Greetings to all,

Our success in life entirely depends on the support we receive from others. Likewise, in the workplace we are dependent on each other to get our work done. One of the ways to win support of others is to ensure that we are emotionally stable and have good control over our emotions.

With all the stress and pressure in our life, it is easy to lose our cool at the slightest provocation. But keeping cool during crises, can save us years of pain and anguish. Hurtful words unleashed at the spur of the moment, even if, during a crisis, tend to alienate others. Words are like arrows: Once released they can’t be retrieved. Before we respond to someone who has irritated us, it is better to ask ourselves whether our reply is truthful, kind and necessary. We should respond only if our proposed reply fulfills all the aforesaid three tests.

Uncontrolled anger is perhaps the most destructive emotion that people experience in the workplace. It is also the emotion that most of us do not know how to handle. When we are able to recognize the signs of anger we can choose how to react and control our anger. Once we start getting angry, we should stop what we are doing and relax, breathe deeply, do vigorous exercise (as it stimulates feel-good brain chemicals) listen to music, count from 100 to 0.

Behave to others as you wish them to behave towards you.

May God Bless You All!!!!!!

Fr Thomas Vaikathuparambil
Director, Lisie Institutions
The 15th batch of Lisie College of Nursing students observed International Day against Drug Abuse and Illegal Trafficking at Govt Mental Health Centre, Thrissur (26 June 2019).

First year BSC nursing students of Lisie College of Nursing conducted Nutrition and health awareness program on 27 July 2019.
Blessing of New Endoscopy Rooms took place on 16 July 2019

Blessing of New Pediatric Intensive Care Units took place on 26 July 2019
SNA Programme was organised by First yr BSc Nursing students on 27 July 19 at Lisie auditorium. The programme was enriched with educational session led by Mr Sudeep Sebastian (Director, Inspiring Solutions, Kochi) on "Enhancing Communication Skills". Later programme was coloured with co-curricular activities conducted by First year BSc Nursing students.

In her speech emphasis was given on the modern concepts of breastfeeding. The documentary prepared by 14th batch of B.Sc Nursing students was released by Dr Sumi P Thampi, Consultant, Department of OBG.

Breastfeeding week was celebrated at Lisie Hospital by the of Fourth year BSc Nursing students. The programme was held on 2 and 3 August 2019 at Lisie Hospital and on 5 August 2019 at Taluk Headquarters Hospital, Paravur.

Day 1 (02 August 2019)
On 2 August 2019, the inaugural function was held in the reception of Lisie hospital at 9 30 am. The programme started with invocation. The welcome speech was delivered by Ms Ann Merin Binoj, 4th year B Sc Nursing student. Rev Fr Thomas Vaikathuparambil inaugurated the function by lighting the lamp. Father emphasized on the importance of breast feeding during his inaugural address. Unveiling the theme “Empower parents; Enable breastfeeding” was done by Dr Hima Mathew, Consultant, Department of Paediatrics.

In her speech emphasis was given on the modern concepts of breastfeeding.
Fourteenth batch B Sc Nursing students organized breastfeeding awareness programme in Taluk Headquarters Hospital, North Paravur. The public meeting started with prayer song. Mrs Salvy Cherian, Nursing Superintendent, Taluk HQ hospital welcomed the gathering. The function was presided by Dr Rosamma P S, Medical Superintendent, Taluk HQ hospital, who in her presidential address explained about the advantages of breastfeeding. Dr Vineetha, HOD, Paediatrics, Taluk HQ hospital, inaugurated the function and addressed the gathering. The theme of breastfeeding week 2019 was unveiled by Dr Prathiba, HOD, Obstetrics & Gynecology, Taluk HQ hospital. Mrs Sreedevi, Lady Health Inspector, Taluk HQ hospital felicitated the group. Awareness programme was in the form of ottamthullal by Ms Angel P D followed by musical dance. Vote of thanks was delivered by Mrs Shiya Jacob, Lecturer, Lisie College of Nursing.

Day 2 (03 August 2019)
A health education session was conducted by the students in A, B and Paediatric wards of Lisie Hospital. The topics covered where exclusive breastfeeding, complications in breastfeeding and its management. A documentary was shown at the end of the presentation. The prize distribution of the quiz competition was done by the ward in charges of the respective wards.

Day 3 (05 August 2019)
Fourteenth batch B Sc Nursing students organized breastfeeding awareness programme in Taluk Headquarters Hospital, North Paravur. The public meeting started with prayer song. Mrs Salvy Cherian, Nursing Superintendent, Taluk HQ hospital welcomed the gathering. The function was presided by Dr Rosamma P S, Medical Superintendent, Taluk HQ hospital, who in her presidential address explained about the advantages of breastfeeding. Dr Vineetha, HOD, Paediatrics, Taluk HQ hospital, inaugurated the function and addressed the gathering. The theme of breastfeeding week 2019 was unveiled by Dr Prathiba, HOD, Obstetrics & Gynecology, Taluk HQ hospital. Mrs Sreedevi, Lady Health Inspector, Taluk HQ hospital felicitated the group. Awareness programme was in the form of ottamthullal by Ms Angel P D followed by musical dance. Vote of thanks was delivered by Mrs Shiya Jacob, Lecturer, Lisie College of Nursing.

Neonatal Resuscitation Program

Neonatal Resuscitation Program was conducted at Lisie Hospital on 06 August 2019. Dr Tony Mampilly (HOD, Paediatrics & Neonatology) welcomed the gathering. The program was inaugurated by Rev Fr Ajo Moothedan (Asst. Dir, Lisie Hospital). Dr Vivin delivered the vote of thanks. Dr Sivaprasad (Dist. Coordinator, NSSU) and Mrs Nirmala actively participated in the training program. Training was imparted to 20 nurses of Lisie Hospital.
Blessing of renovated Emergency Department

Lisie hospital celebrated world hepatitis day on 30 July 2019, organized by Gastroenterology department and first year GNM students at reception area of the hospital. The Program started with prayer song by first year GNM students and Ms Biniya T, 1st year GNM student welcomed all. Rev Fr Thomas Vaikathuparambil, Director, Lisie Medical and Educational Institution delivered the presidential address, and the function inaugurated by Dr Mathew Philip, HOD and Senior Consultant medical gastroenterology.

The theme of the world hepatitis day “FIND THE MISSING MILLION”, was released by Dr Prakash Zachariah, Senior Consultant, medical gastroenterology and Dr Johny Cyriac, Senior Consultant, medical gastroenterology. Thereafter Dr Shibi Mathew, Senior Consultant, medical gastroenterology delivered a presentation on hepatitis with beautiful slides. A mime show was then staged by the first year GNM students which emphasized various aspects of hepatitis. The program came to an end with words of gratitude expressed by Ms Alice K X, gastroenterology coordinator.

In connection with the Onam celebrations, a get together was organized in the hospital auditorium on 10 September 2019 for all clients who had recently undergone kidney transplantation. Four people coming from different religious background decided to share their kidneys to save their lives. All of them had registered with kidney federation of India for a matching donor. Fortunately, they received matching donors and recently underwent transplantation at Lisie Hospital. Thus to spread true spirit of Onam celebration, and to create awareness among the public about organ donation, at the same time to celebrate the success of kidney transplantation this meeting was arranged. Assistant directors of the hospital Fr Ajo Moothedan, Fr Jery Njaliath, Spiritual Director Rev Fr Antony Punnassery, Transplant coordinator Rev Sr Alphonsa Koottala, doctors and other hospital staff participated in the function. The function came to an end with onasadhya which was served to everyone.
Medical social work department organized an awareness programme about Eye Donation in collaboration with Eye Bank Association, Kerala. The programme was conducted during the Eye Donation Fortnight on 29 August 2019. Theme of the programme was “See the World through My Eyes”. A formal function to incite awareness among the public was held in the hospital reception area. Rev Sr Alphonsa Kootala welcomed the gathering. Rev Fr Thomas Vaikathuparambil, Director Lisie Hospital delivered the presidential address.

In his address he thrusted the importance and need of Eye Donation in the current society. The function was officially inaugurated by Dr Latha Mathew, Ophthalmologist, Lisie Hospital. A session on “Eye related diseases among Children” was highlighted during her inaugural speech. The theme releasing ceremony was done by Mr Jose Jacob, Security Manager, Lisie Hospital Fr Ajo Moothedan felicitated the gathering. An awareness session about Eye Donation was taken by Adv Reena Francis, Eye Donation Co-Ordinator of the Hospital. The poster competition prizes were distributed during the meeting. Ms Nicy Augustine from Neuro Medial ICU, Mr Nikhil from MRD and Ms Sharon Rachel from Biochemistry Department secured 1st, 2nd and 3rd prizes respectively. A skit and dance was performed by the MSW trainees to provide awareness about the importance of Eye Donation.

Pain and Palliative care Volunteers donated a vehicle to the department. An official key handing over ceremony was organized in the premises of Lisie Hospital. Rev Fr Ajo Moothedan received key from Mr Kuruvilla a palliative care volunteer. They have done this noble act by collecting a small amount of money from among themselves. Many of them who are leading a retired life contributed by giving a share from their own hard earned income. This has brought a consolation for the staff to organize home care services with ease and vigor. Till date the staffs were depending on hired vehicles to provide service to the needy. This gesture is really a shot in the arm for department of pain and palliative care. Management appreciated the act and thanked them for the same.

Lisie College of Allied Health Sciences inauguration and orientation programme for first year BSc MLT 2019-2020 batch took place on 5 September 2019.
Onam celebration and teacher’s day celebrations of the year 2019 was hosted by XIVth batch B Sc Nursing students in association with SNA on 05 September 2019. The programme started at 9 30 am with a fl ash mob by fourth year B Sc Nursing. The meeting started at 10 00 am at Lisie college multipurpose hall followed by a tribute to teachers on behalf of teacher’s day. They presented a video and a thanks message to all teachers. It was followed by various games for teachers and students. All the batch students participated in common cultural programmes like thiruvathira, onappattu. Prof Dr Lisa Peter distributed the prizes to the winners of competitions. At the end of the programme around 12 30 pm Onasadhya started. All guests, faculty and students enjoyed Onasadhya.

The inauguration and orientation of first year BSc nursing and first year General Nursing and Midwifery students, for the academic year 2019-20 was conducted in Lisie Auditorium on 18 September 2019 at 11 00 am. The function started with a prayer song. Mrs Manju George, Associate Professor, Lisie College of Nursing greeted the gathering with a warm welcome. After which Lamp was lighted to mark the formal inauguration of the function by Fr Thomas Vaikathuparambil, Director, Lisie Hospital, followed by the inaugural address.

Fr Jery Njaliath, Assistant Director, Lisie Hospital motivated the students with his energetic and enthusiastic words. Prof Dr Usha Marath gave an orientation regarding the courses to the newly joined students and their parents. Sr Ansalem, Nurse Administartor, Lisie Hospital and Prof Dr Shabeer Iqbal, Principal, Lisie College of Allied Health Sciences enriched the occasion with their felicitations. Programme concluded with a vote of thanks proposed by Mrs Rinu George, Tutor, Lisie School of Nursing. The Office Superintendent, Rev Sr Mariatta, the teaching and non-teaching staff of Lisie college and school of nursing, newly joined students of 2019 batch and their parents participated in the event.
Furthermore, during my visit to patients in Neuro -Surgery ward, many patients who underwent spinal cord surgeries were seen bedridden condition. They need to have long time of rest and continuous treatment. Therefore, I contacted our own palliative care team regarding their possibility of future assistance at home. Even, some patients with poor financial background were referred for some monetary needs to meet their treatment expenses. Here arises role of a medical social worker in referral services.

Again, in the department of gastroenterology patients affected with liver cirrhosis were counseled and the root cause of alcohol addiction emanating from some familial issues or social circumstances. A medical social worker can create drastic changes in such patients’ lives by counseling patients, family members and others then demotivating them from alcohol intake further.

Likewise, visiting the pediatric ward many parents have requested for their children to be engaged with some toys and play materials. Understanding its importance it was informed to the concerned authorities and within a short span pediatric department was made available with such items. It is the role of a medical social worker to work as a facilitator for the improvement of a department.

It is also to be noted, that through the grievance redressal and other interventions Medical Social Workers play a vital role in social and administrative policy making.
Good morning........ I am medical social worker ............ What..? Social worker.....? What do you do....?

It’s the usual question aired by the patients, grassroot level of cleaning staff to the top most doctors. Anyway, I hope at least in Lisie hospital, now onwards no one would ask this question again ............. Health care professionals are yet to come in to terms with real requisite and role of a social worker in hospital settings. Of course, no one is to blame for .............. In the Indian context, significance of professional social workers, that’s too in hospitals had not been ever heard of till recently. But now, Medical Council of India, NABH and other health care professional bodies have made it mandatory to appoint certain number of social workers in hospitals, to cater the needs of patients in improving and addressing their grievances in a time bound manner. Although professional social workers have a topmost significance in western countries, whereas our country’s healthcare system yet to utilize services of Medical Social Workers and making them part of multidisciplinary team in a hospital setting.

Article Written by
Mr Stojo Jose
Medical Social Work Department
Lisie Hospital
Health Awareness Days

**January**
- 2 to 7: Road Safety Week
- 30: World Leprosy Eradication Day

**February**
- 4: World Cancer Day
- 12: Sexual and Reproductive Health Awareness Day
- 20: World Day of Social Justice

**March**
- 6: Glaucoma Day
- 8: International Women’s Day
- 11: No Smoking Day
- 12: World Kidney Day
- 15: World Consumer Rights Day
- 21: World Down Syndrome Day
- 22: World Water Day
- 24: World TB day
Welcome to Lisie Family

Sr Anu Varghese
Trainee Nurse
Nephro Room

Sr Juliet DST
Trainee Nurse
Ortho, Neuro OT

Sr Linda SDP
Trainee Nurse
Emergency Medicine

Farewell greetings to our Beloved

Sr Sheeba DCPB
Staff Nurse

Sr Lomini SSS
Spiritual Sister

Nursing is the gentle art of caring
- Florence Nightingale