A QUARTERLY BULLETIN OF LISIE MEDICAL AND EDUCATIONAL INSTITUTIONS

CARE with LOVE

lisienewsletter2013@gmail.com
"Water is the elixir of life"

It is summer....

Scorching heat, soaring temperatures coupled with water scarcity and power outage is making life miserable for people in god's own country.

The threat of drought and drying up of rivers is a grim reality today.

Power shortage looms large.

As ordinary citizens we need to take up water and energy conservation seriously.

It has to be built into our ethos.

Wastage of any kind is a sin.

Many times when i walk thro' the corridors, i have noticed bulbs burning and fans revolving even in bright sunlight with no one present.

Each and every one of us should be a foot soldier of water and energy conservation.

Switching off bulbs and fans when not used, closing taps properly, avoiding usage of running water unnecessarily, are some of the small steps which can be easily done by everyone to conserve water and energy.

Here in lisie, we have taken steps to recycle and reuse water.

Water is the most precious commodity today.

Let us use it judiciously.

Let us leave behind a green planet with plenty of water for the future generation.

Let us 'be cool' in this hot season by saving water.

May god bless all of us.

Fr. Thomas Vaikathuparambil
Kidney Transplant – An Attraction in Lisie Hospital

Lisie hospital has a well functioning Kidney Transplant system, which consists of Nephrology, Urology and Dialysis Departments. In view of treating kidney diseases Nephrology and Urology departments function in a collaborating and complementing manner. While treating kidney diseases, Medical section is looked after by Nephrology Department and surgical section is looked after by Urology Department. These departments provide the public with three main areas of service: (1) dealing with kidney diseases, (2) activities related to Kidney Transplant, (3) performing Dialysis for kidney patients. Kidney diseases are treated by an expert team of Nephrologists and Urologists, the nephrology team consisting of the eminent and experienced Dr. BABU FRANCIS – HOD (who is also the Medical Superintendent) and DR JOSE P. PAUL.

Lisie hospital has a great history of Kidney Transplant. Kidney transplant department is very much sought after. Renal Transplant surgery is managed by a team of four Urologists headed by Dr. Damodaran Nambiar, apart from Dr. Viju George, Dr. Rohan Rajendran and Dr. Tharun. Dr. Poulose Jacob Senior Consultant Surgeon/HOD Surgery Department along with the staff from Urology theater complete the Renal Transplant Surgical team. Rev. Sr. Daya MSJ, Sr. Regina, technicians, coordinators and MSW members are the helping hands of this team. We gratefully remember Dr. Augustine Kumaranchath, Dr. Mathew Mangatt, Dr. Paulose Jacob and Dr. P. J. Mani who were in charge of this department in the former years.

Historic Events in Kidney Transplant

- The first kidney transplant was performed on 25th May 1999.

- During the year 2000 we had three Kidney Transplants.

- In the year 2002 Dr. Babu Francis, Nephrologist joined the team of Doctors in the hospital. This opened a new epoch in the history of treating Kidney diseases in the hospital.

- First Transplant surgery by Dr. Damodaran Nambiar in Lisie was done on 18th March 2002.

- 2003 onwards each month one transplant has been performed regularly; some months three transplants are done.

- A visible breakthrough in the field of Kidney Transplant was seen by the launch of Karunya Benevolent Scheme by the State Government, officially announced by Shri A. K. Antony, the Defence Minister on 26th February 2012.

- Recently on an average basis, four Kidney Transplants are performed in a month.
Related and Unrelated Kidney Transplants

There are two types of transplants depending on the donor agents: Live and Cadaver. Live transplant is divided into Related and Unrelated. Related means the recipient and donor are of blood relation and unrelated means they are not of blood relation but are of well wishers’ group. Kidney Transplant of the Related is rather easier for documentation. Whereas Transplant of the Unrelated requires a lot of paper works and time.

The first Unrelated Transplant in Lisie hospital was performed on 10th March 2013. Kidney was donated by a Priest, Rev. Fr. Jacob Kozhuvallil to Mr. Philip Joy. Even now the recipient and the donor lead a healthy life. The second unrelated case was done on 25th March 2013. Fr. Jose Mandanath was the recipient and donor was Fr. James Paul Thurithikara.

- Kidney Transplant work was organized and coordinated first by Sr. Sheeba, then by Mr. Jinto followed by the present Transplant Coordinator Mr. Britto K. Baby who took charge as the Kidney Transplant Coordinator on 1st May 2015. That year there were 47 cases altogether.
- From 2013 onwards 3 to 4 transplants per month are being done regularly in our hospital.
- Recently, organ transplant from Cadaver has been accepted and the hospital has done Cadaver Registration. Of course, this will mark a new beginning in the field of Kidney Transplant.
- For the last four years, on an average basis, 45 kidney transplants have been done.
- During the year 2015 there were 47 Kidney Transplant.
- From 1999 to present day the hospital has successfully performed 300 Kidney Transplants.

To mention some success stories
- Kidney Transplant of the youngest person, in Lisie hospital was performed on Master Aswin (5 years) in the year 2013.
- Transplant on the oldest, aged 66, Mr. George Antony (Spadikam George).
- A Catholic priest, Fr. Jacob Kozhuvallil, donated his kidney to one of his parishers.
- Of late on 26th September 2016, Kidney Transplant of a Foreigner has been done on Mr. Taye Mamo Disassa, Ethiopia.
- A Catholic priest donated one of his kidneys to another friend Priest.
- A priest donated his kidney to a Catholic nun who was his class mate, Fr. Jinsom to Sr. Gal dys.

The members of MSW department are glad that they could be instrumental in this life giving activity by arranging financial support for these patients from Karunya Benevolent Scheme, Chief Minister’s and Prime Minister’s Funds.

Nephrology Department

Nephrology department in Lisie Hospital mainly comprises of Nephrology OPD, Nephro Rooms and wards, Nephro ICU, Transplant ICU and Haemodialysis Unit. The OP department with five physicians, two seniors and three juniors, functions Morning and Evening, Monday to Friday. On an average basis every day 120 patients visit the Nephrology OP. About 50 patients are admitted and treated as inpatients.

Nephro Rooms are in St. Antony’s Block first floor. Nephro Rooms have a strength of 21 beds with eight A/C rooms. An average of 5-6 Admissions and 4-5 discharges per day are carried out in Nephro Rooms. Nephro ward is spread over different Medical Wards. Dr. Babu Francis and Dr. Jose P. Paul (nephrology consultants) take daily morning rounds alternatively on all calendar days including holidays. Senior doctors Dr. Sasidharan Pillai, Dr. Sundari, Dr. Elizabeth and other junior doctors take care of the Nephrology department round the clock.

Sr. Sheeba DCPB is the sister in-charge of Nephro Rooms. Her dedicated services include routine patient care, spiritual and psychological support to the suffering patients, co-ordinating the activities among team members. Ms. Tisha Jacob and Stepny P. Antony are senior staff members. There are 15 staff nurses working in Nephro rooms and wards. Admissions are mainly on an Emergency basis from EMD and Haemodialysis Unit and from Nephrology OPD and ICU.

Discharge procedures are completed as early as possible so that the patients can leave the hospital soon.

Other than routine patient care, pre-preparation for renal transplant are handled in Nephro Room. Usually on every Monday, one patient is shifted for Renal Transplant. Mr. Britto K. Baby, Kidney Transplant Coordinator from MSW department co-ordinates all activities regarding Renal Transplant.
We also take care of patients from other departments including Urology, General Surgery, Orthopaedics and General Medicine. The services in the Nephro rooms include routine patient care, preparing for haemodialysis, post-care attention of patients after haemodialysis, diet consultation, spiritual and psychological care and showing the way to find some financial support etc. Patients once admitted in Nephro Rooms are periodically readmitted for acute episodes of CKD. As it is a chronic disease, psychological support and diversional therapy work a lot for the comfort of the patient.

Msgr. PARAKKAL MEMORIAL DIALYSIS CENTER

Dialysis centre is situated on the ground floor of St. Antony’s Surgical Block. There are two separate areas of dialysis: positive and negative which differentiate hepatitis positive and negative patients. We have around 35 outpatients in our unit who are positive patients. There are 20 negative machines and four positive machines, in which two machines are assigned for one staff in each shift. We have mainly three shifts for OP patients and the last would be for the IP patients. According to the emergency and priority, the cases are dealt first. Other than dialysis, routine procedures also are performed. If any complication arises during dialysis we provide emergency management for the patient and will be shifted to HDU/ICU. For separate positive and negative areas, we have separate washing areas, tray filling and packing areas. Other than that, we have the machine service room, solution preparation area, staff changing rooms, isolation room, class room for 6 technician students and doctors room. Doctors are available round the clock.

Functioning of Dialysis Unit

From every Monday to Saturday we have routine dialysis and associated duties and responsibilities. These include, removal of hemoclean from dialyser and tubings, preparation of solutions (acid and bicarbonate), priming, starting of AV Fistula or Catheter, placing of Reverse water, checking of BP of each patient (every half hour), blood returning, and access closing/dressing, tubings, washing and filling of hemoclean, dialyser washing, billing/ Karunya and entering of patient’s posting. We have emergency management before, during and after dialysis. Other than that we have tray washing and packing, bin packing with cotton and gauze, cleaning of machines dialysis of patients in ICUs, special assignment and inventory checking, phlebotomy, injections for OP patients, ascitic tapping, catheter removal and assisting for catheterization. If needed peritoneal dialysis will be done for patients. Finally, the responsibilities are handed over to the staff of the next shift.

On Sunday entire unit is cleaned, bleaching and fumigation is done. Moreover, washing of tray and packing, cleaning of machines and utensils are also done. If necessary as per doctor’s order dialysis of IP patient and ICU patients are done. In addition, RO back wash and culture (RO, dialysate, endotoxin) is done every month.

Details

Total number of Dialysis Machines – 24
Freslenius – 14
Nephro Diamax – 8
Nipro Surdial – 2
CPRT - 1
Sister-in-charge: Sr. Pear CSC
Main Technicians: Mr. Roopeshkumar, Ms. Anumol Venugopal, Ms. Asha Thomas.
Senior Staff: Mrs. Geethu Augustine, Mrs. Jisha Joseph, Mrs. Neenu Bibin, Ms. Jeethu Antony, Mrs. Anu Basil, Mr. Tidysam.
Total Staff: Nurses – 40, Students – 18, Technicians – 3

UROLOGY DEPARTMENT

The Urology department in Lisie hospital provides expert care for male and female patients of all age groups who suffer from problems of the urinary tract. Urologists also attend to diseases and conditions of the male reproductive organs. The department was established by Dr. Joy in the year 1973.

Dr. Damodaran Nambar (MS, MCH Urology) joined this institute in the year 1989 and currently heads the department. Ours is the first institute in Kerala to start Percutaneous Nephrolithotomy (PCNL) for renal stones. Currently we perform hundreds of minimally invasive surgeries each year for a variety of urologic problems. We started our Renal Transplant program in 1999 and we have a team of highly experienced doctors who have performed hundreds of successful kidney transplant procedures.

Dr. Damodaran Nambar, Dr. Viju George, Dr. Rohan Rajendran, Dr. Tharun are available at OP. On an average basis they attend to 82 patients a day. The department is spread over Uro Rooms, Uro Ward.
and Uro Room Extension. Sr. Stanly BPS is the sister in charge of the rooms and other sections are managed by other staff nurses. Senior Staff nurses in the department include Dilja Jose, Tony Peter, Bini Paulose, Jophy Joseph, Anju Jomesh, Anju Sebastian, Sonia Johny, Achamma and Sreekutty. There are totally 29 experienced and qualified nursing staff in the Uro department: Uro ward – 9, Uro Rooms – 11, Uro Extension – 9. Besides, 10 BSc students and six GNM Students gain practical experience by working in these wards.

The nursing staff together with the sister in charge visits the patients, listen to them and understand their problems and morning medication is given to each patient. After preparing for doctors’ round, the staff accompanies the doctors. Discharge orders are prepared, consultation and medical orders are taken and followed. There are about 20 cases posted every day. Discharge patients are given summaries and are ready to go home as early as possible. Except the insurance cases, all others are ready to go home before 1 pm.

There are 70 beds in the department. On an average basis about 600 patients are admitted in the department every month. About 4000 patients are treated in the department in a year. Most of the patients admitted in the department are daily wage earners. If the patients are very poor and not able to pay the bill, the matter is reported to the MSW department and some kind of financial help is arranged for them. Hospital has a department to look after the insurance matters and it does the needed procedures to get insurance amount sanctioned.

Specialty Services Include

- Kidney Transplantation
- Laparoscopy for uro-oncology and reconstructive procedures
- Endourology procedures for stones like Ureteroscopy, ESWL, PCNL
- Andrology and Male Infertility
- Penile Prosthesis
- Female Urology including surgery for stress urinary incontinence
- Neuro Urology
- Urodynamics
- Day Care Urology

The Process of Kidney Transplant

Kidney transplant is a process that requires a lot of time and documentation work, by way of arranging lab reports of some tests, fixing appointment with various doctors for consultation and getting final approval and clearance for surgery. Kidney Transplant between Related persons is rather easy but between Unrelated persons is more difficult. The process starts with the screening of the Recipient and Donor. Both of them have to undergo some blood tests to make sure that the recipient is fit for transplant and the donor is fit to donate his kidney. With regard to the Recipient he has to undergo particular blood tests, scanning and some other tests and has to produce the test results/reports.

Donor has to verify if he is fit and healthy to donate his kidney. He has to be free from serious diseases. Hence he has to consult doctors from various departments and get their approval. They include Cardiology, Urology, General Medicine, Gastroenterology, ENT, Pulmonology, in case of female Gynecology, Psychiatry and Anaesthesia etc.

Documentation consists mainly of getting or arranging some basic certificates, such as Nativity Certificate, Certificate of Relationship between recipient and donor, Consent form of the donor attested by Notary, if married Marriage Certificate, and many other documents. Finally, there is the meeting with doctors of some important departments to get final approval of suitability or fitness certificate. Consultation with and approval by doctors of Nephrology, Urology and Anaesthesia are very much important. After this long process of preparation a date is fixed for Surgery. There is a period of Pre-operation and Post-operation. It is one week admission for donor and two weeks for recipient. If everything is correct and goes well Kidney Transplant takes place as it planned and it becomes a successful life-giving activity of great preparation and collective work.

In Conclusion

In short, Kidney Transplant service in Lisie hospital, remains as the central medical and surgical service we can render to the people of Kerala. Already 300 Kidney Transplants have been already performed so far. Dialysis Unit performs 250 dialyses per month. It is the concern of the hospital administration to fix the cost of treatment of Kidney Diseases, Transplant and all related surgeries to the minimum so that many poor people also may benefit from this facility. The hospital administration takes all pains to get available helps from the government and other local resources. Sometimes, it goes out of the way to help needy deserving patients to meet the entire expense of a Kidney Transplant as in the case of an Ethiopian young man. Without counting the cost Lisie hospital met all the expenses, Rs 9,00,000/ of the entire expense of Kidney Transplant, medication, food and stay for nine months of Mr. Taye Mamo Disassa from Ethiopia. But generous people are coming forward to collaborate with this life giving service of the hospital.

We are greatly indebted to those benefactors who stretch out their hands to their humanitarian act. The hospital authorities believe that this combined service of Nephrology and Urology Departments fulfill the proclaimed mission of “Care with Love”.

Prepared by Dr. K. M. Jacob, MSW Coordinator and Mr Britto K. Baby, Kidney Transplant Coordinator with the input from different Wards.
നാലുമാസ അവധിയിലെ 30

നാലോത്തരം വിശ്വാസം നേടാന്

മാസ കൊണ്ട് അവരുടെ ജീവിതം രൂപം വന്നു. ജനനസമ്പാദനത്തിന് ആരംഭിക്കുന്നതിനും മുന്നറിയുന്നതിനും വേദനകളുടെ അവസാനീകരണം നടത്താൻ തുല്യമായ അളവുകള്‍ ഉണ്ടായിരുന്നു. നിയമശില്പത്തിന് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു. ജനനസമ്പാദനത്തിന്റെ മൂല്യം കൂടുതലായി പരിസ്ഥിതികള്‍ സൃഷ്ടിക്കുകയും ചെയ്തിരുന്നു. നിയമശില്പത്ത് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു. ജനനസമ്പാദനത്തിന്റെ മൂല്യം കൂടുതലായി പരിസ്ഥിതികള്‍ സൃഷ്ടിക്കുകയും ചെയ്തിരുന്നു. നിയമശില്പത്ത് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു. ജനനസമ്പാദനത്തിന്റെ മൂല്യം കൂടുതലായി പരിസ്ഥിതികള്‍ സൃഷ്ടിക്കുകയും ചെയ്തിരുന്നു. നിയമശില്പത്ത് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു. ജനനസമ്പാദനത്തിന്റെ മൂല്യം കൂടുതലായി പരിസ്ഥിതികള്‍ സൃഷ്ടിക്കുകയും ചെയ്തിരുന്നു. നിയമശില്പത്ത് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു. ജനനസമ്പാദനത്തിന്റെ മൂല്യം കൂടുതലായി പരിസ്ഥിതികള്‍ സൃഷ്ടിക്കുകയും ചെയ്തിരുന്നു. നിയമശില്പത്ത് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു. ജനനസമ്പാദനത്തിന്റെ മൂല്യം കൂടുതലായി പരിസ്ഥിതികള്‍ സൃഷ്ടിക്കുകയും ചെയ്തിരുന്നു. നിയമശില്പത്ത് സ്വതന്ത്രമായ പ്രവര്‍ത്തികള്‍ നടത്താനും എല്ലാവരും കൂടുതലായി പ്രവര്‍ത്തിക്കുകയും ചെയ്തിരുന്നു.
A WORKSHOP ON MEDICO LEGAL ASPECTS

In connection with the Diamond Jubilee Celebrations, Lisie hospital organized a one day seminar on 31st March 2016, at Lisie Auditorium based on the theme “Be LAWgical Medicos”. The workshop was intended to empower the doctors and the personnel in the managerial role in the hospital. The main input session was conducted by Mr. Samuel Abraham, Senior Legal Consultant, Christian Medical College, Vellore. About 90 doctors working in Lisie Hospital participated in the workshop. After the input session doctors had a valuable sharing time in which main legal and medical problems were raised, discussed and debated.
A MEDICAL SOCIAL WORKER IN CARDIOLOGY DEPARTMENT

A listening and smiling presence in the midst of suffering patients

Sr. Suja who was the HOD of Social Work Department shares her experience as Medical Social Worker in Cardiology Department.

I joined Lisie hospital on 1st May 2014 and was appointed as the HOD of Medical Social Work Department. Life for me is to experience Christ amidst the contradictions of life wherever I am working or asked to be. My life and activity in the Cardiology Department as a Medical Social Worker was really enriching and fulfilling. I was always in the midst of patients who looked for mercy and compassion, surrounded by doctors and nurses who were moving around like angels of life, breathing life into patients. I could feel a vibrant and living fellowship of people who were dedicated as one single family, for the well being of the sick. Initially, I was not clear about my role in their midst. I was sure that I was called to be there to be a shining example of the hospital’s motto- “Care with Love”.

But, in the midst of patients and those who were serving them, I always tried to be a silent listener, a friend, a sister and a good Samaritan. Where there is love there is God. Very often, for suffering patients what is needed is a “Loving Presence” of someone who listens to them, who cares for them and has concern for them. I aspired to be that and acted accordingly. I had to visit patients spread over 3 areas, particularly the patients who had undergone Percutaneous Transluminal Coronary Angioplasty (PTCA) and help them to do some exercises and give them instructions. This was my primary duty. Secondly, some patients who might have been posted for PTCA or CAG might have had their procedures postponed due to some emergency or due to lack of rooms for them to get admitted. Meeting such patients and relatives to explain the situation is a difficult task indeed. Many of them are ready to understand the situation but many would react with irritation. I was disturbed when I heard their problems, some had financial problem, others had no one to look after them. Many of them had to look after their father, mother, wife or husband and when they cannot extend their leave they are in agony as they fear losing their jobs. Another important matter is the awareness that 90% of heart patients are diabetic patients. Most of them looked tired or thin because of poor intake, aggravated by their indifferent attitude. Gradually I started EMPATHIZING with the patients and their relatives. I could give them mental and psychological support. I tried to make my presence felt through my acts of consolation, love, concern and support. Two years of my life in Lisie hospital became an occasion to actualize the words of Christ “I was sick and you visited me”. Thank you one and all.
World Tuberculosis Day
On 24th March

On 30th March 2016 Lisie School of Nursing and Medical Social Work Department celebrated “World TB Day” at the reception area of Lisie Hospital. According to WHO, the theme highlighted for TB day was “UNITE TO END TB”. Inspired by the slogan a good number of patients participated in the awareness programme. Rev. Fr. Varghese Palatty, Assistant Director, Lisie Medical and Educational Institutions, inaugurated and addressed the public. Dr. Praveen Valsalan, HOD Pulmonology, took an awareness class on precautions to be adopted to prevent contacting this disease. Rev. Sr. Fincy CMC, Principal, Lisie School of Nursing, felicitated the gathering. Dr. Rahul Simon Consultant, Pulmonology Department, highlighted on the spread of TB and the collective actions to be taken to end the spread of this deadly illness. Third year GNM students depicted the tragedy of a TB patient’s family through a skit which convinced the audience about the need to be free from the onslaught of Tuberculosis.

Launching of a Dream Project of Diamond Jubilee: Treating 100 Free Heart Surgery/Angioplasty

The year 2016 is officially announced as “the Year of Mercy” by the Catholic Church. Besides, this year is commemorated as the Diamond Jubilee Year of Lisie Hospital. “100 free Heart Surgeries” is one of the flagship programme of the Diamond Jubilee celebrations. As the inauguration of this programme, Mr. Raveendran, aged 43, from a Hindu family, was the first beneficiary. He is an autorikshaw driver, has two children going to school and his wife is a servant in a convent. He lives in a rented house, on a monthly rent of Rs. 2500/. He was diagnosed with heart problem. First he visited Govt. Medical College hospital. There he was asked to prepare for a heart surgery. But he had to wait for six months. Meanwhile he consulted other hospitals. But the estimated expense compelled him to withdraw from that attempt. He shared this situation with the sisters of Suvartha Convent. They shared Mr. Raveendran’s helpless situation with the authorities of Lisie hospital. The authorities accepted this as the first case to be taken as “the first 100 free Surgery/Angioplasty”. He came to Lisie hospital and consulted Dr. Jacob Joseph who diagnosed him as having four blocks and asked him to be prepared for Angioplasty. The complete expense was met by hospital. He underwent angioplasty treatment and went home recovered from his sickness. Now he has the courage to look after his family. He expresses his thanks to God and to Lisie hospital administration. As on 17th May 2016 we have assisted financially eight heart patients for Heart Surgery, Angioplasty and ASD closure.

With a new heart he sings the Love of God... and takes up his responsibility to look after his family...
INTERNATIONAL WOMEN'S DAY
8TH MARCH 2016

Focusing on the future of women in India and their empowerment, Women’s Day was celebrated by the staff and students of Lisie Educational Institutions in association with MSW Department. The function took place on 8th March 2016 at Lisie hospital auditorium at 2 pm. Our Chief Guest, Ms. Shani Prabhakaran (Chief News Producer, Manorama News, Kochi) lighted the lamp and inaugurated the programme. Sharing from her own life the struggles she underwent to assert herself in the field of news channels and the efforts and hardship she took to empower herself as a woman recognized and known in the field of news producers and anchors, she inspired all students and staff who form a major women force in society. Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Medical and Educational Institutions presided over the function. Dr. Amy D’Souza (HOD, Sr. Consultant, Gynecology) delivered the keynote address. The main attraction of the programme was honouring a woman staff for her excellent service. Ms. Victoria was selected for that honour and the director handed over a memento as recognition of her excellence in the field of housekeeping. To ensure the participation of women from all educational institutions, representatives of staff and students from College of Nursing, School of Nursing, College of Pharmacy were given opportunity to share their views on women empowering. Another highlight of the programme was the pledge – “Pledge for Parity”. Dr. Usha Marath (Principal, College of Nursing) guided the staff and girls to take the pledge. With a feeling of enthusiasm and excitement the meeting ended on a high note.

International Women’s Day
PLEDGE FOR PARITY

- We the staff and students of Lisie Hospital, / pledge on this International Women's Day, / that we acknowledge ourselves / as the most precious creatures of God, / bestowed with values of beauty, honor and dignity,/ and destined to reach the full growth /of our personality and dignity as women.
- We pledge to make every effort/ to take concrete and practical steps / for the development of our self growth, /education and career in our daily life / and thus to achieve gender parity / in all circumstances and spheres of life.
- We strive to eradicate / all types of bias and prejudice against girls and women/ in the areas of education, arts and sports / profession and work, /and social life.
- We pledge to fight/ every situation of injustice, / inequality and harassment against women/ in public places, offices and workplaces /with courage, dignity and reason.
- We will strive to be/ the enlightened women of power and source of infinite strength/ to be the leaders within our own spheres of influence /and help others to be empowered women /to create a society of gender parity.
During the month of December a three day Retreat (17-19) was arranged by School of Nursing in Lisie auditorium. The Retreat was conducted by a team of Rev. Fathers Joseph Parekattil and Jose Puthussery from Evangelisation Department, Ernakulam-Angamaly Archdiocese. All the three batches of GNM students attended it along with a group of students from Pharmacy College. The Retreat gave the students a new vision towards life and created confidence in them thereby they received blessings for a renewed spiritual life.

On 30th January School of Nursing conducted the Lamp Lighting Ceremony of the 54th GNM batch. The programme was conducted in Lisie auditorium at 2 pm. Third Year GNM students took the initiative to plan and organize the whole programme. It was inaugurated by Mr. T. J. Vinod, the Deputy Mayor, Corporation of Cochin. Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Medical and Educational Institutions, Rev. Fr. Varghese Palatty, Assistant Director, Sr. Fincy CMC, Principal School of Nursing and Rev. Sr. Elsy, Nursing Administrator shared Dias on the lamp lighting ceremony. After lighting the lamp they passed the grace of light to the students. The principal of Nursing School, Sr. Fincy CMC guided the young nurses to take their professional pledge. The academic topper and best clinical nursing students were awarded prizes for their annual performance.
SNA MEETING - FEBRUARY 2016

SNA meeting was held on 27th February 2016 at 2.30 pm in Lisie Auditorium. The programme was conducted by Internship students of Lisie School of Nursing. The programme started with a prayer song. Rev. Fr. Varghese Palatty, the Assistant Director, Medical and Educational institutions, Dr. Usha Marath, Principal, Lisie College of Nursing, Rev. Sr. Fincy CMC, Principal, Lisie School of Nursing, all faculty members, students of college and school of nursing attended the programme. The Educational Programme was based on “Safe Sexual Hygiene and Reproductive Health”. Students performed a skit based on the theme. It was followed by a Debate which was really informative. Students also performed various cultural events that showcased the talents of students and added to the tempo of entertainment. We put a curtain to the programme by 4.15 pm and had our refreshment.

'SYANORA' - FAREWELL PARTY

A warm farewell party ‘SYANORA’ was held on 22nd March 2016 for GNM students of the 2012-2016 batch who are the future expectation of Lisie Educational Institutions. The junior students of School of Nursing expressed their love and gratitude to their senior outgoing batch during this occasion. The function was inaugurated by Rev. Fr. Varghese Palatty. Invited guest Rev. Sr. Annmaria CHF, student Councillor, distributed the prizes to meritorious students. Rev. Sr. Fincy, Principal, School of Nursing gave an inspiring message and increased the enthusiasm of the young nurses. The variety items performed by students added color and beauty to the event. Ms. Nikita Edwin, representing the outgoing batch expressed thanks to all.

Graduation Ceremony – 2016

Graduation Ceremony of 10th batch of B.Sc nursing, 2nd batch of PBB.Sc Nursing and 3rd batch of MSc nursing was held on 23rd January 2016 at Lisie Auditorium. Rev. Fr. Varghese Palatty, Assistant Director, Lisie Medical and Educational Institutions welcomed the gathering. Rev Fr. Thomas Vaikathuparambil, Director, presided over the function. Hon. Justice Anu Sivaraman, High Court of Kerala, inaugurated the function and addressed the graduates. Prof. Dr. Rajee Reghunath, Principal, Amala College of Nursing, Thrissur and Rev. Sr. Elsy MSJ, Nursing Administrator, Lisie hospital lighted the lamp for the graduates and felicitated them. Prof. Lissa Peter, Vice-Principal administered the oath to the graduates. Presentation of Code of Ethics was by Justice Anu Sivaraman and Dr. Usha Marath, Principal Lisie College of Nursing, Dr. Babu Francis, Medical Supt. Lisie hospital felicitated the graduates. Academic achievers were honoured by the dignitaries. Vote of thanks was delivered by Mrs. Manju George, Associate Professor, Lisie College of Nursing.
OATH TAKING CEREMONY - 2016

Oath Taking Ceremony of 14th batch of B.Sc Nursing Students was held on 8th January 2016. Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Medical and Educational Institutions, inaugurated the function and delivered the presidential address. Dr. Usha Marath, Principal Lisie College of Nursing, administered the Oath. Rev. Fr. Varghese Palatty Assistant Director, Lisie Medical and Educational Institutions felicitated the gathering.

Easter Day Celebration

Easter day celebration was arranged in School of Nursing on 23rd March 2016 at 12 pm. All the first, second and third year students of School of Nursing and students of internship together celebrated the day in a spirit of 'We Feeling'. Thereafter, Rev. Sr. Fincy, Principal, School of Nursing, expressed Easter wishes to all of us and declared Easter Holidays.

DIAMOND JUBILEE 60 VARIOUS PROGRAMMES

AN OVERVIEW

1. Completion and Blessing of Lisie Chapel
2. Blessing of Expanded Cardiology Department
3. Full-fledged Department of Pain and Palliative Care
4. Commencement of Hearing and Speech Therapy
5. Full-fledged Department of Gastrointestinal Medicine and Surgery
6. Advanced Chemotherapy Department
7. Commencement of Paediatric Cardiology
8. Commencement of Cardiothoracic Department
9. Addition of two Cathlabs
10. Mother and Child health care clinic

WORLD CANCER DAY 2016

World Cancer Day was observed on 4th February 2016 at Lisie Hospital which was organized by 3rd year B.Sc Nursing students of Lisie College of Nursing in association with MSW department. The programme was inaugurated by Rev. Fr. Thomas Vaikathuparambil, Director Lisie Medical and Educational Institutions. The theme of world cancer day 2016 “We Can I Can”, was released by Dr. Sreedharan P. S., HOD Oncology department Lisie Hospital and it was followed by a public awareness talk by Dr. Yamini Krishnan, consultant oncologist, Lisie Hospital. Rev. Fr. Varghese Palatty, Assistant Director, Lisie Medical and Educational Institutions, addressed the public. The third year B.Sc Nursing Students presented a skit depicting aspects of etiology, warning signs, prevention and treatment of cancer. After the program at 11 am they also presented a public awareness program at North Railway Station which was highly appreciated and acknowledged by the railway authority and public.
HASTA- LA- VISTA

A farewell function was hosted by SNA Lisie College of Nursing Unit. The programme was organized by Fourth Year B.Sc Nursing students on 19th January at Lisie Hospital auditorium. It was started at 2 pm by invoking God's blessings. Rev. Fr. Babu Kalathil, Assistant Director, Lisie Medical and and Educational Institutions, expressed words of encouragement and wished the seniors all the success for their bright future. Rev. Fr. Jimmy Kunnathur, Assistant Director, Lisie Medical and Educational Institutions, also joined us during the event. Various cultural events were performed by students and the programme came to an end by 4 pm.

VIDHYARAMBAM

Official commencement of the New Academic Year of the various courses of Lisie Medical and Educational Institutions was held on 22nd January, 2016. The programme commenced at 9.00 am with Holy Mass in the Chapel of Lisie Hospital. It was followed by training sessions conducted by Experts in the field of Human Resource Management. Fr. Thomas Vaikathuparambil gave an introductory talk, specifying the importance of this particular day. Separate sessions were conducted for all the students and faculty of Lisie Medical and Educational Institutions. The classes started at 10.30 am. The training for faculty was conducted by Mr. George Karunackal, Consultant Trainer HRD and Master Practitioner, Neurolinguistic programme and Hypnotherapy. The main focus was on Ignited Campus Teacher (ICT). He dealt in detail about Neurolinguistic Programme, Hypnotherapy, Unique Selling Proposition (USP) and qualities of an Ignited Campus Teacher. There were 55 participants and the classes were concluded at 4.00 pm. The classes on motivation intended for students was conducted at Lisie Hospital auditorium by Rev. Fr. Binoy and Rev. Fr. George Kalapurackal, Vice Chancellor, Ernakulam-Angamaly Archdiocese. The session focused on enhancing self esteem, confidence and all round personality development. The total participants were 600. It was an interactive session intended to make the staff mingle with each other and to think critically with positive stroke. The session came to an end with expression of thanks by Ms. Liju from Lisie College of Nursing. The whole day programme proved to be successful and beneficial for both faculty and students and enabled them to set a positive outlook and high expectations for the current academic year.
A Disaster Management Mock drill was conducted on 21-01-2016 morning. The public relations officer in Casualty Department received an emergency call from the accident site regarding the casualty. The PRO took the details of the accident and it was followed.

- The PRO informed the Doctor in charge of Emergency medicines over phone and in turn he instructed to activate the code brown.
- The Incident commander and Emergency chief doctor briefed the situation to the available staff.
- Security manager instructed the security supervisor to take care of the accident.
- The security men rushed to the Casualty department wearing their emergency luminescent jackets and took position in the main gate as well as in the path from main gate to the Assembly point adjacent to Emergency Entrance.
- The security manager ran towards the emergency entrance to take stock of the arrangements being made.
- He consulted Emergency Doctor for further steps.
- In the mean time Asst. Director, acting as Incident commander came to emergency department and enquired with the Emergency chief regarding the actions already taken.
- The ambulance had gone to pick up the patients at Pulleppady Bridge and had started coming back to Emergency department one by one.
- The ward boys, nurses and security staff helped the patients in getting down from the ambulance and took them to the triage area in trolleys with the help of triaging team.
- The patients were marked with red, yellow and green ribbon depending up on the severity of the wounds for identification. The incident commander asked Nursing manager to arrange a separate space for the victims of the accident in the ward.
- They were led to different areas marked Green, Black, Red, yellow. Once they were triaged the wounded patients were sent to the wards, ICU and operation theater as per the advice from the doctors. The following arrangement were also made: Press table- to give information to the media and press and one man was assigned for this job as spokesman.

ENTIRE PROCESS OF "CODE BROWN ACTIVATION" DONE IN THREE STEPS

- Code brown- TABLE TOP discussion 19th January 2016, 10am in the training hall
- The actual Mock drill 21st January 2016, 6.30 am in front of Emergency
- Debrief 25th January 2016, 10 am in the training hall

The team: Emergency chief doctor and 4 other doctors, Emergency In charge sister and two staff nurses, Security Manager, Security Supervisor, Manager Facility, Safety, Pharmacy in charge, Senior pharmacist, CSSD In charge, Store In charge, Transport- 2 drivers, Quality : Manager Quality Assurance and team, Sr. Tessy, Sr. Remya, Emergency PRO, 15 final year GNM students as victims of the accident.
A New Kiosk System Is Installed

An Interactive KIOSK is a computer terminal featuring specialized hardware and software designed within a public exhibit that provides access to information and applications for communication. Kiosk contains mainly the following 6 modules:

1. **Inpatient Searching**: used for searching details of the patient admitted in the hospital. User can input patient name and address for searching. If user doesn't know the full name and address of the patient, the user can search with the patient's first 3 letters of the name.

2. **Departments**: used for viewing the various departments in our hospital and it also gives the information of each department and department wise doctors.

3. **Doctors**: used for searching the doctors working in the hospital and it also provides the doctor's qualification and designation details.

4. **Holiday**: it provides information on holidays in the current year.

5. **Events**: gives information about the latest events in the hospital.

6. **Feedback**: provides facility for users to express their feedback.

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**PRESBYOPIA**

I STARTED MY DAY WITH 'THE HINDU', GENTLY HUMMING A SONG BEFORE I FINISHED THE FIRST SENTENCE I FELT SOMETHING WAS WRONG; I HELD THE PAPER AT A DISTANCE, THE LETTERS APPEARED MORE CLEAR THE MORE THEY BECAME ILLEGIBLE, AS I BROUGHT IT NEAR; BLURRED WERE THE LETTERS SMALL, BLURRED WERE THE LETTERS BOLD TOGETHER THEY SEEMED TO REMIND ME, THAT I AM GETTING OLD; LIKE HISTORIANS REFERRING TO AD AND BC I CAN DIVIDE THE ADULTHOOD YEARS, DEPENDING ON HOW I SEE; NORMAL, THEN MYOPIC, FOLLOWED BY PRESBYOPIC YEARS GREATER NOW IS THE BURDEN, OF WORRIES AND FEARS; HENNA FOR MY HAIR, LENS FOR MY EYES OMEGA - 3 FOR THE HEART, I SET OUT TO BUY 'IT'S JUST A PASSING PHASE, YEARS AHEAD IN PLENTY' ADVISED MY GOOD OLD FRIEND 'FORTY IS THE NEW TWENTY'

Dr. Maggie Xavier

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**Important Days Coming Up**

- **World Hypertension Day** – 17th May 2016
- **World Multiple Sclerosis** – 25th May 2016
- **World Blood Donation Day** – 14th June 2016
- **World Hepatitis Day** – 28th July 2016
- **World Breast Feeding Week** – 1st to 7th August 2016
Welcome to Lisie Family

Dr. T. V. Solomon
Emergency Medical Officer

Dr. Jeny Vinod, MBBS
Emergency Medical Officer

Rev. Sr. Josia SSS
Office Assistant, Admission Desk

HEARTY WELCOME
TO THE NEW DNB STUDENTS
(JANUARY 2016 ACADEMIC SESSION)

Dr. Musna P. J., MBBS, MD
Cardiology

Dr. Sony Salam, MBBS, DA
Anaesthesiology

Dr. Amith N. S., MBBS, DA
Anaesthesiology

Dr. Aravind P., MBBS
Anaesthesiology

Dr. Laveena V. Antony, MBBS
Anaesthesiology

Dr. Sreekanth M., MBBS
General Medicine

Dr. Reshma Sivanandan, MBBS
General Medicine

Dr. Girdhari Manoj Jedhe, MBBS, DGO
Obstetrics & Gynaecology

Dr. Esha Chakravarti, MBBS
Obstetrics & Gynaecology

Dr. Shyam Gopal V., MBBS, D'Ortho
Orthopaedics

Dr. Golla Ramanjineyulu, MBBS
Orthopaedics
Welcome to the New Doctors

Dr. Edwin Francis, MBBS, DCH, MD (Ped), DNB (Ped), DM (Card), DNB (Card), Fellow (Ped. Card)
Pediatric Cardiologist

Dr. Sunil T., MS (PGIMER), MCh - GI Surgery (SGPGI), PDF (Colorectal Surgery), FACRSI
Gastrointestinal Surgeon

Dr. Thomas Mathew, MS, MCh, Senior Consultant, Paediatric Cardiothorasic Surgeon

Farewell Greetings

Unnikrisnan Unni V
(Manager Facilities)

Sr. Delma Rose FCC
(Pharmacy Dept.)

Sr. Animol Jose (Sr. Suja)
(MSW Dept.)

Sr. Dona CPS
(Secretary)

Victoria Devassy
(General Worker)

Geetha Antony
(General Worker)

Jessy Antony
(Tailor)

Lisie Medical and Educational Institutions, Reg. No. 334/IV/2001
Ernakulam, Kochi – 682018, Kerala, Phone: 0484 - 2401102
2402044, www.lisien.in, Email: contact@lisiehospital.org
**LISIE HOSPITAL, ERNAKULAM**

Advance Booking No: 0484 2401141, 2402044, Extn. 5027

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**Advance Booking Information**

- Booking No: 0484 2401141, 2402044
- Extn. 5027
- Hospital Address: Ernakulam, Kochi
- Phone: 0484-2401635

**Advance Booking Details**

- Booking Number: 0484 2401141
- Booking Number: 2402044

**Booking Information**

- Booking Number: 0484 2401821
- Booking Number: 0484 2401141

**Advance Booking Time**

- Booking Time: 9 AM - 5 PM
- Booking Time: 24 Hours

**Advance Booking Contact**

- Contact Number: 0484 2401141
- Contact Number: 2402044

**Advance Booking Location**

- Location: Ernakulam, Kochi
- Location: Kerala