Greetings to all,

We are at the threshold of a new year. Last year (2019) was a momentous year for our hospital, as we received RESCCU award from Bureau Veritas Certification India Pvt. Ltd., a global certification agency and also Certificate of Appreciation from Department of Health Services Govt. of Kerala for “Hrudayam for little heart projects”. The fact that the number of outpatients touched an all time high figure of 4,39,371 in 2019 speaks volumes about the faith reposed by our patients in our hospital and the quality of our exemplary service. Continuing our relentless march for achieving excellence, we inaugurated new departments such as departments of Interventional Radiology, Medical Retina, Head and Neck Surgical Oncology, Allergy Lab. Undoubtedly, these phenomenal achievements were possible only due to the dedicated service and unstinted cooperation extended by all our Doctors and staff, for which I am always grateful and indebted to them.

But, let me assure you that we do not wish to rest on our laurels. We intend forging ahead with redoubled vigor, vitality and determination this year also and hope to get NABL Accreditation, complete construction of Oncology Institute and Multi level parking facility. Last but not the least; we plan to start liver transplant surgery in our hospital shortly so that this unit acts as a bench mark for other hospitals performing liver transplantation in Kerala. Suffice it to say “The best is yet to come.”

I solicit the cooperation of all Lisie family members in achieving our future plans and hope they would continue to render service to the hospital with the same zeal and enthusiasm this year also so that our hospital continues in its glorious journey of rendering “Care With Love” to our needy patients.

May God Bless You All!!!!!!

Fr. Thomas Vaikathuparambil
Director

Lisie Hospital
Ernakulam, P.B. No. 3053
Kochi - 682018
Ph: 0484 2402044
contact@lisiehospital.org
www.lisiehospital.org
The academic year 2019-20 was officially inaugurated on the “Vidhyarambham” day which was held on the 21 December 2019, at the Lisie Hospital campus. The Holy Mass was held in the Lisie Hospital Chapel at 9.30 am and was led by Rev Fr Sebastian Konuparamban (Fr Shijo), Assistant Director, Little Flower Hospital, Angamaly, who also gave a message to all the participants.

Followed by this, at 10.40 am all students and faculty members gathered in the auditorium and were served snacks. Rev Fr Justine (Paul) Kaiprampadan, conducted a class on “Compassion,” which is one of the Core Values of the Lisie Institutions, and the one which is highlighted for this academic year. The session was well received by the students and faculty. Vote of thanks was proposed by Ms Sojimol K Johny, Assistant Professor, Lisie College of Pharmacy and the programme ended by 12.15 pm.

Christmas day was celebrated by the educational institutions of Lisie Hospital on 21 December 2019 at 1.30 pm in the Lisie Hospital auditorium. Rev Fr Ajo Moothedan Assistant Director, Lisie Hospital delivered welcome speech. The program was inaugurated by Rev Fr Thomas Vaikathuparambil, Director Lisie Hospital. Dr Babu Francis, Medical Superintendent, Lisie Hospital, Rev Sr Anslam, Nursing Administrator and Mrs Manju George,

Thereafter Christmas cake was cut by Fr Thomas Vaikathuparambil. Rev Fr Xavier Thelakkat delivered Christmas message. Crib and Carol competition was held for students of educational institutions. Rev Fr Jery Njaliath Assistant Director, Lisie Hospital announced the prize winners for carol and crib competitions. For crib competition first prize winners were; 2nd and 3rd year B Sc Nursing students of Lisie College of Nursing, second prize was grabbed by 1st and 4th year B Sc Nursing students of Lisie College of Nursing and third prize was collected by Lisie College of Pharmacy students. For carol competition the first prize was bagged by 4th and 1st year B Sc Nursing students of Lisie College of Nursing, second prize by 2nd and 3rd year B Sc Nursing students of Lisie College of Nursing and third prize by College of Pharmacy. Mrs Mila V S, Assistant Professor LCOAHS delivered vote of thanks. The program came to an end by 3.30 pm with the Lisie anthem.
Student Support and Guidance Programme (SSGP) Cell of LCOAHS in association with MSW department conducted an awareness program on world diabetes day 14 November 2019 at Lisie Hospital reception area. The program started with prayer. Dr Deepa, Assistant Professor LCOAHS delivered the welcome speech. The program was inaugurated by Fr Thomas Vaikathuparambil and felicitation was given by Fr Ajo Moothedan. Dr George Poulose, HOD and Senior Consultant Diabetologist, Dr Sona Susan Abraham, Senior Consultant Endocrinologist, Lisie Hospital, Mrs Anitha Johnson, Chief Dietitian, delivered talks on the theme "family and diabetes." Mrs Meenu Sankar of third year Bsc MLT delivered a talk on "tests for diagnosis of diabetes, the normal values and its clinical significances." Along with the awareness class, detection of diabetes was performed free of cost, using a glucometer for 100 people, display and sale of diabetes ortho-comfort foot wear and an exhibition of various food items which need to be incorporated in the diet by the diabetes patients were also provided. The program came to an end with an awareness skit staged by students of LCOAHS.

As a part of 150th birth anniversary of Mahatma Gandhi, faculties and students of Lisie College of Allied Health Sciences (LCOAHS) in association with MSW department conducted a social awareness program on "Young people and mental health in a changing world and prevention of suicide" at the lecture hall in the college. A talk was delivered by Rev Sr Alphonsa, HOD, MSW department, and Transplant Coordinator of Lisie Hospital from 11.30 am to 12.30 pm. All the students, teaching and non teaching staffs of LCOAHS attended the program. Various posters on the topic "Prevention of suicide" was prepared by students and was displayed to the public in order to create awareness among them. Fr Jery Njaliath presented a memento to Sr Alphonsa. The program ended by 1.00 pm.
The teaching faculty of LCOAHS conducted a monthly academic improvement program named "Excellentia" on 7 December 2019 in the lecture hall at 9.30 am. The program started with prayer. Dr Shabeer S Iqbal, Principal, LCOAHS welcomed the gathering. The program was inaugurated by Fr Jery Njaliath. A seminar on ABC of automated CBC was presented by Mrs Poornima K M, Assistant Professor, LCOAHS. A quiz competition for all students of LCOAHS was conducted and answer keys were discussed. First prize was won by Mr Ebin Amlekh, 2nd year Bsc MLT and second prize by Mr Nithin Varghese, 2nd year Bsc MLT. Prizes to the winners were distributed by Dr Deepa Revi, Assistant Professor, LCOAHS. A seminar on AIDS day was presented by first year Bsc MLT students, Ms Niljiya Jijimon and Mr Dons K Saji. The program concluded by 1.15 pm with the Lisie anthem.

Orientation and inauguration of DDT 2019-2020 batch was conducted on 16 December 2019 at 9.30 am in the dialysis department, Lisie Hospital. The program started with prayer. Ms Jidhu G, course coordinator and Assistant Professor LCOAHS delivered a welcome speech. Fr Thomas Vaikathuparambil inaugurated the function. Dr Babu Francis, Medical Superintendent, Lisie Hospital, Dr Sasidharan Pillai, Senior Consultant, Rev Sr Dariya, sister incharge, Dialysis Unit addressed the students. Fr Jery Njaliath spoke about the History, Mission and Vision of Lisie Medical and Educational Institutions. Dr Shabeer S Iqbal Principal, LCOAHS, gave an orientation of the course to the students. The program came to an end by 1.45 pm with Lisie anthem.
Interventional Radiology

Interventional Radiology. The new department, Interventional Radiology was inaugurated on 14 November 2019, with a blessing and prayer by Fr Thomas Vaikathuparambil, Director, Lisie Hospital in the presence of Fr Jery Njaliath and Rev Fr Joseph Makkothakkatt. The HOD’s of various other departments, doctors and sisters attended the function. Interventional radiology is a fast growing subspecialty of radiology in which minimally invasive image guided vascular procedures are performed in each and every organ system of the body from head to toe. These procedures are performed by interventional radiologist in cathlab through a pinhole in the groin using small puncture needle, wires and catheters under C-arm guidance. All the vascular emergencies can be dealt by interventional radiologist and also it is playing an important supporting role to other specialties. Apart from vascular problems, non-vascular procedures like percutaneous liver, renal and lung tumor ablation, biopsy, PTBD and stenting are also performed. The advantage of Interventional Radiology is, it minimizes the physical trauma to the patient by avoiding major surgical incision, has a lesser hospital stay, helps in faster recovery and has a lesser chance of infection. The procedure can be performed in critically ill patient who are not otherwise fit for major surgical procedures. Advantages are;

• It is cheaper than traditional surgery.
• No surgical scar on skin.
• Procedure done under local / short anesthesia.
• It is done as day care or short hospital stay.
• Patients can resume normal activities within one to two day.
• It is less risky as compared to surgery.
• Its safety has been proven over many years in thousands of people.

General Vascular Interventional procedures include;
• Laser Ablation of Varicose Veins.
• Venous Angioplasty and Stenting in Venous Compression Syndromes, Malignant Venous Obstruction, Central Venous Obstruction.
• Angioplasty in Vasculitis like Takayasu using Cutting Balloons.
• Embolization for Arteriovenous Malformations.
• Sclerotherapy for Isolated Perforator Incompetence in Lower Limb Varicosities and in Veno-lymphatic Malformations.

Urological / Nephrological Interventional procedures include;
• Embolization of Post PCNL and Post Biopsy Hematuria.
• Pre-Operative Embolization for Renal Cell Carcinoma.
• Embolization of Renal Tumors like Angiomyolipoma.
• Percutaneous Nephrostomy and Antegrade Ureteric Stenting in Malignant Ureteric Obstruction.
• Prostatic artery embolization for BPH
• Varicocele embolization
• Transjugular renal biopsy
• Embolisation of chylous post operative collections

Dialysis related interventions include;
• Routine and difficult dialysis access insertion including dialysis catheters and perm cath and perm cath replacement
• Central venoloplasty including stenting for poor flow and SVC syndrome
• AV fistuloplasty including stenting for poor flow and SVC syndrome
• Embolisation for chylothorax.

Pulmonary and Thoracic interventional Procedures include;
• Bronchial and Non-Bronchial Systemic Artery Embolization in Haemoptysis.
• Biopsy / pleurodesis for recurrent pleural effusions/ Tracheal stenting
• Pleural effusion aspiration / drainage
• Embolisation for chylothorax.

Gastroenterology and hepatology Interventional Procedures
• Emergency bleed embolisation
• Pre-Operative Embolization For Highly Vascular Tumors, Ruptured Liver Tumors, Chemoembolization of HCC
• Portal vein embolization for hepatic resection, Transjugular liver biopsies
• PTBD +/- stenting for biliary obstruction.
• TIPS for variceal bleed , recurrent ascites (TIPS)
• Shunt occlusions (BRTO ,PARTO, CARTO) in bleed , recurrent encephalopathy
• Interventions in Budd chiari syndrome
syndrome including hepatic vein recanalisation, IVC venoplasty or stenting, DIPS
•Thrombolysis, angioplasty or stenting of mesenteric ischaemia
•Pancreatic collection drainage

**Neuro Interventional Procedures include;**
• Cerebral angiography.
• Mechanical thrombectomy for acute stroke.
• Carotid artery stenting for stroke.
• Angioplasty and stenting for intracranial arteries for stroke.
• Endovascular embolization/coiling for intracranial (brain) Aneurysms, Arterio-venous malformations, Arteriovenous fistula of brain vessels.
• Endovascular embolization for Carotico-Cavernous Fistulas.
• Endovascular embolisation for various spinal vascular malformations.
• Intra-arterial chemotherapy for Retinoblastoma.
• Embolisation for Vein of Galen Malformation (VGAM).
• Endovascular embolization/coiling for bleeding neck and brain vessels.
• Endovascular embolization for recurrent subdural hematoma.
• Mechanical thrombectomy for cerebral venous sinus thrombosis.
• Stenting for dural sinus stenting.
• Pre-operative embolization for head, neck and spinal tumors to reduce operative blood loss.
• Inferior petrosal sinus sampling for pituitary adenoma diagnosis.
• Kyphoplasty and vertebroplasty for chronic back pain due to vertebral collapse.
• Ablation for painful spinal metastases and osteoid osteoma.

**Gynecological Interventional Procedures include;**
• Embolization for Primary And Delayed Post-Partum Hemorrhage.
• Embolization of Symptomatic Uterine Fibroids using PVA Particles.

Department of Pediatrics and Neonatology, Lisie Hospital, Kochi in association with Indian Academy of Pediatrics, Cochin Branch had taken up the task to train the Nurses who are dealing with newborns in basic new born care. In connection with this, a hands on Basic New Born Care (NRP) Navajatha Shishu Suraksha Karyakram (NSSK) Workshop for Staff Nurses was organized in the Conference Hall, Lisie Hospital, Ernakulam on 24 October 2019. The workshop was inaugurated by Fr Thomas Vaikathuparambil. Dr Sivadas DMO, Ernakulam was the chief guest for the program. Dr Tonny Paul Mampilly, HOD, Department of Pediatrics and Neonatology and the Former President, IAP Cochin Branch welcomed the gathering. Felicitations were offered by Dr Sivaprasad, Mrs Nirmala and Rev Sr Anslem, Nursing Administrator, Lisie Hospital. Dr Vivin Abraham proposed the vote of thanks. Dr Hima Mathews, Dr Jessy Thomas, Dr Mary Margaret Joseph and Dr Sasidharan were present during the inaugural function. Dr Sivaprasad, Vice President, IAP Cochin Branch, Dr Vivin Abraham, Former Secretary, IAP Cochin Branch and Mrs Nirmala conducted IAP NRP for the nurses. About 24 nurses working in the pediatrics, neonatal and post natal wards of Lisie Hospital attended this program. The certificates were distributed to the nurses who successfully completed the program.
World Mental Health day and Stroke day were jointly conducted on 29 October 2019, at 10.30 am at Lisie Hospital by Lisie College of Pharmacy in association with Department of Neuroscience, Department of Psychiatry and Medical Social Work Department. The events were aimed to raise awareness among people about the importance of prevention and treatment of the disorders and facilitate better care and support for the survivors. Dr Arun Kumar M L, Dr Shyam B, Dr Sr Shygy Francis and Dr Kuruvila Thomas, presented awareness classes to the general public on various topics related to stroke management and suicide prevention. Staff nurses of Neuro Medical ICU performed a role play on stroke and students of Lisie College of Pharmacy performed a mime on suicide prevention.

A Super speciality medical camp was organized by KSB Mills Limited in association with Infant Jesus Trust Hospital, Meladoor Janakeeya Samithi and Lisie hospital on 14 December 2019. Medical camp was formally inaugurated by Rev Fr Jolly Vadakkan in the presence of other dignitaries. A panel of eminent doctors from various departments such as ONCOLOGY, CARDIOLOGY, NEPHROLOGY, GYNAECOLOGY AND GENERAL MEDICINE examined over 400 patients and those who were found with certain illness were given medication and directed for further treatment. Many women underwent free Pap smear and breast screening test conducted as part of the medical camp. Along with the medical social work department team, other staff from Lisie Hospital, board members of Infant Jesus Hospital and leaders of Janakeeya Samithi had overseen the smooth functioning of the Medical Camp.

Farewell for 14th batch BSc Nursing and 55th batch GNM students took place on 7 December 2019.
Department of Physical Medicine and Rehabilitation observed International day of people with Disability on 3 December 2019 with the theme 'Future is accessible'.

Blessing of Medical Retina unit & Unveiling of OCT scanning machine and Fundus camera (Ophthalmology Department, Lisie Hospital) took place on 25 November 2019

Freshers day of 18th batch BSc Nursing and 58th Batch GNM students was conducted at Lisie Auditorium on 13 November 2019.

Lisie School of Nursing and General Medicine department of Lisie Hospital observed World Aids Day on 3 December 2019 with the theme of "Ending the HIV/AIDS Epidemic: Community by Community"
Anti Ragging - Awareness Session lead by Mr Kannan K (Circle Inspector, North Police Station, Ernakulam) for students of Lisie Medical & Educational Institutions, took place on 16 November 2019.

International Radiology Day celebrations took place on 7 November 2019.

"Swasthya" Awareness camp on Obesity & Lifestyle Diseases conducted at TCS, Infopark by Lisie Dietetics Department on 10 October 2019.
Bachelor Degree in Cardiovascular Technology (BCVT) programme (affiliated to KUHS) was inaugurated by Shri P T Thomas MLA on 03 October 2019.
Christmas Celebrations 2019
Welcome to Lisie Family

Dr Anu Gangadharan
Consultant Neurology

Dr Anu Joseph
Jr Consultant Ophtalmology

Dr Sandeep Suresh
Consultant Surgical Oncology

Dr Lijesh Kumar
Consultant Interventional Radiology

Farewell greetings to our Beloved

Dr Sushil M Chandi
Consultant Pathologist Histopathology

Sr Theresa CSN
Staff Nurse Surgery Ward

Sr Fiji J
Incharge Nephro Room

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
October 2019 issue, quiz competition winners

Fr Jery Njaliath distributed the prizes for the winners

Winners
1. Muhammed Aliyar
2. Jino C Mathew
3. Ginu Francis
4. Anupriya Jose
5. Poornima K M
6. Anumol Joseph
7. Jyothishna Dasan
8. Alphy Sabu
9. Jayce Joseph
10. Sharon Rachel Mathews

This quiz competition is only for Lisie Family members
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radiology</td>
<td>0484 2400811, 0484 2755395 (8.00 am to 6.00 pm)</td>
</tr>
<tr>
<td>Cardiology / Cardiothoracic</td>
<td>0484 2401821, 0484 2401141 (7.00 am to 6.30 pm)</td>
</tr>
<tr>
<td>Appointment</td>
<td>0484 2402044 (24X7)</td>
</tr>
<tr>
<td>Advance Booking Numbers</td>
<td></td>
</tr>
<tr>
<td>Gynaecology Emergency</td>
<td>0484 2755151 (24X7)</td>
</tr>
<tr>
<td>Cashless Insurance</td>
<td>0484 2755386, 0484 2755306 (8.30 am to 5.30 pm)</td>
</tr>
<tr>
<td>Emergency Dept &amp; Ambulance</td>
<td>0484 2755301, 9895756164 (24X7)</td>
</tr>
<tr>
<td>General Information</td>
<td>0484 2402044 (24X7)</td>
</tr>
<tr>
<td>Cardiothoracic</td>
<td>9446037302</td>
</tr>
<tr>
<td>Information</td>
<td></td>
</tr>
<tr>
<td>Advance Booking Numbers</td>
<td></td>
</tr>
</tbody>
</table>