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CARE *with* LOVE



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FROM THE
DIRECTOR'S DESK**"A Successful Team Beats with one Heart"**

July 24, 2015 will go down in the annals of history of Lisie Hospital as a red letter day.

The story of a 200 km long journey of a live heart from Thiruvananthapuram to Kochi reached it's dramatic climax in Lisie Hospital on that day.

Humanity took centre stage as kind hearted individuals joined hands to accomplish what was considered a 'Mission Impossible'.

While we remember the family of Adv. Neelkanda Sarma whose heart was harvested for transplantation, Mr. Mathew Achadan, the recipient, family members, the team of doctors led by Padmasree Dr. Jose Chacko Periappuram and the Government of Kerala, all of whom scripted the success story. We cannot forget the innumerable faceless people who also directly or indirectly helped to actualise this hospital transplant the coordinators of organ donation network, members of 'Mrithasanjeevani'. Staff of SCTIST, the Indian Navy whose Dornier Aircraft was used to air lift the heart, the pilots, the ambulance driver, the police, staff of Lisie Hospital (especially the theatre and ICU staff) and above all the general public who watched and prayed with great fervour and zeal. Their contributions are in no way small.

Today when we lament about crass commercialism invading every sphere of life destroying the social fabric when pessimists spell doom for the future society it is events like these that keep the torch of humanity and virtue, burning bright.

Dr. Jose Chacko Periappuram, the man with a 'Midas Touch', whose vision and mission is to give new lease of life to as many patients as possible through his pioneering work, deserves special mention. Kudos to him and his team.

While we, Lisie Family, rejoice over this marvelous miraculous feat, let us not rest upon our laurels, but keep on striving harder to reach the zenith and let us continue to keep our flag of 'Care With Love' riding high.

MAY GOD ALMIGHTY BLESS ALL OF YOU.

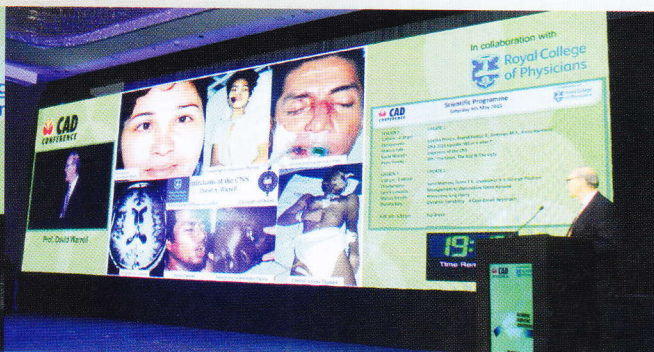
Fr. Thomas Vaikathuparmbil

മഹത്തായ ഈ യജ്ഞത്തിൽ പങ്കാളികളായ ഏവർക്കും ലിസി ആശുപത്രി സ്റ്റാഫിന്റെ ഹൃദയം നിറഞ്ഞ ശ്രംസകൾ.

Internal Medicine Conference

Internal Medicine Conference under the auspicious of Royal College of Physicians, London concluded in Kochi. More than 500 delegates from different parts of the world participated in the conference. The deliberations and discussions were lead by a team of doctors under the leadership of Prof. David Warrell, the International Director of the Royal College of Physicians, London. There were discussions on the newer advances in the field of Cardiology, Neurology, Critical Care, Tropical Medicine and Rheumatology.

There were training for young physicians and early practitioners on Echocardiography, ECG, Ventilation and Fluid Management. The discussions on management of snake bite and its challenges were well appreciated by the delegates. The official inauguration of the Conference was done by Prof. David Warrell at Hotel Crowne Plaza. Scientific Committee Chairman - Dr. Rony Mathew Kadavil, HOD, Cardiology Department, Lisie Hospital, Organizing Secretary - Dr. Jabir Abdullakutty, Cardiologist, Lisie Hospital, Dr. Jo Joseph, Cardiology Department, Lisie Hospital, Dr. P. P. Mohanan, Prof. R. N. Sharma, Prof. R. M. Krishnan, Prof. T. P. Antony and Prof. Mathew Thomas graced the occasion.



INSERVICE EDUCATION PROGRAMME ON EFFECTIVE MANAGEMENT OF VIOLENT BEHAVIOUR

An in-service education programme on "Effective Management of Violent Behaviour" was organized by 2nd year M.Sc Nursing Students (Mental Health Nursing Department) of Lisie College of Nursing at Govt. Mental Health Centre, Thrissur on 3- 6- 2015. It was organized for staff nurses of Govt. Mental Health Centre, Thrissur. Staff nurses and post basic nursing students of different colleges participated in this programme. The programme was inaugurated by Dr. Sreedevi T.P., Medical Superintendent, Govt. Mental Health Centre, Thrissur. Dr. K.P. Thomas, Consultant Psychiatrist, Govt. Mental Health Centre, Thrissur, delivered the keynote address. There were 3 sessions in this programme. Initial session "Client with violent behaviour" discussed by Dr. K.S. Sagina, Junior Consultant Psychiatrist, Govt. Mental Health Centre, Thrissur. "Nursing management of client with violent behaviour" was discussed by Mrs. Manju George, Associate Professor, Lisie College of Nursing and "Practice of de-escalation techniques" was taken by 2nd year M.Sc nursing students, Department of mental health nursing, Lisie college of nursing. Programme adjourned by 4 pm after valedictory function.



Breaking the Chain of Infection



Dr. Usha Marath

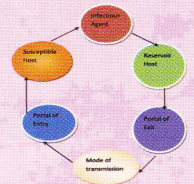
All patients are susceptible to Health care –Associated Infections (HAIs) because of the potential exposure to microorganisms while in the health care setting. HAIs are nosocomial infections. In other words, the patient does not have the infection upon entering a health care facility, but becomes infected while being treated at the institution. Every health care worker who is responsible for patient care or for cleaning patient equipment can be a part of the solution or part of the problem of disease transmission. You have to understand the chain of infection and ways to disrupt this chain to protect your patients.

As healthcare professionals, it is important to understand two things about infection:

- the various ways infection can be transmitted
- the ways the infection chain can be broken

The chain of infection is made up of 6 components

The Infectious Agent, The Reservoir Host, The Portal of Exit, The Route of Transmission, The Portal of Entry and The Susceptible Host



For an infection to develop, each link of the chain must be connected. Breaking any link of the chain can stop the transmission of infection!

How to interrupt the chain of infection

This is the essential part of patient care & self-protection

Pathogen Identification, Asepsis & Hygiene, Control Portals of Exit, Prevent a Route of Transmission, Protect Portal of Entry and Recognition of Susceptible Host

Standard Precautions- Remember every body fluid must be considered a potentially infectious material, and all patients must be considered potential sources of infection, regardless of their disease or diagnosis. Standard precautions must be observed while working with all patients because health care providers may contact blood, body fluids, secretions and excretions such as mucus, sputum, saliva, cerebrospinal fluid, urine, feces, vomitus, amniotic fluid, semen, and vaginal secretions; mucous membranes; and non-intact skin.

Personal Protective Equipment (PPE)- Whenever you may be exposed to infectious materials you must wear the appropriate personal protective equipment. PPE places a barrier between you and potentially infectious material.

PPE should be readily accessible, Always wear PPE in exposure situations-Wear a lab coat, gloves and eye protection whenever splashing is imminent, Remove and replace PPE that is torn or punctured, or that loses its ability to function as a barrier to potentially infectious materials, Remove PPE before leaving the work area and Dispose of contaminated PPE properly-in biohazard containers

Sharps Precautions- You must exercise care when using needles, scalpels, glass pipettes and other sharp instruments or devices. Do not recap, bend, break, or otherwise manipulate used needles by hand. Do not remove used needles from disposable syringes. Place used sharps in labeled or color-coded puncture-resistant, leak-proof, closable, sharps containers for disposal. Do not overfill sharps containers. Consider the use of alternative, non-sharps equipment whenever possible.

Hand Hygiene- Most common mode of transmission of pathogens is via hands! Often infections acquired in healthcare and research settings are due to not washing your hands.

Accidents and Injuries- If you are exposed to blood or other potentially infectious or hazardous materials, follow these steps: If you experience a needle stick or sharps injury, immediately wash needle sticks or cuts with soap and water. Splashes to the nose, mouth, or skin should be flushed with water. Irrigate eyes using eyewash, for 10 to 15 minutes. Report the incident to your supervisor in writing. Immediately seek medical treatment

Remember- Breaking the chain of infection is the key to stopping the transmission of pathogens in health care facilities and communities worldwide. The correct washing of hands in many cases is the first line of defense in stopping that chain. By having fewer infections, the burden of HAIs would decrease and the associated mortality rate would fall. All health care workers should work toward reducing HAIs and other infectious pathogens.

സ്കിസോഫ്രനിയ (ചിത്തഭ്രമം)

സ്കിസോഫ്രനിയ അഥവാ ചിത്തഭ്രമം ഇന്ന് തികച്ചും സാധാരണമായ ഒരു മാനസിക രോഗമാണ്. നൂറിൽ ഒരാൾക്ക് വീതം ഈ രോഗം ഉണ്ട് എന്നാണ് കണക്കുകൾ കാണിക്കുന്നത്. നമ്മുടെ കൊച്ചുകേരളത്തിൽ 3 ലക്ഷത്തോളം രോഗബാധിതർ ഉള്ളതായി കണക്കാക്കപ്പെടുന്നു.

സ്കിസോഫ്രനിയ എന്ന മാനസികരോഗം ഇന്ന് പ്രായഭേദമന്യേ വ്യാപിച്ചിരിക്കുന്നു. ചിത്തഭ്രമം മനോവിദഗ്ദ്ധനും എന്നീ പേരുകളിലും ഈ രോഗം അറിയപ്പെടുന്നു. യൂണിൻ ബ്യൂലർ എന്ന സിസ് സൈക്യാട്രിസ്റ്റാണ് 1908-ൽ സ്കിസോഫ്രനിയ എന്ന പേര് നൽകിയത്. രണ്ട് ഗ്രീക്ക് പദങ്ങളിൽ നിന്നാണ് ഈ പേര് ഉരുത്തിരിഞ്ഞത്. വിഭജിച്ച മനസ്സ് എന്ന് വേണമെങ്കിൽ പറയാം.

പേരിൽ പറയുന്നത് പോലെ തന്നെ ഏതാണ്ട് വിഭജിച്ച ഒരു മനസ്സിന്റെ പ്രതിഫലനമാണ് ഈ രോഗം. ഒരു വ്യക്തിയുടെ ചിന്തയിൽ, പ്രവൃത്തിയിൽ, വികാരങ്ങളിൽ, ഇന്ദ്രിയാപഗ്രഥനത്തിലൊക്കെ ഈ രോഗം വ്യതിയാനങ്ങളുണ്ടാക്കുന്നുണ്ട്. ഇത് മൂലം രോഗി അന്തർമുഖനായി കാണപ്പെടുന്നു.

സാധാരണയായി സ്ത്രീകളിൽ 18 മുതൽ 30 വരെയും പുരുഷന്മാരിൽ 16 മുതൽ 25 വരെയുമുള്ള പ്രായത്തിലാണ് ഈ രോഗം കണ്ടുതുടങ്ങുന്നത്. ജനിതകമായ കാരണങ്ങൾ, തലച്ചോറിലെ രാസപദാർത്ഥങ്ങളിലെ വ്യതിയാനങ്ങൾ, വൈറൽ രോഗങ്ങൾ, അമിതമായ മാനസികപിരിമുറക്കം, കുടുംബപരമായ കാരണങ്ങൾ, സാമ്പത്തിക ഞെരുക്കം, പോഷകാഹാരക്കുറവ് എന്നിങ്ങനെ നിരവധി കാരണങ്ങൾ മൂലം ഈ രോഗം ഉണ്ടായേക്കാം.

പ്രധാനമായും കാണപ്പെടുന്ന രോഗലക്ഷണങ്ങൾ താഴെ പറയുന്നവയാണ്. ചിന്തയിലുള്ള വ്യതിയാനം കാരണം അസാധാരണമായ കഴിവുകൾ ഉണ്ടെന്ന് സ്വയം ഉറച്ച് വിശ്വസിക്കുകയും അതുപോലെ പെരുമാറുകയും ചെയ്യും. ഇന്ദ്രിയാപഗ്രഥനത്തിലുള്ള വ്യതിയാനം മൂലം, അദൃശ്യമായവ ദൃശ്യമാകുന്നുവെന്ന് തോന്നുകയും, ആ തോന്നലുകൾ അനുസരിച്ച് പെരുമാറുകയും ചെയ്യും മാനസികാരോഗ്യമുള്ള വ്യക്തിക്ക് കേൾക്കാനാവാത്ത കാര്യങ്ങൾ കേൾക്കുകയും ചെയ്യുന്നുവെന്ന തോന്നലും ഇത്തരം വ്യക്തികളിൽ ഉണ്ടാകാം. കൂടാതെ ദൈനംദിന കാര്യങ്ങളിലുള്ള വിരസത, വിശപ്പില്ലായ്മ, ഉറക്കക്കുറവ്, ആത്മഹത്യാ പ്രവണത, സംശയം, മറ്റനവധിയായ മാനസികാസ്വാസ്ഥ്യങ്ങൾ എന്നിവയും ഇത്തരം രോഗികളിൽ കാണപ്പെടാം.

കൃത്യമായ ചികിത്സാ രീതികൾ കൊണ്ട് ഒരു പരിധി വരെ ഈ രോഗം നിയന്ത്രിക്കാം. ആന്റി സൈക്കോട്ടിക് മരുന്നുകളാണ് നിർദ്ദേശിക്കാറുള്ളത്. ഹാലോപെറിഡോൾ, ക്ലോർപ്രൊമാസിൻ, റെസ്‌പിരിഡോൺ, ഒലാൻസെപിൻ എന്നിവയാണ് സാധാരണയായി ഉപയോഗിക്കുന്ന മരുന്നുകൾ. മരുന്നുകളും അതുപോലെ തന്നെ മനുഷാസ്ത്രപരമായ ചികിത്സയും (സൈക്കോതെറാപ്പി) രോഗത്തെ നിയന്ത്രിക്കാൻ സഹായിക്കുന്നു. തുടർചികിത്സയും പുനരധിവാസവും ചികിത്സാരീതിയുടെ അനിവാര്യ ഘടകങ്ങളാണ്. ആരോഗ്യപ്രവർത്തകരും കുടുംബാംഗങ്ങളും കൈകോർത്ത് പ്രവർത്തിച്ചാൽ ഒരു പരിധി വരെ ഈ രോഗത്തെ ചെറുത്തു നിൽക്കാൻ സാധിക്കും.



Mrs. Manju George
Asso. Prof. College of Nursing

Important Days

Sept 1-7 National Nutrition week
Sept 5 Teacher's Day
Sept 7 Forgiveness Day
Sept 8 International Literacy Day
Sept 8 World Physiotherapy day
Sept 14 World First Aid Day
Sept 16 World Ozone Day
Sept 21 International Day of Peace,
World Alzheimer's day
Sept 25 Social Justice Day

Sept 27 World Tourism Day
Oct 1 International day for elderly
Oct 10 World mental health day/
world Sight day
Oct 11 Day for girl child
Oct 28 World Obesity day
Oct 29 World Stroke day
Nov 14 World Diabetes Day
Dec 1 World AIDS day
Dec 9 National Immunisation day

Alumini Meet 2015

Alumni meet – 2015 for the MLT professionals was held on 17th May 2015 at Lisie auditorium. Rev. Fr. Thomas Vaikathuparambil the Director, Lisie Medical & Educational Institutions, presided over the function. The Principal, Rev. Sr. Juliet M.S.J, Lisie Institute of Allied Health Sciences welcomed the gathering. Dr. Soumini Unnikrishnan, Sr. Theodacia C.S.N, Sr. Tessy M.S.J, Sr. Mercitta F.C.C delivered the messages. Around 150 participants from various institutions had gathered and fruitfully spend this special day with group discussions, experience sharing, self introductions, and various entertainment programmes.



ANTI- DRUG ABUSE DAY

Anti- drug abuse day was observed on 29.06.15 at government V.H.S.S, Ayyanthole, Thrissur organized by Lisie College of Nursing and Government Mental Health Centre, Thrissur. The aim of the programme was to provide awareness among high school and higher secondary students on substance abuse and its harmful effects. About 350 students participated in the programme classes and interactive sessions on substance abuse were taken by Dr. K.S. Shahina, Junior consultant psychiatrist and Mrs. Saji Simon, psychiatric Social Worker, Govt. Mental Health Centre, Thrissur. A chain dance on the current scenario of substance abuse prevalent among young generation was presented by 2nd year post basic B.Sc nursing students. It was followed by a documentary on substance abuse and its harmful effects prepared by M.Sc nursing students. The programme was able to elicit the pulse of the young generation on substance abuse. The programme concluded with an oath taken against the use of substances.



WORLD SCHIZOPHRENIA WEEK

Schizophrenia awareness week is an International observance, typically held the II week in May each year. It is designed to dispel the many myths about Schizophrenia. The 3rd year B.Sc Nursing students of Lisie College of Nursing conducted an awareness programme on Schizophrenia in co-ordination with Govt. Mental Health Centre, Thrissur on 26. 05.2015.

A street play was organized by the students at West Fort junction and Railway Station, Thrissur in which they depicted about Schizophrenia, it's causative factors, myths and facts about Schizophrenia, it's treatment and rehabilitation. It provided an opportunity to raise the community awareness about Schizophrenia and Mental illness in general.



COMMUNITY IDENTIFICATION in Cheranellor Gramapanchayath

The Xth batch B.Sc. Nursing students of Lisie College of Nursing conducted a community survey in 3rd and 4th wards of Cheranellor Gramapanchayat. Total of 567 houses were surveyed and the total population was 2452. The male female ratio was found to be 1:1. Stagnation of water, and poor environmental hygiene contributed for the mosquito breeding. 5.22% had unhealthy habits like smoking, 4.56% had alcoholism and 0.44% had tobacco chewing. Out of total population 8.89% had Diabetes mellitus, 8.36% had Hypertension, 2.16% were Dyslipidemic, 3.87% had thyroid problems and 2.16% of people had Coronary Artery Diseases.

AROGYAJALAKAM - Medical Camp

As part of the community health nursing project, 4th year B.Sc Nursing Students of Lisie College of Nursing organised a free medical camp on 17/05/2015 at Cheranallor LP School. Services were organized based on the data from survey conducted by students in 3rd and 4th ward of Cheranallor panchayat.

Welcome speech was delivered by Mrs. Reena V. I. (Assistant professor Lisie College of Nursing). Mr. C.K Raju, standing committee chairman Cheranellor panchayat presided over the function. Mr K.K. Suresh Babu, panchayath president inaugurated the camp. Mr. Abdul Lathif and Mrs. Arifa Muhammed ward members of 3rd and 4th wards of Cheranellor panchayath felicitated the function. Report on survey conducted was presented by 4th year B.Sc Nursing Students - Ms. Jency Paul and Ms. Surya Albert. Ms. Sumi Simon 4th year student delivered the vote of thanks. OP services were organized for general medicine, general surgery, ophthalmology and cardiology. All the persons above 30 years of age who attended the camp were screened for DM, HTN, Obesity and dyslipidemia. Lipid profile, blood routine, thyroid function tests were done for the needy at free of cost.

Out of 179 patients, 74 were having hypertension out of which 24 were newly detected on the day of camp. 24 new cases of Diabetes Mellitus, 83 new cases of hyperlipidemia and 7 new cases of Thyroid problems were detected. 80 persons were diagnosed to have obesity (BMI >25). Medicines were given free of cost. Nutritional counseling was given by dietician. A leaflet prepared by students was released and was given to the public gathered. With the objective of creating public awareness regarding health, an exhibition was arranged on DM, HTN, Cancer and TB. Students also performed a puppet show on primary, secondary and tertiary health care.



WORLD ENVIRONMENTAL DAY: 5TH JUNE 2015 'GREENING THE BLUE'

World environmental day was celebrated by fourth year B.Sc nursing students of Lisie college of nursing in Al-Farookhiya higher secondary school, Cheranellor on 5th June 2015 based on this year's theme 'Greening the blue'. An exhibition was conducted and skit was played to raise the awareness among students regarding the importance of protecting the environment.

SCHOOL HEALTH PROGRAMME

As part of community health nursing activities the 4th year B.Sc Nursing students conducted school health programme at two different schools in Cheranelloor Gramapanchayat. Health Assessment of 67 students in L P section and 42 students of 7th class were done. It revealed that 34.86% have first degree malnutrition, 9.17% have second degree malnutrition and 13.76% of them were overweight. 66.97% have ear problems, 32.11% have problems of hair, 34.86% have visual problems, 37.61% of them have dental caries, 33.02% have skin problems and 12.84% have behavioural problems. They also conducted health awareness classes regarding the personal hygiene and environmental protection.



NUTRITIONAL PROGRAMME

As a part of community health nursing practical, IVth year B.Sc Nursing Students of Lisie College of Nursing conducted nutritional programme on 24/04/2015 and 2/06/2015 in Thaikkavu and Manjummal anganwadies of Cheranellor Panchayath. On the day of the programme Mr. Abdul Lathif and Mrs. Arifa Muhammed ward members of the 3rd and 4th ward respectively inaugurated the function. About 25 food items were prepared by the students which included items for patients with diabetes mellitus, hypertension, antenatal and postnatal mothers and children of different age group including infants, toddler, pre schooler, and schooler. The students also explained the method of preparation of each food items and its caloric value. After the presentation of each food item it was distributed to all who were present for the programme. As a part of creating an awareness regarding life style diseases like Diabetes mellitus, Hypertension, Cancer and Tuberculosis students conducted an exhibition showing the causes, manifestations and management of each disease.



WORLD ORS WEEK CELEBRATION 2015

Emphasizing the theme "Ensure ORS, prescription with full description" the 4th year B.Sc Nursing students of Lisie College of Nursing organized world ORS week celebration on 12-6-2015 at Cheranalloor PHC. This year's world ORS week theme asserts the importance, promotion and benefits of oral rehydration therapy. This yields tremendous health benefits for adult and children by providing protection from dehydration through diarrhea and vomiting. It helps to maintain fluid and electrolyte balance by taking ORS through oral route. One day programme was arranged at Cheranalloor PHC in connection with world ORS week celebration. On the day the programme was conducted in the out patient department which was inaugurated by Junior public health inspector. Ms. Rince Rajan, student representative delivered an awareness class on the importance, benefits, method of preparation and use of ORS. Charts were also displayed.

WORLD HEPATITIS DAY

Globally, World Hepatitis Day was celebrated on 28th July. Second year B.Sc Nursing students of Lisie College of Nursing conducted an awareness programme based on the theme "Prevent Viral Hepatitis" in the outpatient department of Lisie Hospital at 9 am. The programme was inaugurated by Rev. Fr. Thomas Vaikathuparambil, Director Lisie Hospital. Dr. Thomas George, Gastroenterologist unveiled the theme and spoke about the importance of the day. The information leaflet about hepatitis was released by Rev. Fr. Varghese Palatty, Asst. Director, Lisie Medical and Educational Institutions and a copy handed over to a member from audience. A skit was performed by students which mainly focused on the different types of hepatitis with its causes, signs and symptoms, medication and preventive measures. Charts were displayed in front of the OP Block on various aspects of hepatitis



Workshop on Affective Domain In Teaching- Facilitating Comprehensive learning ecologies

A state level workshop was organized by Ist year M.Sc Nursing Students of Lisie College of Nursing on 21st July 2015 on Affective Domain In Teaching- Facilitating Comprehensive learning ecologies for nurse educators. The work shop was inaugurated by Rev.Fr. Varghese Palatty, Asst. Director, Lisie Medical and Educational Institution. Dr. Usha Marath, Principal, Lisie College of Nursing, delivered the key note address. First session was on significance of affective domain in teaching, taken by Mr. Benny Jacob MA, MHRM. MEd, Researcher in education, Algappa University, Tamil Nadu. The next session was taken by Mr. T M. Varghese, retired teacher and social activist. Mr. T. M. Varghese focused on ways of implementing affective teaching strategies in different styles.

The afternoon session was dealt by Sr. Jijimol Mathew, Associate professor, Little Flower College of Nursing, Angamaly, on "Teaching methods to enhance nursing education incorporating the affective domain. 60 delegates from various institution participated in the program.



PAIN AND PALLIATIVE OUTREACH PROGRAM

Lisie Hospital reaches out to the elderly through Pain and Palliative Care Unit

Lisie hospital extends its Pain and palliative outreach program to the surrounding parishes and institutions to form a group of volunteers to care the aged and critically ill people. An awareness programme was organized for the volunteers at St. Jianna Church, Maradu. The program started at 8.30 am with prayer. Rev. Fr. Jimmy, the Parish Priest extended welcome to the participants and Rev. Fr. Varghese Palatty, the Assistant Director of Lisie hospital inaugurated the program outlining the scope of such a group of dedicated volunteers. Dr. Babu Francis, the Medical Superintendent, Lisie hospital expressed felicitation and Mrs. Rinku Vazhappilly, Medical Social worker did a power-point presentation on "Pain and Palliative Care". Dr. Rosakutty and Dr. Saramma Easaw explained different aspects of the topic and had an interaction with the audience.

Another seminar was organized at Little Flower Church Elamkulam on 14th August 2015. A video presentation and an interaction with Dr. Rosakutty on various aspects of Pain and Palliative Care was organized.

A NEW OFFICE FOR MEDICAL SOCIAL WORK DEPARTMENT

A new office for the Medical Social Work Department which is situated adjacent to the adoration chapel and canteen of Lisie Hospital was blessed by Rev. Fr. Varghese Palatty, the Assistant Director, on 15th August 2015. During the blessing of the office he wished and prayed that this modest facility help those needy and deserving patients who come to the hospital seeking treatment for various diseases in making use of the available services of guidance, patient care and making available the limited financial support.

Charity Initiatives undertaken by MSW Department:

We prepare the papers for getting financial help from Karunya Benevolent Fund. Thus every month we help about 200 patients to secure the benefit of Karunya Fund.

On monthly basis, about 25 to 30 patients are given financial support from the Hospital Charity Fund making use of donations received from Confident Group, some NGOs and benefactors.

We also avail the funds given by Ms/ Joy Alukas, Rajagiri Outreach and other Funding Agencies and benefactors to arrange Medicine Kit for deserving and poor patients undergoing dialysis. Thus, every month we pave the way to get financial support for about 60 Nephro patients.

We also identify deserving poor patients from the category of lifelong diseases and those who are undergoing surgeries and arrange financial support from Kochouseph Chittilappilly Foundation. These selected patients get a financial support ranging from Rs 5000 to 20,000/-. About 10 to 12 patients are helped every month.

We also organize outreach camps to make the general public aware of various diseases and to take precautions to prevent diseases and to follow healthy ways of living.

When there is an urgent requirement of blood, out of the 300 voluntary donors' list, we contact suitable ones and arrange blood donors.

In order to materialize our dream of reaching financial support to many more poor and deserving patients belonging to life threatening and chronic diseases, we have initiated a Coupon Sale aiming at raising Lisie MSW Charity Fund. All those who are somehow connected with the activities of the hospital are fully cooperating with the program. We expect a good response.

WORLD BREAST FEEDING WEEK - 2015

Breast feeding and work, let's make it work

A week long programme was arranged at Lisie Hospital in connection with the world breast feeding week celebrations from August 1-7th 2015. On the first day the programme was conducted in front of the OP department which was inaugurated by Rev. Fr. Thomas Vaikathuparambil, Director Lisie Hospital. Rev. Fr. Varghese Palatty delivered a message and also released the leaflet on breast feeding. Rev. Dr. Sr. Sudha, HOD Pediatric Department, unfolded the theme Breast feeding and work, let's make it work.

An awareness programme on breast feeding highlighting the theme was presented by the students of 4th year B.Sc Nursing Students through 'Kadhaprasangam', which was well appreciated by all gathered. Charts were also displayed. On 3rd August a mime show and a health talk was carried out in OBG and Pediatric OPD which was repeated at various intervals of time. On 4th August a collage competition was conducted for students of Lisie college of Nursing and Lisie school of Nursing. Next day, an out reach programme was conducted at ESI Hospital, Udyogamandal with a 'mime show, Kadhaprasangam' and poster exhibition. The programme was whole heartedly accepted by the patients and authority of ESI Hospital. On 6th August mime show and health education was done in antenatal, post natal and pediatric wards of Lisie Hospital.

On 7th August a valedictory function was conducted in the auditorium which was inaugurated by Rev. Fr. Babu Kalathil, Asst. Director Lisie Hospital. Dr. Suman Paul consultant OBG department gave a valuable message. The prizes were distributed to the winners of collage competition by Rev. Fr. Babu Kalathil. 'Mime show and Kadhaprasangam' was performed on the stage.



ONAM CELEBRATIONS -2015

The Lisie Educational Institutions' Onam celebration was held on 22.08.2015 at Lisie auditorium. The day started with floral carpet competition, which was conducted at seven different areas of the hospital, followed by Thiruvathira competitions. The official function started at 12 N. Rev. Fr. Thomas Vaikathuparambil, Director Lisie hospital inaugurated the programme and delivered the Onam message. It was followed by felicitations by Rev. Fr. Varghese Palatty Asst. Director, Rev. Fr. Babu Kalathil, Asst director Lisie hospital and Dr.Soumini UnniKrishnan, pathologist Lisie Hospital. The arrival of maveli with Singarimelam and Pulikkali added more colours to the celebration. Prizes were distributed to the winners of the competition by Rev. Fr. Thomas Vaikathuparambil, Rev. Fr. Varghese Palatty and Rev. Fr. Babu Kalathil, Winners of thiruvathira completion were; College of Nursing- first and third place, College of Pharmacy- second place. Floral carpet competition; College of Nursing- first and second place, School of Nursing and Department of Anaesthesia shared the third place. Each institution came up with variety entertainment programme. A cup of payasam was served to the entire audience.



Commencement of New batch of B.Sc Nursing

Class commencement of the first year B.Sc Nursing students of the 14th batch was held on 20th August 2015. An induction programme was arranged in Lisie Auditorium and was inaugurated by Rev. Thomas Vaikkathuparambil, Director, Lisie Hospital. 50 students were present along with their parents.



ഓക്താമംഗളങ്ങൾ

Fr. Varghese Assin Thaiparambil

Assistant Director



ഓക്താമംഗളങ്ങൾ

Sr. Juliet MSJ

College of Medical Laboratory Technology

Retirements



Mrs. Savithri Haridas
General Worker



Mrs. Prabhavathy
Sodharan
General Worker



Mrs. Daisy Johny
General Worker



Mrs. Alphonsa Pathrose
General Worker

Congratulations!!! Winners of SNA Competitions

Ms. Jisha Tom, 3rd B.Sc Nursing - Silver Medal for 100 meters race and Bronze medal for 200 meters race in SNA State competition.

Ms. Jisha Tom, 3rd B.Sc Nursing - first prize for 100 meters race, 200 meters race and 3rd prize for long jump in SNA Zonal competition.

Winners of Poster Competition - SNA Zonal Level

1st prize - **Ms. Nicy Augustine**, **Ms. Sumi Simon**, **MS. Lisset Attin** - 4th Year B.Sc Nursing

1st prize - **Ms. Annu Treasa Sebastian**, **Ms. Ann Maria Martin**, **Ms. Anilda Sam** - 1st Year B.Sc Nursing

1st prize - **Ms. Josmi Jose**, **Ms. Solly VA**, **Ms. Leenumol Somy** - 3rd Year B.Sc Nursing

Welcome to Lisie Family



Lt. Gen. Dr. Oomman P. Mathew
Sen. Consultant Cardiology



Dr. Chengalath Manoras Mathew
Dept. Cardiothoracic Surgery



Dr. Deepthy G. Pillay
Dept. Ophthalmology



Sr. Mercy Puthenpurackal
Facility Manager



Sr. Vinaya MSJ
Dept. Quality Control



Mr. Jose Cherian
Administrator

അഭിനന്ദനങ്ങൾ



6 മാസം തുടർച്ചയായി മികച്ച
നെട്സിനുള്ള അവാർഡ് നേടിയ
ജിമ്മി പോളിന് അഭിനന്ദനങ്ങൾ



Fr. Babu Joseph Kalathil
Assistant Director

LISIE HOSPITAL, ERNAKULAM

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

വിവിധ ചികിത്സാ വിഭാഗങ്ങളും ഒ.പി. ദിവസങ്ങളും

ജനറൽ മെഡിസിൻ

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| 1. ഡോ. ടി.കെ. ജോസഫ് | (തിങ്കൾ - ശനി) |
| 2. ഡോ. എ.പി. ജോണി | (തിങ്കൾ - ശനി) |
| 3. ഡോ. ജോർജ്ജ് സേവ്യർ | (തിങ്കൾ - ശനി) |
| 4. ഡോ. റോജ ജോസഫ് | (തിങ്കൾ - ശനി) |
| 5. ഡോ. അടിലാഷ് ചാക്കോ | (തിങ്കൾ - ശനി) |

ഡയബറ്റോളജി വിഭാഗം (പ്രമേഹ രോഗ ചികിത്സാ വിഭാഗം)

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|--------------------------|----------------|
| 1. ഡോ. ജോർജ്ജ് പൗലോസ് | (തിങ്കൾ - ശനി) |
| 2. ഡോ. ബെറ്റൂസ് ആനി കോസി | (തിങ്കൾ - ശനി) |

പൾമനോളജി (ശ്വാസകോശ രോഗ വിഭാഗം)

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| 1. ഡോ. പ്രവിൻ വത്സലർ | (തിങ്കൾ - ശനി) |
| 2. ഡോ. രാഹുൽ സൈമൺ മാമ്പിള്ളി | (തിങ്കൾ - ശനി) |

ജനറൽ സർജറി വിഭാഗം (ശസ്ത്രക്രിയ വിഭാഗം)

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| 1. ഡോ. ജോയ് മാമ്പിള്ളി | (ചൊവ്വ am, വ്യാഴം am, ശനി am) |
| 2. ഡോ. പൗലോസ് ജേക്കബ് | (ചൊവ്വ, വ്യാഴം, ശനി) |
| 3. ഡോ. അനന്തപത്മനാഭൻ | (തിങ്കൾ, ബുധൻ വെള്ളി) |

ഡെർമറ്റോളജി (തുക രോഗ വിഭാഗം)

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| 1. ഡോ. സോമൻ പിറ്റർ | (തിങ്കൾ, ചൊവ്വ, വ്യാഴം, വെള്ളി, ശനി) |
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ഓഫ്താൽമോളജി (നേത്ര രോഗ വിഭാഗം)

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| 1. ഡോ. ലതാ മാത്യു | (തിങ്കൾ, ചൊവ്വ, വ്യാഴം, ശനി) |
| 2. ഡോ. ദീപതി. G | (തിങ്കൾ - ശനി) |

ഇ.എൻ.ടി. (ചെവി, മൂക്ക്, തൊണ്ട വിഭാഗം)

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| 1. ഡോ. റിന വർഗ്ഗീസ് | (ചൊവ്വ, വ്യാഴം, ശനി) |
| 2. ഡോ. ഫ്രാങ്കി ജോസ് | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 3. ഡോ. അനിഷ് പി. അസീസ് | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 4. ഡോ. രമ്യാ പൗലോസ് | (ചൊവ്വ, വ്യാഴം, ശനി) |

കാർത്തോപീഡിക്സ് (അസ്ഥി രോഗ വിഭാഗം)

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| 1. ഡോ. കെ. രാജാറാം | (ചൊവ്വ, വ്യാഴം, ശനി) |
| 2. ഡോ. സുരേഷ് പോൾ | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 3. ഡോ. ബിജു പി.എ. | (ചൊവ്വ, വ്യാഴം, ശനി) |
| 4. ഡോ. മനോജ് എം | (തിങ്കൾ, ബുധൻ, വെള്ളി) |

സൈക്യാട്രി (മാനസിക രോഗ വിഭാഗം)

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| 1. ഡോ. കുരുവിള തോമസ് | (തിങ്കൾ - ശനി After 4 pm) |
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ചൈൽഡ് സൈക്യാട്രി (ശിശു മാനസിക രോഗ വിഭാഗം)

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| 1. ഡോ. സിതാലക്ഷ്മി ജോർജ്ജ് | (ബുധൻ & ശനി 10 am to 1 pm) |
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ഗ്യാസ്ട്രോ എന്ററോളജി (ഉദര രോഗ വിഭാഗം)

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| 1. ഡോ. തോമസ് ജെയിംസ് | (തിങ്കൾ - ശനി) |
| 2. ഡോ. ജോണി സിറിയക് | (തിങ്കൾ - ശനി) |

നെഫ്രോളജി (വൃക്ക രോഗ വിഭാഗം)

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| 1. ഡോ. ബാബു ഫ്രാൻസിസ് | (തിങ്കൾ - വെള്ളി) |
| 2. ഡോ. ജോസ് പി. പോൾ | (തിങ്കൾ - വെള്ളി) |

ന്യൂറോളജി (മസ്തിഷ്ക രോഗ വിഭാഗം)

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| 1. ഡോ. വിദ്യ എം.വി. | (തിങ്കൾ - ശനി) |
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| 2. ഡോ. അരുൺ കുമാർ എം.എൽ. | (തിങ്കൾ - ശനി) |
| 3. ഡോ. മിനു ജോർജ്ജ് | (തിങ്കൾ - ശനി) |

ന്യൂറോ സർജറി (മസ്തിഷ്ക രോഗ വിഭാഗം)

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| 1. ഡോ. കോശി ജോർജ്ജ് | (തിങ്കൾ & വ്യാഴം) |
| 2. ഡോ. ബി ശ്യാം | (ചൊവ്വ & വെള്ളി) |
| 3. ഡോ. കൃഷ്ണദാസ് | (ബുധൻ am, ശനി am) |

ഡെന്റൽ വിഭാഗം (ദന്ത രോഗ വിഭാഗം)

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| 1. ഡോ. ബിജി രാജ് | (തിങ്കൾ - ശനി) |
| 2. ഡോ. ജേക്കബ് ചാക്കോ | (തിങ്കൾ, വ്യാഴം, ശനി) |
| 3. ഡോ. ആബി അബ്രഹാം | (തിങ്കൾ - ശനി) |
| 4. ഡോ. സുമി പി.എം. | (തിങ്കൾ - ശനി) |
| 5. ഡോ. ടെറി തോമസ് | (വെള്ളി, ശനി) |

ഓങ്കോളജി വിഭാഗം

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| 1. ഡോ. ശ്രീധരൻ | (തിങ്കൾ - ശനി) |
| 2. ഡോ. യാമിനി കൃഷ്ണൻ | (തിങ്കൾ - ശനി) |

പീഡിയാട്രിക്സ് വിഭാഗം (ശിശുരോഗ വിഭാഗം)

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| 1. ഡോ. Sr.സുധ | (തിങ്കൾ - ശനി) |
| 2. ഡോ. രോഹിൻ എബ്രഹാം | (തിങ്കൾ - ശനി) |
| 3. ഡോ. ജെസി തോമസ് | (തിങ്കൾ - ശനി) |

ജീനിയോട്രിക് വിഭാഗം

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| 1. ഡോ. റോസക്കുട്ടി മാത്യു | (തിങ്കൾ - ശനി am) |
| 2. ഡോ. സാറാമ്മ ഈശോ | (തിങ്കൾ - ശനി am) |

തെന്തോളജി വിഭാഗം

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|---------------------|------------------------|
| 1. ഡോ. എയ്മി ഡിസൂസ | (ചൊവ്വ, വ്യാഴം, ശനി) |
| 2. ഡോ. രാജരാജേശ്വരി | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 3. ഡോ. Sr.റാണി പോൾ | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 4. ഡോ. രമ ദേവി | (ചൊവ്വ, വ്യാഴം, ശനി) |
| 5. ഡോ.സുമൻ പോൾ | (തിങ്കൾ, ബുധൻ, വെള്ളി) |

ന്യൂറോളജി വിഭാഗം

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| 1. ഡോ. ദാമോദരൻ തമ്പ്ലാർ | (തിങ്കൾ pm, ബുധൻ, വെള്ളി) |
| 2. ഡോ. വിജു ജോർജ്ജ് | (ചൊവ്വ, വ്യാഴം pm, ശനി am) |
| 3. ഡോ. രോഹൻ രാജേഷ് | (ചൊവ്വ, ബുധൻ, വ്യാഴം am) |
| 4. ഡോ. തരുൺ ബി.കെ. | (ചൊവ്വ am, വ്യാഴം, വെള്ളി) |

കാർഡിയോളജി (ഹൃദയരോഗ വിഭാഗം)

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|-------------------------------|---|
| 1. ഡോ. റോണി മാത്യു | (തിങ്കൾ - ശനി), |
| 2. ഡോ. ജേക്കബ് ജോസഫ് | (തിങ്കൾ(pm), ബുധൻ (pm), വെള്ളി (pm), ചൊവ്വ (am), വ്യാഴം (am)) |
| 3. ഡോ. ജാബിർ അബ്ദുള്ളക്കുട്ടി | (ബുധൻ am, വെള്ളി am) തിങ്കൾ, ചൊവ്വ, വ്യാഴം pm) |

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|-----------------------------|--------------------------------------|
| 4. ഡോ. അജിത്ത് തച്ചിൽ | (ചൊവ്വ am, ശനി) |
| 5. ഡോ. അജിത്ത് കുമാർ കെ.ആർ. | (തിങ്കൾ-വ്യാഴം (am)) |
| 6. ഡോ. ജോ ജോസഫ് | (ചൊവ്വ, ബുധൻ, വെള്ളി) |
| 7. ഡോ. ഉമ്മൻ പി. മാത്യു | (തിങ്കൾ, ചൊവ്വ, വ്യാഴം, വെള്ളി (pm)) |

കാർഡിയോക് സർജറി

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|--------------------------------|-------------------|
| 1. ഡോ. ജോസ് ചാക്കോ ചെരിയപ്പുറം | (തിങ്കൾ - വെള്ളി) |
| 2. ഡോ. ഭാസ്കർ രാത്നാഥൻ | (തിങ്കൾ - വെള്ളി) |
| 3. ഡോ. ജിവേഷ് ജെ. തോമസ് | (തിങ്കൾ - വെള്ളി) |
| 4. ഡോ. മനോദാസ് മാത്യു | (തിങ്കൾ - വെള്ളി) |