CARE with LOVE
Dear Readers,

My warm wishes to all. Welcome to this issue of the 'ECHOLIS Newsletter! I hope you will find this as useful update on our activities, and would like to thank everyone who has supported this edition by providing useful information. A central component of this issue is a roundup of details of events and activities concerning Lisie Medical and Educational Institutions. Starting with this year's World Breastfeeding week theme 'Breastfeeding support: close to mothers', which was promoted with all enthusiasm and vigor. On close heels we had the world heart day celebrations. World Heart Day was created in 2000 to inform people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year and the numbers are rising. This year's theme addresses the importance of a life-course approach to the prevention and control of cardiovascular disease (CVD) with a focus on women and children. Various activities were taken up to promote the theme. World hepatitis day, world Alzheimer's day were among other few significant events which happened in and off the campus.

Subsequently, this issue of the 'ECHOLIS Newsletter' outlines an exclusive highlight from an interview with our DIRECTOR. A relevant section, which also must be highlighted, is the continuing educational activities happening in various departments. We are looking forward to continuing this productive channel of information interchange throughout the ECHOLIS community. The future success of the Newsletter depends on your comments, contributions and ideas! We do encourage all of you to try your utmost best to enrich the forthcoming ECHOLIS Newsletters!

This editorial office will look forward to receiving contributions of news, announcements, obituaries, and essays.

Contact us on lisienewsletter2013@gmail.com

We hope you enjoy this Issue

Usha Marath
Highlights of the interview with Director

The expansion and development of the hospital is mandatory for delivering quality healthcare and to withstand the demands of healthcare industry. With the existing facilities we are proud to have performed heart transplants successfully. The new hospital building is inaugurated and will start functioning shortly. My vision of expansion and addition of facilities which are power packed in the coming years are:

- Completion of new block of the hospital and shifting to the new block.
- Provision and bridging of 2 new lifts in new block.
- Shifting of present canteen to gynaecology block and purchase of land and building for hostel.
- Completion of Sewage Treatment Plant unit.
- Renovation of existing canteen area of 6000 sq ft and conversion of the same as dialysis center with air-conditioning.
- Additional operation theatre for cardiothoracic department at the third floor of the surgical block and renovation of entire third floor.
- Renovation of 4th floor of cardinal block for gastroenterology department of 24000 sq.ft. together with electrical, sanitary and wall cladding.
- Renovation of surgical block and new MICU in the Cardinal block of 95000 sq ft.
- Construction of pharmacy and nursing college buildings at Vennala.

Fr. Thomas Vaikathuparambil
Director, Lisie Hospital

- Purchasing of new MRI, CT and mammogram equipment.
- Relocation of present cardiology OP/Pharmacy/IP billing area.
- Shifting of existing cath lab to 4th floor and erection of a hybrid cath lab and conversion of the 4th floor for cardiology department together with ICU beds.
- Construction of multilevel parking and residential accommodation.
- Construction of new building for oncology in 80,000 sq ft.
- Shifting pharmaceutical division to 40 cents of property purchased with factory shed of 40,000 sq ft.
- Renovation and refurbishment of gynaecology block in 36,000 sq ft.
- Renovation and refurbishment of chapel and auditorium.
Oath taking ceremony

Oath taking ceremony of 7th batch of B.Sc Nursing and Passing out ceremony of 4th batch of Post Basic Diploma in Cardio-Thoracic Nursing students were held on 19th July 2013. Fr. Thomas Vaikathuparambil, Director, Lisie Medical & Educational Institutions presided over the function. Dr. Iype Varghese, Registrar, Kerala University of Health Sciences inaugurated the ceremony and addressed the graduates. Prof. B. Leelamma, Principal, BCF College Of Nursing, Chemmanakary, Vaikom felicitated the graduates. Fr.Varghese Assin Thaiparambil, Asst.Director, Dr.Babu Francis, Medical Superintendent, Sr.Vida MSJ, Nursing Superintendent and Prof.Usha Marath, Principal felicitated the gathering during the occasion. Award for the best outgoing student was given to Ms.Gifty Alias. Best academic achiever award was given to Ms.Amala John. Best bedside Nurse Award was given to Ms.Dona Mathew. Alumni awards were given to undergraduate and post graduate students.

WORLD HEPATITIS DAY (ജൂൺ 28)

WORLD HEPATITIS DAY (ജൂൺ 28)
World Breast Feeding Week
(Aug. 1 - 7) celebrations

The inaugural ceremony of World Breast Feeding week celebrations was held on 3rd August 2013 at Lisie Hospital auditorium. A month long programme was planned which includes documentary, role-play, essay and poster competitions, children's medical checkup and gynaecologic counselling . .

Breast Feeding Support: Close to Mothers

This year’s World Breast Feeding week theme highlights breastfeeding peer counselling. The periods when mother do not visit a healthcare facility is the time when community support system for mothers is essential. Peer councillors can be anyone from the community who is trained to learn support mothers. The support circles are: family and social network, healthcare, workplace & employment, Government/Legislation and response to crisis or emergency, all surrounding women in the center circle. The key to best breast feeding practices is continued day to day support for the breast feeding mother within her home & community.
“Let each drop of our blood give life to our brethren”

Lisie Hospital with the support of IMA blood bank organized blood donation camp on 20th August 2013. The main aim of the camp was to motivate the public towards the importance of blood donation. Viani Printings, Sathyadeepam and St. Augustine School, Ernakulam were also the supporters of this camp.

The camp was held in Lisie premises which was inaugurated by Sri. N. Venugopal (GCDA Chairman). Rev. Fr. Paul Kottackal, Asst Director, Lisie Hospital, Dr. Babu Francis, Medical Superintendent, Sr. Vida MSJ, Nursing Superintendent, Rev. Fr. Suresh Maippan (Asst Director, Viani Printings), Sr. Elsy Antony, Head Mistress, St. Augustine School, Ernakulam presided over the function.

This was the first blood donation camp held in Lisie Hospital and it was a success as 43 voluntary donors registered for blood donation. Certificates and donor cards were issued to the donors. This camp is one among the annual project of MSW department of Lisie Hospital.

**TNAI**

Trained Nurses Association of India

Second TNAI central zone meeting for the year was conducted on 17th August 2013, under the leadership of TNAI unit of Lisie hospital. Rev. Fr. Paul Kottackal, Asst Director, Lisie hospital inaugurated the function. Delegates from different hospitals in the central zone (Ernakulam & Alappuzha) were present. A practical session on airway management was conducted by ‘INSCOL’ Academy, followed by quiz competition, where the first prize was won by Lisie Hospital unit of TNAI. The report of the unit level activities also won the first prize. Prizes were distributed to the winners by Rev Fr. Varghese Assin Thaiparambil.

**Society for Heart Failure and Transplantation (SHFT)** organized its first Annual conference on 17th & 18th August 2013 at Bolghatty Palace, Cochin. The prevalence of heart failure shows an increasing trend and will be the major cardiovascular and public health problem within the next 25 years. Here comes the need of a joint front to tackle the problem and a new association called Society for Heart Failure and Transplantation (SHFT) was formed. This society aims at disseminating scientific knowledge, and promoting active research in this field. Dr. Jose Chacko Periappuram, HOD of Cardio Thoracic Surgery, Lisie Hospital is the secretary of this association. Dr. Jabir A is the organizing secretary of the annual conference. Two International faculty who are experts in cardiac transplantation and many national faculty presented scientific papers and lead the discussions.
As part of the curriculum the first year M.Sc. Nursing students of Lisie College of Nursing organized a workshop on Test Construction for nurse educators on September 5, 2013. 53 delegates participated in the workshop. The resource persons were Dr. Nirmala Susan Alexander, Principal, Jai Bharath Training College, Thrissur and Mrs. Sindhu B.S., Assistant Professor, Piz One Training College. The workshop was inaugurated by Rev. Fr. Thomas Vaikathuparambil, Director Lisie Medical & Educational Institutions. Keynote address was presented by Prof. Usha Marath, Principal, Lisie College of Nursing. Scientific sessions were on Steps of Test Construction, item analysis and preparation of evaluation tool. Teachers' day was celebrated on September 5th in the same occasion.

Workshop on Quality Enhancement-avoiding medication error was organized by 8th batch B.Sc Nursing students on 21st September 2013 for staff nurses and ward-in-charges of Lisie hospital. 41 participants were registered. The session on safe medication practice and accuracy in medication administration was lead by Prof. Sajila David, Vice Principal, Sidhi Sadan Lourdes college of nursing and NABH co-ordinator Lourdes hospital.

Regular in service education on Safety in Hospitals and End of Life care are being organized for staff nurses by the Nursing Service department of Lisie Hospital.
Onam celebrations were held on 12th September at Lisie Auditorium. The programme started with floral carpet competition, followed by Thiruvathira competition and Onapattu. Honourable chief guest Sri. P.I. Shaik Pareed I.A.S., District Collector, Ernakulam inaugurated and addressed the gathering with an Onam message. Fr. Thomas Vaikathuparambil, Director Lisie Medical & Educational Institutions presided over the function followed by felicitations by Dr. Babu Francis, Medical Superintendent, Sr. Vida MSJ, Nursing Superintendent. The arrival of Maveli with singarimelam and pulikkali added more colours to the celebrations. The programme ended with variety entertainment by students of Lisie Medical and Educational Institutions.

Alzheimer's Month
Dementia - A journey of caring

Let's join together to help the person with dementia and their carers. As part of World's Alzheimer's month celebrations, a memory walk was organized by ARDSI on September 21st 2013. Students from Lisie nursing college and school participated and won first prize for the same.

Newly joined doctors
Dr Sisir Balakrishna Pillai-Consultant cardiac surgeon

Correction
We regret to have published the name of ENT consultant Dr. Remya Paulose as Dr. Remya Prabhu in the last issue of ECHOLIS.

10 warning signs of dementia

1. Increasing memory loss.
2. Difficulty in performing familiar tasks
3. Problems with language
4. Disorientation to time and place
5. Poor or decreased judgement
6. Problems in abstract thinking
7. Misplacing things
8. Changes in mood or behaviour
9. Changes in personality
10. Loss of initiative
Has A Weather Beaten Appearance
My Dear Cake Oven Old;
Chrome Dulled; One Wonders Whether
A Scrap Dealer Once Sold;
The Lid Never Airtight
May Spoil My Butter And Cream;
Starts 'Fretting And Fuming'
And Then 'lets Out Some Steam';
To Close And To Open
I Need The Help Of Arnie[Arnold Schwarzenegger];
Tough With A ‘Crackle’like
Granny's Arthritic Knee;
Ironbodied And Curved
Heating Filament Bright;
Real Blonde, Red And 'Hot'
Seduces At First Sight;
The Grilling Rods With Sharpened Tips
Pierce Meat And Fish With Rage;
Resemble Hunting Objects
From Neanderthal Age;
Gloves A Pair,as Freebie Came
In A Colorful Wrapper;
Wearing It I Looked As Tho'
I'm A Rubber Tapper;
The Feeble Tiny Bulb Inside
Tho'Burns With All Its Might;
To See Whether It's Working Well
One Needs A Good Torch Light!!!!
Seated In A Corner
Oven Is The Star Attraction:
Amidst All Priceless Furniture
It Grabs All Attention!!!!
Whatever I Kept Inside
Tho’ Disproportionate;
They All Came Out As Delicacies
Gluttonous, We Ate;
Puddings, Pastries, Brownies, Cookies
Of Tastes Worth A Crore;
Muffins, Cakes, My Magic Oven
Doles Out Many More.
Sruthi and Girish to life with new Beating Hearts

4th and 5th Successful heart transplantation in Kerala was performed by Dr. Jose Chacko Periappuram in Lisure Hospital. We Proudly remember the family members of the Donors who willingly have done a great sacrifice and given new life to the suffering patients.
HEART DAY

In continuation of the 2012 theme, the focus on cardio vascular disease (CVD) prevention among women and children is reinforced in 2013, emphasizing the fact that from childhood through adulthood we have the opportunity to prevent the burden of heart disease and stroke and reach the target of a 25 per cent reduction in CVD deaths by 2025. The campaign on prevention of CVD highlights what actions can be taken through a person's life to reduce their risk of CVD, from conception through to life end as we know that a life-course approach is key to the prevention and control of CVD. We need to protect the future generation against heart disease and stroke, by encouraging and enabling heart-healthy living from early life as the behaviour of today's children will affect the future burden of heart disease and stroke. The risk of dying or becoming seriously unwell due to heart disease and stroke is also largely underestimated in women. Heart disease is the number one killer of women, causing one in three deaths. Taking action to prevent exposure to risk factors such as lack of physical activity, an unhealthy diet and tobacco smoke among women will not only have a positive impact on their own but also on their children's health, as they learn by example and will be encouraged to adopt heart-healthy behaviours from a young age.

World Heart Day:
29 September 2013
Take the road to a healthy heart.
LISIE
Proudly Announces
HEALTH CHECK UP CLINIC
From August 2013 onwards;
Thursday & Friday - 7.30am to 1.30 pm

Features
# Guided medical examination programme
# Evaluation by expert medical practitioners
# Pre-booking Facilities / Online
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# Examination results available
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www.lisiehospital.org

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