

# Global E-newsletter

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**20**  
**YEARS OF**  
**CARING**  
CELEBRATING 20<sup>TH</sup> ANNIVERSARY

**“INNER JOY**  
is the best of **MEDICINES**  
IT ALL DEPENDS ON  
What you  
**HOLD IN**  
your heart...”

- Dadi Janki

# DIRECTORS Message



**T**his year, GHRC turns 20! Since we opened our doors on October 20th 1994, GHRC has served hundreds of thousands of people not just from within the country, but from around the world.

We have shown a steady, healthy and commendable expansion until today. Statistically speaking since the hospital opened we have seen some 1.7 million outpatients, admitted over 47,000 patients and have performed over 31,000 operations. On an average we treat 300 outpatients per day and 305 inpatients per month!

Our inpatient load is on the increase. In 2010/11, it increased by 5% on 2009/10 and till date we have seen a 19.6% increase in inpatients compared to the same time last year. This has been made possible by the dedicated, phenomenal commitment and growing reputation of our medical staff.

I acknowledge that without each employee giving his best, the hospital would not have functioned as it does today. I am deeply grateful to each one of my staff, especially for their dedication and loyalty. I personally thank my Doctor colleagues who believe in team work and have used their healing skills with compassion, integrity and perseverance through the years.

Living up to our mission and values, as a charitable hospital, we treat almost 60 % of inpatients at free of cost, 18 % are treated with minimal charges and only 22 % of our patients come from affordable class who are paying fully. 66 % of Sonographies are free and 40% of X-rays performed are free. According to our mission statement we provide free consultation to all.

And as we continue to grow and serve our community; we are thankful for the support of our well wishers and donors. It is through the support of individual philanthropists, donor organizations and funding agencies that we are able to continue to strengthen our services and to develop new and innovative projects to serve the poor and needy.

I take this opportunity to remember our founders, Trustees and patronages for their extraordinary efforts and support for this humanitarian cause.

Last but not the least; I would like to express my gratitude towards our revered Dadijis for their blessings, guidance and inspirations and also to the Brahmakumari family from India and abroad, who have proved to be the backbone of the hospital for last two decades!

Personally I am proud to say that I am one of those few fortunate souls who have witnessed the growth of this Global Hospital Family from day one till to date. We have much to look back with pride, but we have so much to look forward to as we continue to advance the hospital's technology, facilities and overall patient care.

Thank You!  
Director

I am Living My Life  
With GOD.  
I am Talking To God.  
I am Learning  
From God.



# NEWS In Brief



## Happy Anniversary

Global Hospital and Research Centre Since 24<sup>th</sup> October 1991...

## 20 years of caring

**Global Hospital and Research Centre** celebrated its 20<sup>th</sup> anniversary in the divine presence of all the Dadi's and BK family. Along with Diwali celebrations, the anniversary was marked by cake cutting ceremony by our reverend Dadiji's.

To commemorate this momentous milestone another public function was organized on 9<sup>th</sup> November 2011. The programme was held at hospital auditorium and was attended by Health Minister of Rajasthan, Honorable Shri Aimaduddin Ahmad Khan, Sis. Jayanti and other dignitaries. **The Honorable health minister also launched the 2010-11 Annual Report of GHRC.**



**The Monsoon Season hits Mount Abu** in the mid of June with thick clouds, thunderstorm and heavy rains. This is the time when Mount Abu's scenic beauty and overall environment is at its very best. However, this year continuous heavy downpour in Mount Abu triggered off land slide and rock slide leading to damaged roads, and poor visibility due to the thick fog, it made the situation worse leading to many small and big accidents. The casualty department of our Mount Abu hospital alone saw 95 accident cases in three months from July to September. Other than treating patients, injured due to slips, trips and falls the casualty staff also dealt with 8 mass casualties due to various road accidents. In one tragic mishap, an Ahmedabad- bound bus skidded off a rain-damaged road and fell into a 50 metre deep gorge in Abu Valley killing 16 people and injuring 40 who were treated at our Radha Mohan Mehrotra Global Hospital Trauma Centre.



**Sis Mathilda (Nursing tutor and Coordinator VIHASA India)** was invited as a facilitator in a national seminar on Values in Health Care organized by Annamalai University Centre for Yoga Studies and Rani Meyyammai College of Nursing, Chennai on 15<sup>th</sup> and 16<sup>th</sup> August, 2011. The participants included students and teaching faculty from college of Nursing, Nursing service personnel, Ph.D scholars, Medical, Mental Professionals, Pharmacy, Yoga and PMR Professionals.

## GHRC co hosted international dialogue on 'Integrating Spirituality in Health Care' in New York.

From 22 - 25 September, GHRC also co-hosted an international dialogue on "Integrating Spirituality in Healthcare" with the Janki Foundation (UK) and the Point of Life Foundation (US) at Peace Village in up state New York, USA. It was the first time that the series of three dialogues was held over the period of three years, bringing together thought leaders in the domain of Spirituality in Healthcare.

55 guests from seven countries (US, Canada, Aruba, Suriname UK, Australia and India) participated in the dialogue.

The dialogue was an opportunity for healthcare professionals to think together about their approaches to patient care and to learn from one another how to better integrate spirituality into their lives and work.



# UPDATES

## Updates of Anganwadi Project

Last October, we launched a project for the benefit of 465 infants aged 6 months to 4 years, enrolled with 21 government-run anganwadis in Mount Abu. Anganwadis serve as kindergartens for poor families. Children are taught counting and nursery rhymes and given mid-day meal. Parents are imparted basic child healthcare training. Anganwadis also conduct immunization drives on pre-fixed dates. Most anganwadis are staffed by unskilled female health workers.

This project builds on the premise that anganwadis are an ideal place to reach young children and distribute high-protein and high calorie nutritional supplements on a daily basis. In addition, our pediatrician conducts health check-ups of the infants in the hospital, where children in need for further diagnosis may easily be referred for tests. Mothers too are familiarized with the pediatrics clinic so that they feel comfortable while approaching the doctor in the future. This project is sponsored by the Vitol Charitable Foundation.

Between April and September 2011, 237 infants underwent follow up health checks. Of these, 21 were found to be suffering from respiratory tract infections, 6 had growth-related issues, 3 were anemic and one each had hepatitis and pulmonary tuberculosis respectively.

We also gave 8 of the 21 anganwadis carpet to put on the floor so that children were not sitting on cold cement



## Introducing Anodyne Therapy for Diabetic Peripheral Neuropathy

Before experiencing wounds or diabetic ulcers, patients affected by diabetic peripheral neuropathy suffer from loss of sensation, loss of feeling in their extremities. This is of particular concern for health care providers because patients cannot identify the source of the problem and therefore, often recognize the symptoms when they have progressed and circulation is severely compromised. Wounds or diabetic ulcers if left untreated can lead to amputations. Anodyne offers a new alternative. It is a therapy that can be used to intervene at the early stages of disease in order to prevent serious complications.

Global Hospital is introducing the Anodyne therapy, which is first of its kind in the whole Rajasthan state. And diabetic patients with such complications may take full benefit of this therapy.

## Department of Diabetology Marks World Diabetes Day -14th Nov.2011

Department of Diabetology celebrated World Diabetes Day by organizing a screening camp for blood glucose level and a diabetes awareness talk, for the residents of Mount Abu. The program was organized at local Gurudwara where 100 people participated in the event. Fasting and PP blood test was conducted for 80 people along with body composition monitoring. Breakfast was provided to the participants by the Gurudwara committee and local lions Club of Mount Abu facilitated the event.



In his awareness talk Dr. Shrimant Sahu said that the diabetics are extremely sensitive to the risk of complications. "Diabetics face much higher risk of heart, kidney and nerve related complications than normal person. In 50% diabetics, complications set in even before the disease gets diagnosed, he added.

# PATIENT'S Stories



**D**hires 10 year old male child was escorted by his father to one of the General Surgery camps organized in a remote village of district Sirohi. He was very weak, fatigued and was struggling to thrive. He showed signs of malnourishment, stunted growth and had not walked on his feet for last 4 years! His abdomen was distended and he was suffering from loose motion. His father is a wood cutter and can hardly make both ends meet for his family. With assurance of free treatment; Dhires was referred to our pediatrician at base hospital.

Our pediatrician Dr. Pankaj Gupta admitted him and immediately started the treatment. He was put on oxygen as he could hardly breathe and blood transfusion (PCV) was started. On History, clinical examination and investigation diagnosis of malabsorption syndrome with severe anemia and osteopenia with multiple bone fracture with koch's infection (TB).

According to Dr. Pankaj Gupta carbohydrate, fat, or protein mal absorption is caused by a disorder in the intestinal processes of digestion, transport, or both of these nutrients across the intestinal mucosa into the systemic circulation. Either a congenital abnormality in the digestive or absorptive processes or, more commonly, a secondarily acquired disorder of such processes may result in malabsorption.

As his X RAY showed severe osteopenia with multiple fractures in both upper and lower limbs, his fracture was reduced and fixed by POP Plaster. Along with other medication and nutritional diet (Gluten & lactose Free -wheat and jowar ) , treatment for tuberculosis was started after the test for TB returned positive.

He had started accepting feed orally, his symptoms decreased, he started bearing weight and his general look improved. He became stable hemodynamically and was discharged after 1 month on oral nutritional support with anti-tubercular drugs. At the end of three months treatment, Dhires could walk without support and he showed satisfactory improvement in his overall condition.

Thanks to the anonymous donor we could treat Dhires from our juvenile patient's fund.



## STORIES OF SUCCESS



# New services **PAIN MANAGEMENT CLINIC**

## Pain Management Clinic

**T**he most common symptom in the world is 'Pain'. We all experience pain to greater or lesser degree at various point of our lives. Whether long lasting or recently developed, pain can interfere with the quality of your life, restricting activity and even causing you to become depressed.

Algo logy, a science of pain management is a new specialty of medicine. An algologist ( pain specialist) deals with all kinds of pain. Global Hospitals Radha Mohan Mehrotra Trauma Centre now offers pain management. This pain management clinic is dedicated to the management of pain based on comprehensive approach to each patient's individual needs. The patient may suffer from different kinds of acute or chronic pain conditions like headache, facial pain, low back pain, shoulder pain, neck pain, joint pain etc. due to variety of disease like migraine, trigeminal neuralgia, arthritis, slipped disc, spondylosis, cancer etc. Our pain physician Dr. Rahul Lakhotia is an Anesthesiologist, with additional training and experience in the advanced techniques of pain relief. He uses image-guided interventional procedures to block pain signals.

At RMM GHTC Pain Clinic, your therapy plan will be tailored as per your specific needs, circumstances and preferences. The schedule of treatment depends upon how chronic the pain is. That is, how many pain generators are identified and the tolerability along with the general physical condition of the patient. However each care is individualized and admission generally is not required as the patient stays for 2-3 hrs post procedure and then is discharged. However there are some procedures where patient needs to be kept under observation for 1 day.

If the pain treatment you have tried so far doesn't provide relief, our pain clinic may help you. Our goal is to help you to decrease your level of pain and suffering, to help you return to your maximum level of functioning and independence, and to help you restore your quality of life.

For appointments please contact:

**R M Mehrotra** Global Hospital Trauma Centre,

**Abu Road** on Phone 02974-228600 and

ask for **Dr Rahul Lakhotia** or email [rahullax2007@rediffmail.com](mailto:rahullax2007@rediffmail.com)

## SPIRITUAL HEALTH

The Wisdom and Words of **Dadi Janki** (from Companion of God)

“**GOOD** SPIRITUAL HEALTH  
Means I Am Free From  
**DISEASES** OF THE SPIRIT  
No Traces Of Negativity Remain  
All Obstacle Have Been Overcome My  
**FACE** SPARKLES WITH  
**HAPPINESS**”

“**GOOD** SPIRITUAL HEALTH  
comes from a healthy spiritual birth  
**BE BORN** to true self-the  
**Personality Of Purity**  
**BY REMEMBERING GOD,**  
**your eternal parent**”

## Announcement

Dates for Joint Surgery Programme: December 2011- 27, 28,29 & 30, January 2012- 19,20,21,22

For registration contact: Dr. Murlidhar Sharma: 09413240131