and Emergency Departments**.

## On Doctors' Day, Fortis BG Road, Bengaluru, unveils 'The Hands That Heal' collage to honour doctors



Fortis Hospital, BG Road, Bengaluru, acknowledged the contribution and hard work of doctors on the occasion of National Doctors' Day by unveiling a photo collage of doctors. The wall framed as "The Hands That Heal" comprised of team pictures of doctors from each speciality. It was inaugurated in the presence of senior management and doctors across specialities.

## On Doctors' Day, Fortis Escorts, New Delhi, felicitates heroes who battled COVID

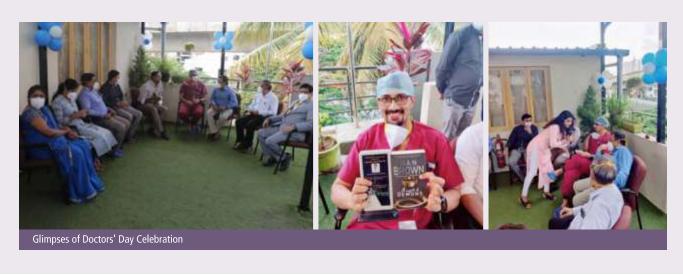
On the occasion of Doctors' Day on July 1, 2021, Fortis Escorts, Okhla, New Delhi saluted the courage of doctors – the real heroes who battled against and in spite of the pandemic. Dr Ashok Seth, Chairman - Fortis Escorts Heart Institute, addressed the doctors through an online platform and lauded their courage, resilience and commitment towards keeping the community safe and healthy.

For their tireless work, Fortis Escorts presented a token of appreciation such as personalised caricatures, gifts and gift vouchers to the doctors. Patients and staff members also presented appreciation cards to the doctors.



### Doctors' Day celebration at Fortis Rajajinagar, Bengaluru

On the occasion of National Doctors' Day, Fortis Hospital, Rajajinagar, Bengaluru, conducted a brief two-hour long event with the doctors in the open terrace, with all COVID precautions. A framed photograph was presented as a memento to each of the doctors, along with a book. The intention was to help the doctors de-stress. The event also had some fun elements, which brought out the lighter side of the doctors and made them relax.



Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj (FHVK), New Delhi, dedicated Doctors' Day 2021 to the memory of Dr S. L. Jain, who fell fighting the second wave of COVID-19. Dr Jain was HOD — Blood Bank at FHVK and Chairman of Fortis Central Blood Transfusion Committee. Many

Blood Bank protocols



## Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, dedicates Doctors' Day to fallen COVID Warrior Dr S. L. Jain









were streamlined under his able leadership.

As a mark of respect, a sapling was planted in the memory of Dr Jain by his family members, in the presence of his colleagues.

FHVK also felicitated the COVID Warriors who worked round the clock during both, the first and second waves of COVID. All the doctors were presented with token of appreciation and a lunch meet was organised for all the doctors whilst adhering to all the COVID guidelines.

### New Beginnings & Launches

## Fortis Memorial, Gurugram, launches a dedicated Multidisciplinary Mucormycosis Clinic

In view of the surge in black fungus cases being reported, Fortis Memorial Research Institute, Gurugram has launched a dedicated multidisciplinary clinic for patients suffering from Mucormycosis, also known as Black Fungus. Black fungus infection is being observed in patients who have recovered from COVID-19 infection. Patients suffering from black fungus usually have symptoms or complaints of nasal blockage or crusting, blood-stained nasal discharge, persistent severe headache, reduced sensations on the face, swelling of the face or around the eyes, and blurring or sudden loss of vision. Patients have



also reported black lesions occupying the roof of the oral cavity and seizures or neurological deficits.

The dedicated multidisciplinary mucormycosis clinic offers consultation by specialists from ENT, Neurology, Haematology, Endocrinology, Ophthalmology, and Infectious Disease.

#### Milestones

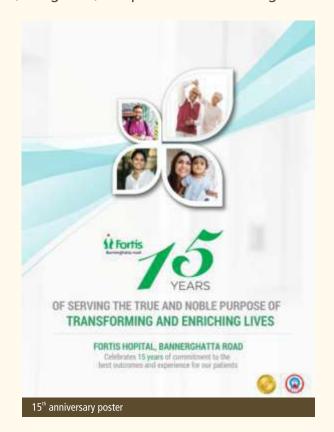
#### Fortis Hospital, BG Road, Bengaluru, celebrates 15<sup>th</sup> anniversary

On the occasion of the 15<sup>th</sup> anniversary of Fortis Hospital, BG Road, Bengaluru, Dr Manish Mattoo, Zonal Director - Fortis Hospitals, Bengaluru, has penned the following note:

Fortis BG Road has turned 15 and what a marvellous journey it has been.

Established with a vision to deliver world class care, I think it has done that and much more in its 15 years of existence. To think of the millions of lives it has touched in this country and beyond, the families it has impacted, the clinical leaders it has given to the city and the country, the administrators it has groomed, the nursing and paramedical force it has nurtured, the slew of awards and recognitions it has received - the list of accomplishments is endless and the feeling quite overwhelming.

For all those who have been a part of BG and who continue to be associated with this venerable institution it is a very very special place. On her 15<sup>th</sup> birthday I would like to thank each and everyone for making it an Institute of eminence at a national level, a powerhouse of talent and clinical excellence, a place where patients and their families feel a deep sense of compassion, love and caring, a place where patient centricity is deeply ingrained in the culture. Here is to many more years of caring for and serving our patients and making a dent in the Universe - Together!!



# Department of Histopathology at SRL Ltd, Fortis Escorts, Okhla, New Delhi, completes 1,000 Liver Biopsy and 1,000 Explant Liver Evaluations

The Department of Histopathology at SRL Ltd, Fortis Escorts, Okhla, New Delhi, has become the first centre in the Fortis network to have completed 1,000 Liver Biopsy and 1,000 Explant Liver Evaluations. The achievement speaks volumes about the Center of Excellence in Hepatopathology established at Fortis Escorts, Okhla, under the able leadership of Dr Nalini Bansal.

Fortis Escorts has emerged as a state-of-the-art centre for the management of liver diseases with world-class doctors and multi-disciplinary team under Dr Vivek Vij, Chairman - Liver Transplant, and Dr Pankaj Puri, Director - Gastroenterology. It offers holistic management of liver diseases and has a robust liver transplant programme. Excellence in the management of liver diseases requires dedicated and accurate pathology services.





#### Fortis BG Road, Bengaluru, achieves 1,000 TRUS biopsies and 500 nephrectomies milestones



Team Urology and SRL at Fortis Hospital, Bannerghatta Road, Bengaluru, has added yet another feather to its cap by setting a record of conducting 1,000 TRUS biopsies and 500 nephrectomies in the Dept of Histopathology till date. Out of the total 1,000 TRUS biopsies, nearly 500 TRUS biopsies were evaluated over the last three years. This makes Fortis BG Road one of the most voluminous and state-of-the-art centre of Urology, Uro-oncology, Robotic Surgery and Uro-pathology. This achievement is a direct reflection of the work done by the Urology Team under the leadership of Dr Mohan Keshavamurthy, Director -

Urology. Fortis BG Road is one of the very few centres to report such large volumes and such a large variety of cases in Urology.

#### Clinical Excellence

## Dr TS Kler performs first OCT at Fortis Memorial, Gurugram on a 73-year-old patient

Fortis Memorial Research Institute, Gurugram performed its first Optical Coherence Tomograph (OCT) on a 73-year-old female. She was brought to the hospital with complaints of angina on exertion and post prandial angina. The patient underwent angiogram which showed triple vessel disease with patent graft. The patient was planned for left main to left circumflex artery under OCT guidance. This advanced procedure was performed under the guidance of Dr TS Kler, Chairman - Fortis Heart and Vascular Institute, Gurugram and Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj.

Dr Kler said, "OCT imaging helped us in appropriate sizing of the stent, to look for any dissection post procedure which can be missed on visual estimation, and adequate opposition to the wall. Procedure went



Dr TS Kler

smoothly and post stenting OCT images showed well expanded stent with adequate apposition and no dissection. So the operator is assured that the risk of major adverse cardiovascular events on follow up will be minimized. OCT provides real time information that cannot be obtained by angiography alone and impacts directly on physician decision making. It is used to assess disease severity and stability of the plaque. It also helps in guiding complex interventions such as those involving branch points of arteries or Left Main (big artery)."

## Extreme pre-term, low birth weight baby discharged after 74-day stay at Fortis La Femme, GK 2, New Delhi



Doctors, nurses and staff members of Fortis La Femme, GK 2, New Delhi, bid a joyful good-bye to an extreme pre-term infant who was discharged on June 3, 2021, after a prolonged 74-day battle in the Neonatal ICU (NICU). The case was treated by Dr Raghuram Mallaiah and his team.

The baby, weighing 860 grams, was born in the 25<sup>th</sup> week of pregnancy through an emergency caesarean section as the mother had suffered a preterm premature rupture of the membranes

(PPROM), a pregnancy complication wherein the fluid-filled sac (amniotic bag) surrounding the baby ruptures prematurely, increasing the risk of infection. Unfortunately, the baby's twin had died in the mother's womb, before birth.

The baby had severe breathing problems at birth and required medication as well as mechanical ventilation. The baby was given Pasteurized Human Donor Milk from the Amaara Human Milk Bank from Day 1. The baby had developed anaemia of prematurity and required one packed RBC transfusion during his stay.

Dr Mallaiah said, "The baby's determination to live and the heroic efforts of the treating team helped us save the baby. Early weaning to nasal CPAP and to room air, avoidance of central lines, maintenance of strict asepsis and adherence to aggressive unit feeding policy with human milk were the big takeaways which helped the extreme premature, extreme low birth weight baby's discharge in a healthy condition." At discharge, the baby weighed 2509 grams and was feeding well, the doctor added.

## 27-year-old female from Kabul successfully undergoes high risk bowel transplant at Fortis BG Road, Bengaluru

A 27-year-old patient from Kabul underwent a complex and rare small bowel transplant at Fortis Hospital, Bannerghatta Road, Bengaluru. The patient was suffering from short bowel syndrome along with an inherited condition of blood clotting and was dependent on total parenteral nutrition (TPN) for survival. The patient had undergone removal of small intestine for gangrene in Kabul while she was pregnant five months back. The doctors in Kabul were not confident about the line of treatment to be adopted as small bowel transplant was not available there and thus there was minimal hope for her survival. As a result of removal of intestine, she was dependent on TPN for her nutrition and survival, because of which the patient's condition started deteriorating day by day, therefore, she was immediately referred to Fortis Bengaluru to seek immediate treatment.



Dr Mahesh Gopasetty

Dr Mahesh Gopasetty, Senior Consultant, Hepato-Pancreato-Biliary and Liver Transplant Surgery, Fortis Hospital, Bannerghatta Road, Bengaluru, said, "Amidst COVID-19 lockdown, it was difficult to find a suitable donor, therefore we had put the patient on waiting list for almost three months. We took all the efforts and ensured to keep her safe by following all COVID safety protocols. After a waiting period of three months, we received a donor (brain dead donor) for her, the transplant was performed immediately after the availability of the organ. The patient had a tendency to form blood clots and this risk was highest after transplant surgery. We had to administer blood thinners to prevent clots, which resulted in bleeding. In order to stop the bleeding, we had to conduct another surgery."

A multidisciplinary team of medical experts including the transplant team, medical gastroenterologist, hematologist, intensive care team, anaesthetist, dieticians and nurses worked in close coordination and delivered on the clinical excellence in regards to the successful surgery.



## Rare airway stenting procedure done at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi



A team of doctors including Dr J. C. Suri, Dr Nikhil Bante, Dr Abhijeet Singh and Dr Ayush Gupta of the Department of Pulmonology, Critical Care and Sleep Medicine at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, conducted a rare airway stenting procedure on a 72-year-old female. This was the first such procedure to be conducted at the hospital and with this, Fortis Vasant Kunj has become one of the few centres in the country to have performed the complex procedure successfully.

The patient, a known case of Adenocarcinoma esophagus (cancer of the food pipe) was brought to the hospital with post-surgical resection tumour causing extrinsic compression (exerting pressure) on the trachea (wind pipe) resulting in breathlessness and audible stridor (high-pitched wheezing sound caused by disrupted airflow) at rest. The CT 3D airway

reconstruction revealed narrowing at mid tracheal level. The patient was breathless and had to be put on non-invasive ventilation support. A decision to perform flexible bronchoscopy under conscious sedation was taken as the patient's airway could have completely closed if general anesthesia was used.

Explaining the complexity, the doctors said, "There was no space to pass the endotracheal tube through the stenotic segments (trachea) as the maximum diameter of the trachea was only 3 mm. Flexible bronchoscopy confirmed the critical mid tracheal stenosis, which was about 5 cm away from the vocal cords, due to extrinsic compression."

The doctors passed a thin zebra guidewire through the working channel of the flexible bronchoscope across the trachea and the bronchoscope was removed, leaving the guidewire in. A self-expanding covered metallic stent deployer was passed over the guidewire across the trachea under bronchoscopy vision, which was reintroduced by the side of the guidewire and deployer.

The stent was then successfully positioned and it achieved an internal diameter of 16 mm after expansion, thus resulting in complete opening of the trachea till carina. The stridor and respiratory distress of the patient immediately resolved and the patient was discharged after two days.

## Great teamwork at Fortis Hospital, Anandapur, Kolkata, helps a 12-year-old special child with severe COVID recover

A team of doctors led by Dr Rajesh Kumar Singh, Consultant – Paediatrics and Dr Aparna Biswas at Fortis Hospital, Anandapur, Kolkata, successfully treated the severe COVID pneumonia of a 12-year-old child who is a known cause of autism. The child was brought to the hospital in a critical condition with low oxygen saturation and difficulty in breathing and shock. It took 24 hrs to stabilise his blood pressure. "After initial stabilisation, Paediatric team realised that the child was very irritated, pulling out all the tubes and was not cooperating. Doctors and sisters

moderate to severe COVID pneumonia with zero mortality so far.



wearing PPE kits seemed to scare him. Hence, Ms Shristi Saha, clinical Psychologist was involved and an environment of his liking was created with his parents around and minimal medical equipment. A dietician was also involved to prepare food of his choice. With a collaborative effort, we finally ensured the full recovery of the child", said Dr Singh.

S. Trishna, Paediatric ICU Nursing in-charge added, "Such challenges inspire us to go beyond our call of duty. They teach us perseverance, patience and compassion. We are very proud that our team displayed excellence in every aspect of patient care."

In the last 1 year, the hospital has treated 30 children with the multi-inflammatory syndrome in COVID and 10 children with

## Doctors at Fortis Vadapalani, Chennai, use minimally invasive surgery to extract tomato-sized tumour near 10-year-old's heart









A team of doctors led by Dr Govini Balasubramani, Head — Cardiothoracic & Vascular Surgeon, Heart & Lung Transplant Programme, at Fortis Hospital, Vadapalani, Chennai, excised a tomato-sized tumour measuring 6.8 x 3.5 cm from the chest of a 10-year-old girl.

The patient was brought to the hospital on May 15, 2021, with a history of high grade fever for three months, along with complaints of chest pain. The child's parents consulted their family physician who recommended a CT scan of the chest. The investigation revealed a tumour in the centre of her chest, next to the heart, suggestive of an anterior mediastinal teratoma, a rare germ cell tumour.

She was later referred to Fortis Hospital, Vadapalani where he was thoroughly examined by Dr Balasubramani and his team. As the tumour needed surgical excision, Dr Balasubramani opted to do a Video Assisted Thoracoscopic Surgery (key hole surgery) since the patient was very young. The child recovered rapidly and was discharged on May 21, just four days after the surgery.

### **Felicitating COVID Warriors**

## Engagement events at Fortis Cunningham Road, Bengaluru, help raise morale during COVID times



#### **ThankfulThursdays**

Fortis Hospital, Cunningham Road, Bengaluru, introduced Thankful Thursdays to recognise and express gratitude towards all employees and clinicians. The event celebrates the contribution of dedicated contractual employees such as those involved in Security, Housekeeping, Maintenance and F&B, who made invaluable contribution during the pandemic.

#### Laughter Yoga

On the occasion of International Yoga Day, Fortis Cunningham Road organised a laughter yoga session for all our frontline workers. The session was focused on mental well-being of the frontline workers who have been working continuously during the COVID times. The host for this session was Dr Suchitra Kaul Misra. Dr Misra has a passion for therapeutic humor and has specialised in integrating it with Laughter Yoga. The session had 80 participants who appreciated the session.





#### Fortis Hospital, Noida, felicitates COVID Warriors



Fortis Hospital, Noida, acknowledged the hard work and contribution of the nurses who have been working tirelessly in the COVID ICUs and Wards. As a token of gratitude, the nurses and other frontline healthcare workers who have been playing a supportive role during these testing times were honoured with 'Corona Warrior' certificates. Senior leaders, including Ms Usha Prabhakar, Chief Nursing Officer, Dr Shanu Sharma, Medical Superintendent, Mr Hari Bakshi, Head - HR, Mr Siddharth Nigam, Head - Sales & Marketing and Mr Prem Sahu, Head - Administration, presented the certificates.

## Fortis Hospital, BG Road, Bengaluru, unveils 'Tree of Life' to salute COVID warriors as part of 'Thankful Thursday'



As part of the Thankful Thursdays initiative, Fortis Hospital, Bannerghatta Road, Bengaluru, acknowledged the phenomenal contribution of COVID Warriors by unveiling the 'Tree Of Life.' The COVID Warriors were commended for their services and commitment in these difficult times. Senior leaders and senior clinicians took great pride in placing photos of the Warriors in the frames on the occasion.

## Fortis Hospital, Nagarbhavi, Bengaluru, felicitates 'Fortis Influencers' for their contribution





In the continuation of its Thankful Thursdays initiative, Fortis Hospital, Nagarbhavi, Bengaluru, acknowledged the contribution of nurses who are volunteering to work in the COVID wards as 'Fortis Influencers'. The ongoing initiative expresses the gratitude to the COVID warriors.

Ms Ragendu Regu was recognised as a Fortis Influencer as she had voluntarily come forward for COVID duties and accepted additional responsibilities with a smile on her face.

Mamatha selflessly and fearlessly volunteered for COVID ward duties. She was the first from the housekeeping staff to come forward to offer her services to patients and staff members and do so with a smile even in these desperate times. As a person too, Mamatha always goes the extra mile to exceed expectations every day. Notably, not a single complaint has been received against her so far.

## Fortis BG Road, Bengaluru, initiates 'Healing Spaces for COVID Warriors' programme

Department of Mental Health and Behavioural Sciences at Fortis Hospital, Bannerghatta Road, Bengaluru, with support from team HR and team Nursing has initiated 'Healing Spaces for COVID Warriors', a programme aimed at facilitating healing through group therapy towards mental health resilience building and crisis prevention. The programme comprises of Music therapy, Art therapy, Strength based approach and Gratitude building. Four batches with over 70 participants have benefited from the programme so far.



#### **COVID Vaccination**

## Fortis Memorial, Gurugram, administers over 28,000 COVID vaccination doses through outreach camps

Fortis Memorial Research Institute, Gurugram, in an effort to vaccinate as many individuals as possible, has conducted over 65 on-site vaccination camps in residential apartment complexes, private corporates and public sector enterprises. Over 28,000 people have been vaccinated so far.

The hospital deployed teams, including nursing staff, doctors, verifiers, observers along with ambulance and patient monitoring equipment at each of the vaccination camps. The collective effort of the team members and their professionalism has been highly appreciated by the residents and corporate employees through appreciation mails and letters.





## SL Raheja Hospital, Mahim - A Fortis Associate, organises vaccination drive for differently-abled persons; caregivers





SL Raheja Hospital, Mahim - A Fortis Associate, and a non-governmental organisation that works for Persons with Disabilities (PWDs) joined hands to host a COVID-19 vaccination drive for PWDs and their caregivers, at the hospital. A total of 135 PWDs were vaccinated under this initiative, which

was supported by Mr Ramesh Valecha, Honorary Treasurer - Diabetic Association of India.

Mr Valecha and Dr Kunal Punamiya, CEO - SL Raheja Hospital said, "We feel honoured to have been able to enable this camp and to do our duty for the betterment of the community — giving fair opportunities to able-bodied people and those with disabilities. We hope to enable more such engagements that help enrich society. We thank our associates for having partnered with us on this initiative."

## Fortis Hospital, Kalyan, joins hands with a telefilm studio to vaccinate over 350 television artists and crew members

Fortis Hospital, Kalyan, along with a telefilm studio recently organised a vaccination drive for television artists and their crew. Over 350 people were vaccinated in a day as part of this drive. Celebrities such as Jayati Bhatia, Sneha Jain, Rashmi Sharma, Jigyasa Singh, Simba Nagpal, Jaswir Kaur and Akanksha Juneja, took their first COVID-19 vaccine shot at the drive. Fortis has been actively spearheading the vaccination programme in Kalyan, and the neighbouring areas. Apart from providing vaccination at their hospitals,







Fortis is collaborating with housing societies, corporates and NGOs to conduct the vaccination drives.

Dr Supriya Amey, Facility Director - Fortis Hospital, Kalyan, who spearheaded this initiative, said, "We aim to vaccinate as many people as possible, while ensuring their safety. This drive was another progressive step in this direction. Vaccination provides immense immunity; even if people get infected the vaccine ensures the severity of the infection is reduced, possibly eliminating the need for hospitalisation. Importantly, this is our best defence against COVID-19.

## SL Raheja Hospital, Mahim - A Fortis Associate, organises vaccination drive for slum dwellers



(Center) Dr Kunal Punamiya, CEO - SL Raheja Hospital Mahim - A Fortis Associate, lending his support to the vaccination drive



Vaccination drive in progress

SL Raheja Hospital, Mahim - A Fortis Associate, and a forum that addresses civic issues, joined hands to vaccinate the first batch of 500 slum dwellers in the Nepean Sea Road vicinity. The initiative aims to vaccinate a total of 3,000 slum dwellers for two nearby slums, free of charge, over the next few weeks.

## Fortis Anandapur, Kolkata, administers over 45,000 COVID vaccines through outreach camps

Fortis Hospital, Anandapur, Kolkata, in an effort to vaccinate as many individuals as possible, has conducted over 57 on-site vaccination camps in residential complexes, private corporates as well as public sector enterprises, vaccinating over 45,000 individuals.

The hospital deployed teams including nursing staff, verifiers and observers along with an ambulance at each of the vaccination camps. The collective effort of all the team members, their relentless dedication and professional approach has been highly appreciated by the residents and corporate employees through appreciation mails and letters.



#### Fortis Hospitals, Bengaluru, take vaccines to citizens' doorstep

Ties-up with Resident Welfare Associations (RWAs) and Corporates in the city for on-site vaccination camps



Fortis Hospitals, Bengaluru, has stepped up efforts to roll out vaccination camps in various Resident Welfare Associations (RWAs) and Corporates across the city in light of the surge in COVID-19 cases. The aim is to vaccinate as many individuals as possible.

Dr Manish Mattoo, Zonal Director - Fortis Hospitals, Bengaluru, said, "Patient safety is our top most priority, through this drive we aim to inoculate people at their doorsteps as we understand their hesitancy in visiting hospitals. Initially, we had planned to conduct vaccination

camps only in our immediate neighbourhood. However, we have received requests from RWAs and Corporates from across the city. Hence, we are rolling out camps in 30 Corporates and 31 RWAs. Additionally, we are collating the vaccine requirement of RWAs and Corporates, which will be done in phase 2 in June. Similar to our in-house vaccination drive, our teams will follow all the COVID-19 safety protocols at the community camps."



#### **Events**

## Dr Vivek Anand Padegal of Fortis BG Road, Bengaluru, raises awareness about COVID-19 appropriate behaviour through short video

Dr Vivek Anand Padegal, Director - Pulmonary Medicine, Fortis Hospital, Bannerghatta Road, Bengaluru, collaborated with a team of filmmakers to create a video to raise awareness about COVID-19 appropriate behaviour. The awareness-cum-fun video is a sincere attempt to save lives by changing habits and attitudes, and is endorsed by the Karnataka Pulmonologists Association, whose members are frontline doctors.

Dr Padegal said, "It is estimated that COVID transmission can drop 70% if appropriate precautions are taken, especially is masks are used properly. This video is an initiative to urge people to not drop their guard when they step outside in view of lockdown relaxation."



## Fortis Hospital, Anandapur, Kolkata, conducts Convocation Ceremony for the 9<sup>th</sup> Batch of Critical Care Nursing Programme; welcomes 10<sup>th</sup> Batch



Fortis Hospital, Anandapur, Kolkata, organised a Convocation Ceremony for the 9<sup>th</sup> Batch of its in-house specialisation course in Critical Care Nursing Programme (CCNP), appreciating and honouring the efforts of the all staff. The ceremony was followed by the welcoming of the upcoming 10<sup>th</sup> batch.

The in-house Critical Care Nursing Specialisation (CCNP) commenced in 2012 with 12 nurses and the 10<sup>th</sup> batch has 20 members. The programme has been widely appreciated and has contributed immensely towards skills enhancement in the field of critical care.

#### Fortis Hospital, Shalimar Bagh, New Delhi, organises in-house Advanced Cardiac Life Support (ACLS) programme for nurses

Fortis Hospital, Shalimar Bagh, New Delhi, organised Advance Cardiac Life Support (ACLS) programme for nurses working in all critical care areas. Comprehensive training session was inaugurated and conducted under the guidance of Mrs Girja Sharma, Chief Nursing Officer, along with the Nursing Education team.

Collaborative and instructive training session with hands-on practical experience was conducted by the Nursing Education Team along with Dr Amit Prakash, Additional Director - Cardiac Anaesthesia; Dr Vishal Garg, Senior Consultant - Cardiac Anaesthesia



and Dr Tushar Patel, Senior ICU Consultant. Fifty-two nurses participated in the programme and all of them were successfully qualified in the post test.

The programme aimed at providing extensive insights and imparting skills, mainly covering demonstration of CPR, Airway Management, Algorithm etc. to Manage Code Blue and Resuscitation of the patient.

ACLS is a programme designed to enhance life support skills while providing training in effective team dynamics and basic drug therapy.

The main 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.

#### SL Raheja Hospital, Mahim - A Fortis Associate, hosts Cricket tournament 'Raheja Premier League' to boost team spirit

SL Raheja Hospital, Mahim - A Fortis Associate, initiated Cricket tournament 'Raheja Premier League', to bring more enthusiasm and team spirit amongst all functions at the hospital. The tournament kicked-off with eleven supercharged teams in a knockout model, spanning 3 days. The multidisciplinary 'Team Raheja Fighters' won the trophy of finals, which included participants - Pradeep Katkar (Bowler of the series), Satish Kahar, Amit Naik, Ravi Chellappa, Anand Venakol, Amol Shirsat (Man of the Match), Prakash Panchal, Kiran Tanwade, Rahul Pagdhare



and Dr Ashutosh Pandey. The runner up team was 'Raheja Challengers'. With enthusiastic support from Dr Kunal Punamiya, CEO - SL Raheja Hospital, Mahim - A Fortis Associate and all the HODs, the tournament was a huge success.

## Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, observes World Blood Donor Day

Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, organised a blood donation camp to mark World Blood Donor Day on June 14, 2021. In view of the current situation and government guidelines, the camp was open only for hospital personnel who wished to donate blood. The hospital received a total of 25 units of blood donated by staff across various departments, including the new batch of nurses.





## Three batches of new nurses complete VIROHAN induction programme at Fortis Anandapur, Kolkata



Fortis Anandapur, Kolkata has successfully rolled out the VIROHAN nursing programme. The programme was launched in February 2021 and has successfully completed three batches and the nurses are now actively working on the patient floor with full rigor and energy.

VIROHAN is a structured, month-long nursing induction programme for new nurses designed by Captain Sandhya Shankar Pandey, Chief Nursing Officer — Fortis Healthcare. This programme aims to improve nursing communication skills and confidence of nurses, thereby elevating patient care and patient satisfaction.

## Fortis Hospital, Bannerghatta Road, Bengaluru, conducts the second session of Sassy Saturdays



In the continuation of its engagement initiative, Fortis Hospital, Bannerghatta Road, Bengaluru, organised the second session of Sassy Saturdays. The event aimed at de-stressing doctors and nurses amidst COVID-19. A popular professional singer and music composer hosted the event of melodies and music trivia. The session witnessed the talents of senior consultants who engaged the participants with their songs as well as instrumental music. The online session was appreciated by the audience.

### **Doctor's Conversation**



Dr Sanjith Saseedharan,
Consultant & Head - Critical Care,
SL Raheja Hospital, Mahim - A Fortis Associate

## You have keen interest in playing the Violin. When did your start?

I started playing the Violin at the age of 8yrs, upon the insistence of my mother, who felt the need that I learn music at a young age. At that juncture, I was more inclined towards playing outdoor games.

## Did you receive a formal training, or are you a self-taught violinist?

I received formal training from Guru Shekhar Tanjorkar and completed *Visharad* from Gandharva Mahavidyalaya.

## Beyond increasing focus, relieving stress, and increasing cognitive ability, what other benefits do you experience from playing the Violin?

Playing the Violin helps improve self-reliance, self-esteem, and self-awareness. It boosts memory and makes you feel that you can create something on your own, and this has no bounds as to what you can create. The musical knowledge gained by this helps you to understand and gauge the efforts put in making an orchestra so beautiful, or a song so melodious. Physically it also helps in improving the posture and dexterity.

## What do you think has been your greatest takeaway from learning a musical instrument? And do you play any other instrument, other than the Violin?

I do not play any other instrument, but all said and done,

the Violin is the queen of all instruments, and I would not be able to make too much time for learning any other instrument. Next on the list however is to start learning to play the Guitar. Learning a musical instrument has helped me work with more ease, with a cool mind, preserved memory, great coordination, and increased ease in skill acquisition in the stressful field of critical care at the position of HOD since the past 12yrs.

## When and how do make time to play the Violin, especially in the current scenario?

I have not set aside a fixed time to play the Violin. Anytime that I am free, I feel like picking up my violin and playing away to relaxation and sheer delight. However, in the current COVID-19 pandemic situation, Violin-playing has taken a backseat, as there is very less time between working and keeping pace with the dynamicity of the disease, but I do still try to make some time during the weekends for pursue my passion.

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

Medicine has always been an art and not an exact science, and all of us in the healthcare sector are artists who enjoy our art. But it is also nice to know and master another art, very different from what we do on a regular basis, to break the monotony. This will go a long way to maintain our sanity and make our life much more vibrant.



## **Nursing Conversation**

## Meet Mr Ajith Chandradas Nursing Incharge, Fortis Flt Lt Rajan Dhall Hospital, New Delhi



#### When did you join Fortis?

I joined Fortis in 2010 as senior staff nurse.

#### How do you like most about your work?

I have been working in the hospital for 11 Years and that itself is giving the evidence that, I am enjoying my job at utmost level. The proud and most satisfactory part in professional life is that, when I see a patient is recovering from deadly disease condition. Furthermore, when the patient gets discharge from the hospital and happiness what can see on the faces of patient and their relatives as well, it's a priceless satisfaction and give lots of positive enthusiasm and energy to work more dedicatedly and effectively for the welfare of the patients.

#### How has your journey with Fortis been?

It has been going great for last 11 Years, started career as senior staff nurse in ICU and later promoted as nursing incharge there, later as nursing supervisor. Fortis hospital always treat their employee as their own family members and it's give feeling of sense of satisfaction as well as motivation to deliver my best.

Looking forward for everlasting journey with Fortis.

#### Learnings from COVID-19 pandemic.

It was a good experience in terms of professional life as well as personal life. Firstly, professionally COVID made me physically as well as mentally to face any sort of pandemic challenges or any outbreak of epidemic diseases. Social distancing between family and patient—restricting access—is the hardest part of the job. It's wonderful when the patients are awake and alert and want to talk to their family using various media platforms. At the same time, it's difficult to watch patients with COVID-19 having to FaceTime family members. There is no physical contact with the family. The lack of intimacy can be incredibly sad and heart wrenching. COVID pandemic experience will definitely help me out to deal with new medical challenges in near future. Secondly, personal experience build up during COVID like learned cooking, able to live alone, concern for near and dear one and even made me humble and soft from inside more compare to before. Lastly, I have seen pandemic gives us opportunity to feel and care for one another.

#### **Awards & Accolades**

## Fortis Hospital, Mohali, wins CAHOtalks Video Competition on COVID-19 Management





Fortis Hospital, Mohali, has been awarded the CAHOtalks Award for maintaining COVID-19 protocols and ensuring safety at the workplace by Consortium of Accredited Healthcare Organisations (CAHO). The award was given under the category 'Guidelines for Doctors or Nurses on COVID-19 Management'. The award recognises the efforts of healthcare institutions in maintaining worker and workplace safety during the COVID-19 pandemic.

Award winning video highlighting measures taken by Fortis Mohali on effectively implementing COVID-19 protocols, types of masks and their proper usage was conceptualised and shot by the Nursing Education Team and edited by Team Digital Marketing and Quality & Patient Safety at Fortis Hospital, Mohali.

## Fortis Noida receives WSO Angels Diamond Category Award for Brain Stroke Management from World Stroke Organisation

Fortis Hospital, Noida, has been named as the best hospital for comprehensive management of Brain Stroke by World Stroke Organisation for the January - March 2021 quarter. The award was announced in the last week of June. Fortis Noida is the only hospital in North India and one of the four hospitals in the country to be awarded the Diamond Category Status, which is the highest category award. The Stroke Team comprising of Dr Jyoti Bala Sharma and team, Dr Dina Shah and team, Dr Rahul Gupta



and team, Dr Dinesh Kapoor and team and the Nursing Team, treated about 100 stroke patients during the first quarter, in spite of the difficult conditions owing to the pandemic.

The prestigious WSO Angel Awards are announced quarterly to help improve stroke care globally, recognise and promote stroke care best practices and share important learning about implementing quality stroke care. The award, which comprises of gold, platinum and diamond categories, recognises hospitals that demonstrate their commitment to quality stroke care and have established a culture and system that supports continuous improvement.



## Fortis Anandapur, Kolkata, receives INFUZE certification for best practices in Infusion Therapy





Fortis Hospital, Anandapur, Kolkata, received INFUZE certification from Infusion Nursing Society (INS) of India, for promoting Intravenous Infusion and Medication Safety. INFUZE is a quality improvement programme in Infusion Therapy, developed by INS India in collaboration with a technical guidance partner, and aims to improve compliance with regard to

the best practices in Infusion Therapy.

The successful completion of the audit and certification was appreciated by Col Binu Sharma, President, INS India, Capt Sandhya Shankar Pandey, Chief Nursing Officer - Fortis Healthcare and Mr Pratyush Srivastava, SBU Head - Fortis Hospital, Kolkata.

# Union Health Ministry nominates Dr Rajoo S Chhina of Fortis Ludhiana as a member of Governing Body of National Board of Examinations

Dr Rajoo Singh Chhina, Director - Gastroenterology and Hepatobiliary Sciences, Fortis Hospital, Ludhiana, has been nominated by the Ministry of Health and Family Welfare, Government of India, as a member of Governing Body of National Board of Examinations. Dr Chhina is among seven eminent doctors from across the country to be appointed, for a period of five years.

Dr Vishavdeep Goyal, Zonal Director, Fortis Hospital, Ludhiana & Amritsar, congratulated Dr Chhina and applauded his work in the field of medical education.



#### Dr Tapan Ghose of Fortis Vasant Kunj receives Inspiring Cardiologist of the Year 2021 award from The Economic Times

Dr Tapan Ghose, Director — Cardiology, Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, has been felicitated with the Inspiring Cardiologist of the Year 2021 award by The Economic Times, a reputed media house. The award was presented at the fourth edition of The Economic Times Doctors' Day Conclave held in New Delhi on June 30, 2021.





# St Gregorios Medical Mission Hospital Parumala, Kerala, expresses gratitude to Dr Rahul Pandit of Fortis Mumbai for treating late His Holiness Moran Mar Baselios Marthoma Paulose II

St Gregorios Medical Mission Hospital Parumala, Kerala, recently wrote in a heartfelt letter of appreciation to Dr Rahul Pandit, Director - Critical Care, Fortis Hospitals, Mumbai, informing him of the demise of His Holiness Moran Mar Baselios Marthoma Paulose II, who he helped treat for COVID-19. Penned by Fr. MC Poulose (CEO) & Dr Sherine Joseph (Medical Superintendent), the letter acknowledges Dr Rahul Pandit's contribution towards the treatment and management of His Holiness.





#### Dr Shweta Prabhakar of Fortis Hospital, Mohali, honoured with Qimpro Certified Qualitist Badge





QIMPRO certificate

Dr Shweta Prabhakar, Head - Quality & Patient Safety, Fortis Hospital, Mohali, has been conferred the Qimpro Certified Qualitist Level 3 Badge. The certification is a mark of excellence among quality professionals.

Dr Prabhakar has an experience spanning more than 20 years in Healthcare, including Medical Operations, and more than a decade's experience in Quality & Patient Safety including Hospital Accreditation (JCI & NABH). She is passionately involved in academics and research activities in the field of Health and Hospital Administration.

Established in 1990, Qimpro Awards honour individuals for Excellence in Quality. The certification enables professionals proficient in quality tools and practices to formalise their specific quality experiences and knowledge into a professional qualification, each mapped to a certain qualitist role in the industry.



# Prestigious international journal 'Stroke' publishes protocol paper co-authored by Dr Neetu Ramrakhiani and team from Fortis Escorts Hospital, Jaipur



A protocol paper co-authored by Dr Neetu Ramrakhiani, Director - Neurology, and her team at Fortis Escorts Hospital, Jaipur, has been published by Stroke, a prestigious medical journal of the American Heart Association (AHA). The paper, titled 'INSTRuCT: Protocol, Infrastructure, and Governance,' was presented as part of the Indian Council of Medical Research (ICMR) funded Indian Stroke Clinical Trial Network (INSTRuCT) project, which aims to establish a state-of-the-art stroke clinical trial network and to conduct pharmacological and non-pharmacological stroke clinical trials in India and across the globe.

Fortis Jaipur is the only centre from Rajasthan and the only Fortis network hospital to operate as part of the INSTRUCT network.

## Four articles authored by Dr Murali Chakravarthy of Fortis Bengaluru published in a month



Dr Murali Chakravarthy, Director - Department of Anesthesia, Fortis Hospitals, Bengaluru, has set a new benchmark by publishing four publications in a month. Out of the four, two are scientific papers in journals and two are text book chapters. The titles include: 'Perioperative temperature management: a survey of 6 Asia-Pacific countries,' 'Improving surgical site infection prevention in Asia-Pacific through appropriate surveillance programs: challenges and recommendations,' 'Dermatosurgical emergencies and resuscitation' and 'Anaesthesia for patients undergoing valvular heart surgery.'

With these, his tally of publications has gone up to 178.

#### **Team of Cardiac Surgeons from** Fortis Bengaluru contribute two chapters to new book







Dr Vivek Jawali

Dr Sudarshan GT

Dr Nischal Pandya

A team of cardiac surgeons comprising of Dr Vivek Jawali, Chairman - Department of Cardio Vascular Sciences, Dr Sudarshan GT, Consultant - Cardio Vascular Thoracic Surgery, Dr Nischal Pandya, Consultant - Cardio Vascular Thoracic Surgery and Dr Vikranth Veerana of Fortis Hospital, Bannerghatta Road, Bengaluru, contributed two chapters to a newly published book, titled 'Clinical handbook of Coronary Artery Disease.' The two chapters are, 'Recent Advances in Interventional Cardiology' and 'Surgical Coronary Vascularisation: Current Trends and Recent Advances.'

#### Case report of Dr Manoj K Goel of Fortis Memorial, Gurugram, published in International Journal of **Bronchology and Interventional Pulmonology**

A 31-year-old man, a known case of chronic kidney graft rejection, presented with complaints of fever and significant weight loss in the span of a month. He had undergone kidney transplant 10 years ago. His kidney functions were deranged and had a low platelet count. The diagnostic work-up revealed a lymph node in the middle of lungs abutting the aorta. A team of doctors led by Manoj K Goel, Director -Pulmonology, Fortis Memorial Research Institute, Gurugram, performed diagnostic aspiration of the lymph node by passing a needle across the walls of the aorta under bronchoscopic ultrasound guidance (Trans-Aortic Bronchoscopic EBUS-FNA). This is a very rare intervention, done only in exceptional cases and only a few such cases have been reported worldwide. This case report, titled 'A Report of Transaortic EBUS-FNA in a High-risk Patient,' has been published in the prestigious International Journal of Bronchology and Interventional Pulmonology. The innovative pulmonary intervention could diagnose the disease accurately in the patient who then responded to the treatment very well.





### Wall of Fame

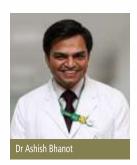
#### Fortis C-DOC, New Delhi

Very, Very thankful to Dr Ashish Bhanot and specially thanks to entire admission team and TPA desk (Arnab and Anju). They are very helpful and so polite, because of them I am coming for every sitting and half of my disease already cured.

Thank you so much.

Appreciated by: Mr Rishi Pandey, Patient

Appreciated for: Dr Ashish Bhanot, Arnab and Anju, TPA Desk



#### Fortis Hospital, Ludhiana

The treatment given to patient by Dr HS Pannu is very satisfactory. This is always just because of the exceptional services of Dr HS Pannu I Appreciate this hospital for handling of patients by the Doctors and other staff members. I also appreciate the staff who provided me healthy, tasty and delicious food as per the requirement of disease. I pray to god for prosperity of this hospital in future to come to serve humanity.

Appreciated by: Ms Sarita Bhadari, Patient

Appreciated for: Dr HS Pannu



#### Fortis Hospital, Mulund, Mumbai

"My Dad went through a critical brain surgery and he is fine now. I wanted to thank Dr. Dhara for her exceptional effort and all the support that she had extended to me like a family. Obviously for her it might be very normal to oversee such a critical surgery but for me this was my first time in hospital to be honest and a very frightening experience nonetheless. I was scared as hell and at times even depressed but whenever I was in doubt and needed someone to speak to she was always there to explain things to me which was very helpful during that phase. Whatever queries I had I dropped on a message and they were always answered. I have known doctors who are good but when it comes to answering questions or facing the relatives they just disappear or try to avoid but she has been on a completely supportive side always. You are the best Doctor I have met you have a good heart a good nature and you are an honest person who is true to his profession. I know I cannot thank enough but still just wanted to extend my gratitude."

Appreciated by: Mr Tapas Nandi, Patient

Appreciated for: Dr Dhara Shah

#### Fortis Hospital and Kidney Institute, Kolkata

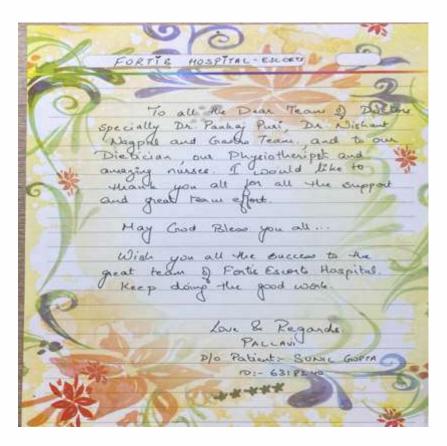
Dear Fortis Team,

I wanted to extend my deep appreciation and gratitude for the care I was given at your hospital. I was initially worried to get admitted because of the pandemic but I was met with unfailing courtesy and empathy at all hours of the day by the exemplary staff. I am very impressed by the care and professionalism I saw there and in them. The nurses and other staff introduced themselves every time during their shift changes and responded quickly whenever I needed. They made me feel very comfortable and my room had been kept very clean and tidy. I could not have got better healthcare experience than I had at FHKI. In my preliminary appointments over the Video call with Dr Shivaji Basu he was thorough, informative, kind and compassionate. I was very confident throughout in the course of treatment selected by him. His courteous behaviour and professionalism will always be there in my memory.

Appreciated by: Justice Shyamal Kumar Sen, Patient

Appreciated for: Dr Shivaji Basu

#### Fortis Escorts Heart Institute, New Delhi



Appreciated by: Pallavi & Sunil Gupta

Appreciated for: Dr Pankaj Puri, Head – Gastroenterology and

Dr Nishant Nagpal, Senior Consultant - Gastroenterology



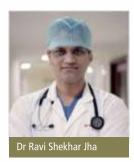




### Fortis Escorts Hospital, Faridabad

I had severe COVID with CT severity score 2240 and saturation drop below 90. I did not found any doctor within Delhi NCR region who can help me out. Luckily I got bed in Fortis Faridabad and went under treatment from Dr Ravi Shekhar Jha. I recovered very well within a couple of days. Dr Ravi Shekhar Jha is like a god to me and my family. I can't be thankful enough for his help. He has given me a rebirth. I heartily thankful and obliged to Dr Ravi Shekhar Jha and his team.





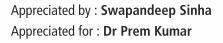
#### Fortis Hospital, Rajajinagar





Had an Stunt removal Surgery today, Amrutha from the Administration was very corporative and supported me with proper direction till the day of surgery. Prior to the Operation I was under the consultation of Dr Prem Kumar (Urologist), who guided me for the surgery.





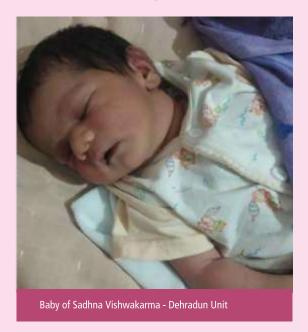


## Congratulations



### **New Additions to Your Family**





PLEASE NOTE

Dear Fortisians,

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

