

Health for all

Reflections

Hans Hospital, Haridwar | Hans Hospital, Satpuli

OCTOBER 2024

WELCOME TO THE NOVEMBER EDITION OF OUR EMPLOYEE NEWSLETTER, * * *



As we enter the final stretch of the year, let's take a moment to appreciate all the hard work, growth, and achievements that have shaped our journey so far. This month, let's continue working together with the same passion and enthusiasm that defines our team. November is a time for reflection, collaboration, and looking forward to exciting opportunities. Together, let's make it another successful month as we head toward the year's end!

Here's to a productive and inspiring November!

Happy reading !



Contents



REFLECTIONS

October 2024

1. Operational & Clinical Highlights, Hans Hospital Haridwar
2. Operational & Clinical Highlights, Hans Hospital Satpuli
3. Patient Stories of Triumph
4. Employee Spotlight
5. Shining Stars
6. Community Engagement and Outreach
7. Life Beyond Work
8. Medical Facts and Trivia
9. Welcome Aboard
10. Upcoming Events : Save the Dates
11. Newsletter Contest



Operational & Clinical Highlights

Hans Hospital, Haridwar

17,257

TOTAL OPD

Ophthalmology : 15,776

ENT : 852

Internal Medicine : 388

General surgery : 90

Orthopedics : 151

1,368

SURGERIES

Ophthalmology Surgeries : 1,347

Orthopedics : 10

General surgery : 6

ENT Surgeries : 5

Hans Haridwar's 3 ENT surgeries performed at Satpuli. These surgeries are not added in Hans Haridwar surgeries.

99%

PHACO SURGERIES THIS MONTH & 1% SICS

43%

NEW PATIENT% THIS MONTH

Painless surgery has considerably impacted the patient experience.

54 minutes

STAY TIME OF APPOINTMENT PATIENTS IN THE HOSPITAL

1,772

OPTICAL DISPENSING THIS MONTH

54%

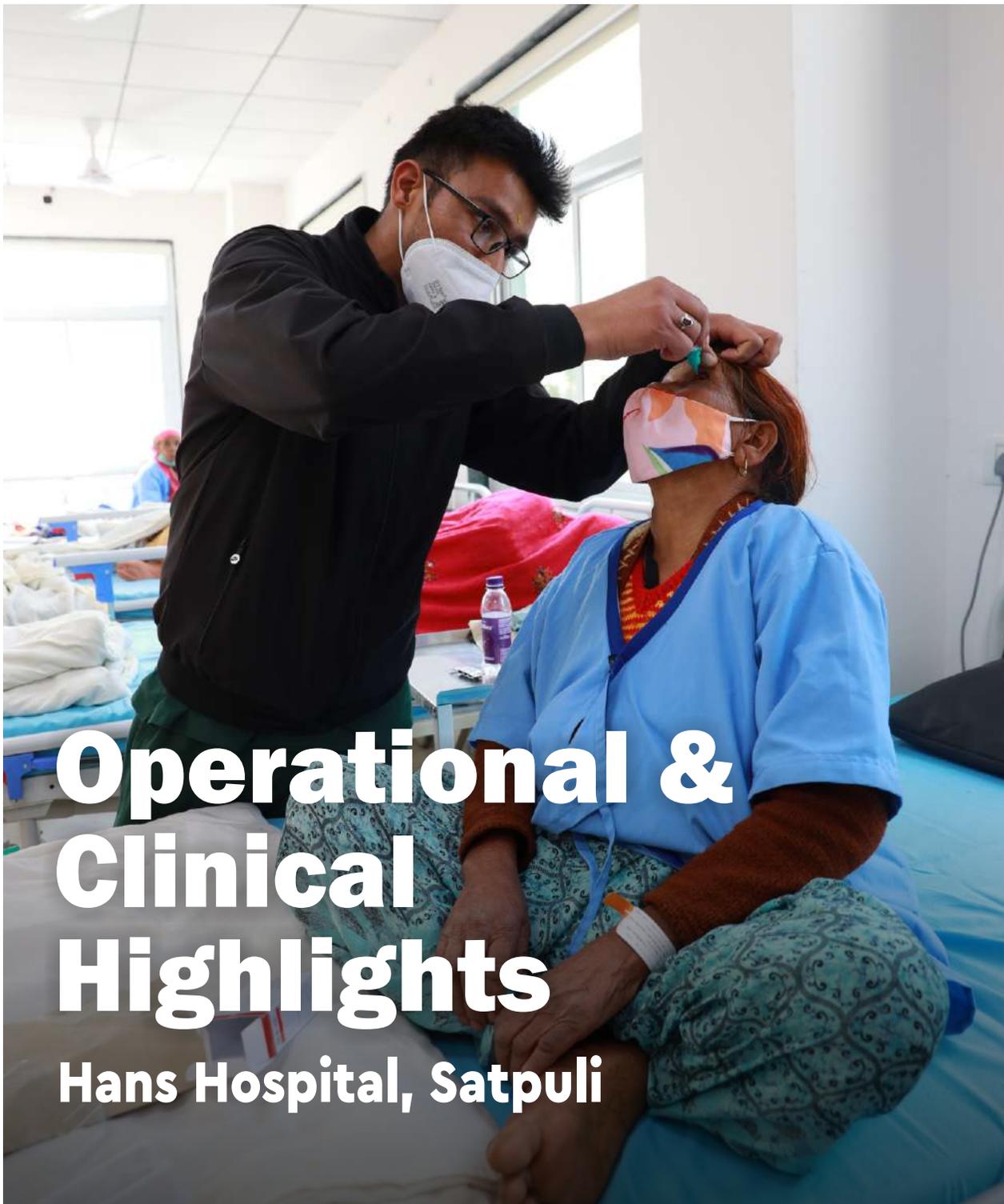
OPTICAL CONVERSION% THIS MONTH

9,747

PHARMACY DISPENSING THIS MONTH

56%

PHARMACY CONVERSION% THIS MONTH



Operational & Clinical Highlights

Hans Hospital, Satpuli

7,938

TOTAL OPD

Internal Medicine : 2134
Ophthalmology : 2911
General Surgery : 517
Orthopedics : 646
Obstetrics & Gyne : 242
Dental : 336
Pediatrics : 218
ENT : 478
Outreach : 456

1,011

SURGERIES

Ophthalmology : 875
General Surgery : 82
Orthopedics : 18
Obstetrics & Gyne : 19
ENT : 17

2,355

RADIOLOGY

X-Ray : 1,462
ULTRASOUND : 626
CT Scan : 267

36%

NEW PATIENT%
THIS MONTH

Painless surgery has considerably impacted the patient experience.

1,210

TOTAL ADMISSIONS

Ophthalmology : 910
General Surgery : 58
Internal Medicine : 149
Orthopedics : 27
Obstetrics & Gyne : 20
Pediatrics : 26
ENT : 20

280

EMERGENCY FOOTFALLS

196

DIALYSIS

8

TOTAL DELIVERIES



“Celebrating Milestones”

Milestones in Diagnostic and Surgical Services (Hans Hospital, Haridwar)

PATH LAB ACHIEVEMENTS

Record-Breaking Day (Oct 15): Our lab team reached an impressive milestone by successfully performing investigations for 180 patients in a single day, setting a new record and reinforcing our dedication to timely, high-quality healthcare.

New Hormone Analyzer (Oct 11): We welcomed the i-flash I200 hormone analyzer to our lab, initially set up for Thyroid profile, Vitamin D3, Anti-CCP, Total PSA, and PTH tests. Soon, we plan to expand its scope to include Vitamin B12, tumor markers, reproductive hormones, cardiac markers, and diabetes parameters.

RADIOLOGY SERVICES

X-ray Services Launch (Oct 6): X-ray services commenced, enhancing our diagnostic capabilities.

GENERAL SURGERY

Laparoscopic Surgeries Launch in Haridwar (Oct 22): We introduced laparoscopic surgery services, broadening our surgical offerings and providing advanced minimally invasive care to our patients in Haridwar.

Each milestone reflects our commitment to expanding and enhancing healthcare services for our patients and community.

Patient Story of Triumph

General Surgery - Hans Hospital, Haridwar

ABDOMINAL HYSTERECTOMY, UMBILICAL HERNIOPLASTY, OPEN CHOLECYSTECTOMY



On October 22, 2024, three patients—**Sadhna Devi ji (45)**, **Sushila ji (65)**, and **Guddi Devi ji (56)**—underwent successful surgeries at **The Hans Hospitals, Haridwar**, each addressing unique health challenges. **Sadhna ji** had a total **abdominal hysterectomy**, **Sushila ji** underwent an **umbilical hernioplasty**, and **Guddi ji** had an **open cholecystectomy**. Under the skilled care of surgeon **Dr. Vishnu Kant Pandey**, all three procedures went smoothly.

Today, after a period of careful monitoring and steady recovery, these women were discharged, ready to resume their lives, healthier and with a renewed sense of well-being. The team bid them farewell, celebrating yet another successful chapter in the hospital's dedication to patient care and recovery.

Patient Story of Triumph

Obstetrics and Gynaecology - Hans Hospital, Satpuli

BEGINNING OF A NEW LIFE



Parameshwari Devi, a 44-year-old woman from Shiladanda village in Block Dwarikhal, had been struggling for years with a debilitating health condition: abnormal uterine bleeding (A UB). Despite consulting multiple hospitals, her relief was temporary at best. On 18th October 2024, she arrived at Hans Foundation General Hospital Satpuli, where her journey toward lasting recovery finally began.

Upon her arrival in the Emergency Department, Parameshwari was initially assessed by Dr. Anshu Chamoli and the medical team. She was found to have a large uterine mass, with an ultrasound revealing a significantly enlarged uterus and a large fibroid. Additionally, she was severely anaemic, with a haemoglobin level of just 6 gm. Her condition required urgent intervention, so Dr. Chamoli admitted her to the hospital immediately. The team transfused two units of blood to stabilize her condition, and she was carefully monitored in the ICU.

After stabilizing her anemia, the team prepared her for a complex surgery on 28th October 2024. The surgical procedure, Total Laparoscopic Hysterectomy (TLH) with Bilateral Salpingo-Oophorectomy (BSO) and Bilateral Salpingectomy, was chosen as the best treatment approach. In this intricate, nearly five-hour-long procedure, Dr. Anshu Chamoli skillfully removed the massive 5 kg fibroid laparoscopically, even without the aid of a Marcellator machine. The surgery was successful, with no complications, marking a significant milestone in P atient's treatment journey.

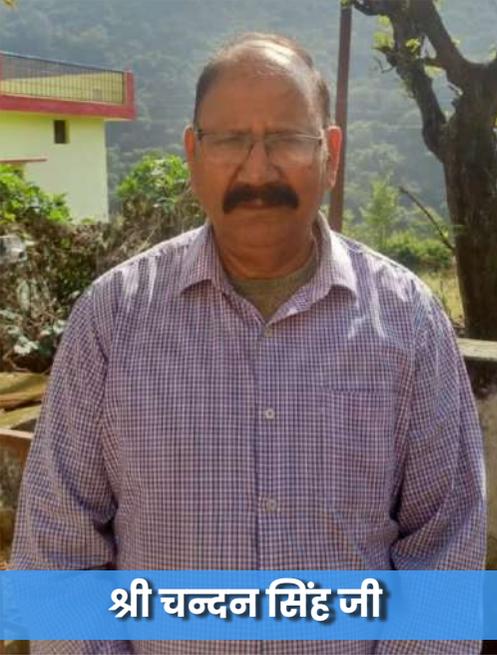
The surgery team included Anesthetist Dr. Pramila Cathrine and OT team members Sonu Gautam, Rahul, Vijay, Hemant, and Sheetal, who worked with precision and dedication to ensure P atient's comfort and safety throughout the procedure. Dr. Chamoli's surgical expertise, combined with the dedicated support of her team, brought a ray of hope for P arameshwari after years of distress.

Parameshwari devi's health is steadily improving, and her discharge is done on 5th December scheduled following post-operative observation. After years of suffering, her successful surgery at Hans Hospital has given her a new beginning, reinforcing her belief in healing and the compassionate care provided by the hospital's staff .

दिल्ली से सतपुली तक विश्वास का सफर

हंस हॉस्पिटल, सतपुली

ईएनटी सर्जरी



श्री चन्दन सिंह जी

दिल्ली निवासी श्री चन्दन सिंह अपने मित्र श्री कुंवर सिंह के साथ मरोड़ा गांव आए थे। कान की समस्या होने पर कुंवर सिंह, जो पहले हंस अस्पताल सतपुली में अपनी आंख का ऑपरेशन करवा चुके थे, उन्हें वहीं इलाज कराने की सलाह दी। अस्पताल में डॉक्टर राकेश रावत जी ने चन्दन सिंह जी का तुरंत परामर्श और उपचार किया।

चन्दन सिंह जी ने कहा, "दिल्ली में रहकर उग्र गुजार दी, लेकिन ऐसी सुविधाएं कभी नहीं देखीं। यहाँ का इलाज तुरंत और प्रभावी है। हम हंस अस्पताल की सेवाओं से बहुत संतुष्ट हैं और अपने परिचितों को भी यहाँ आने के लिए कहेंगे।"

नेत्र सर्जरी



श्री धर्म सिंह जी

दिल्ली के निवासी श्री धर्म सिंह जी को मोतियाबिंद की समस्या थी। उनके मित्र श्री कुंवर सिंह, जिन्होंने पहले हंस अस्पताल सतपुली में आँख का सफल ऑपरेशन करवाया था, उन्होंने उन्हें भी वहीं जाने की सलाह दी और अस्पताल की बेहतरीन सेवाओं का अनुभव साझा किया। इस पर धर्म सिंह जी 15 अक्टूबर 2024 को हंस अस्पताल पहुंचे और आँख की लेजर सर्जरी करवाई। अपने अनुभव के बारे में उन्होंने कहा, "यहाँ की सुविधाएं, डॉक्टर और स्टाफ सभी बेहतरीन हैं। मैं अपनी सर्जरी से पूरी तरह संतुष्ट हूँ और यहाँ आकर बहुत अच्छा महसूस कर रहा हूँ।"

Employee Spotlight

Recognizing Our Healthcare Heroes

Dr. Anshu Chamoli, (Obstetrics and gynaecology)

PROFESSIONAL JOURNEY

Dr. Anshu Chamoli began her medical journey at GMC, Haldwani. Her passion for surgery led her to achieve the 78th rank in the AIIMS PG exam, which paved the way for her to pursue an MD in Gynaecology from KGMC, Lucknow. Post-graduation, she gained valuable experience working at GTB Hospital and Safdarjung Hospital in Delhi. Dr. Chamoli further honed her skills with a fellowship in ART from Kiel, Germany, and is trained at the American Association of Gynaecologic Laparoscopists as a certified minimally invasive gynaecologic surgeon. This remarkable journey was driven by the determination and dreams of a schoolgirl from a very remote village in Uttarakhand who aspired to become a doctor and serve society from a young age.

WHY THIS CAREER

Dr. Chamoli's journey into medicine was inspired by her father, who envisioned her as a successful surgeon. Growing up in New Tehri, she was initially uncertain about her career path. However, her compassion, boldness, and desire to serve society led her to pursue a career in medicine.

PERSONAL FAVORITES

Dr. Chamoli enjoys home-cooked meals, especially chole rice and matar paneer, prepared with her mother's special touch.





WHAT SHE LOVES ABOUT THE HANS FOUNDATION

She admires The Hans Foundation's dedication to improving society, providing healthcare services to those in need, and extending healthcare facilities to the remotest parts of Uttarakhand.

FAMILY AND INSPIRATIONS

Dr. Chamoli draws inspiration from her family, including her mother, father, big brother, husband (an orthopaedic surgeon), and her sweet little son. Her father has always been a significant source of inspiration.

HOBBIES & INTERESTS

I enjoy traveling and exploring new places. It allows me to unwind and gain new experiences.

PROUDEST ACHIEVEMENT

One of Dr. Chamoli's proudest moments was performing a perimortem caesarean section, along with CPR, on a 30-year-old woman who was eight months pregnant and presented with bleeding PV in the ER at Safdarjung Hospital. The surgery was successful, and both the mother and the 1.3 kg baby survived.

Let's celebrate the incredible journey and achievements of Dr. Anshu Chamoli!



Shining Stars

October



Rahul Arya, a valued member of The Hans Foundation Eye Care's EC4 Counseling Department in Haridwar, has completed 5 years of service. He's known for his calm nature, strong work ethic, and adaptability. Rahul has impressed colleagues and patients with his dedication and people skills, making him a vital part of our team. He is always ready to help, and his friendly approach makes patients feel comfortable and cared for, ensuring they have a positive experience during their visits.



Vinod Singh Rawat, Deputy Manager in Ophthalmology OT at The Hans Foundation Hospitals, has been a cornerstone of the department since October 2018. His dedication and exceptional skills have significantly enhanced patient care and operational efficiency. His ability to manage complex situations with calm and precision has earned him immense respect from colleagues and patients alike. Vinod's proactive approach and tireless efforts continue to drive the hospital's mission of providing top-notch healthcare. His exemplary work ethic and compassionate care make him an invaluable asset to the hospital.

Congratulations to Rahul and Vinod for being chosen as our Shining Stars!



Rahul Arya
Ec4 Counselling
Hans Hospitals, Haridwar



VINOD SINGH RAWAT
OT
Hans Hospitals, Satpuli

Community Engagement and Outreach

Making a Difference Together

हंस क्लिनिक कोटद्वार

हंस क्लिनिक कोटद्वार की टीम लगातार वंचित और जरूरतमंद लोगों के बीच जाकर स्वास्थ्य सेवाओं का प्रचार-प्रसार कर रही है। टीम घर-घर जाकर लोगों को हंस क्लिनिक कोटद्वार में उपलब्ध स्वास्थ्य सुविधाओं के बारे में जागरूक कर रही है। इस अभियान के परिणामस्वरूप, 1 जुलाई से 31 अक्टूबर तक लगभग 500 लोगों को निशुल्क परामर्श प्रदान किया जा चुका है। इस जागरूकता अभियान से रोजाना ओपीडी में भी काफी बढ़ोतरी देखी जा रही है, जिससे ज्यादा से ज्यादा लोगों को स्वास्थ्य सेवाओं का लाभ मिल पा रहा है।



नयारघाटी सद्भावना हाफ मैराथन सतपुली में हंस अस्पताल का योगदान

सतपुली व्यापार मंडल और नगर पंचायत सतपुली द्वारा आयोजित नयारघाटी सद्भावना हाफ मैराथन का आयोजन, इस वर्ष भी 2 अक्टूबर 2024 को सफलता के साथ संपन्न हुआ। 2023 की तरह इस वर्ष भी हंस अस्पताल ने मैराथन में अपना महत्वपूर्ण योगदान दिया।

हंस अस्पताल ने मैराथन में शामिल 500 से अधिक बच्चों, महिलाओं और पुरुषों के लिए एम्बुलेंस, चिकित्सा सहायता, फल और पानी की व्यवस्था की। अस्पताल के प्रतिनिधि, जिनमें सतपाल सिंह, वीरेंद्र सिंह, सूरज नेगी, हीरालाल, नैन सिंह और उत्तम सिंह शामिल थे, ने मार्ग पर प्रतिभागियों को पानी पिलाने और फल वितरित करने के साथ-साथ चोटिल धावकों का उपचार भी किया।

व्यापार मंडल सतपुली और नगर पंचायत सतपुली ने हंस अस्पताल के इस अमूल्य सहयोग के लिए आभार व्यक्त किया और उन्हें स्मृति चिन्ह देकर सम्मानित किया।



Life Beyond Work

Hans Hospital, Haridwar

Nursing Team Enjoys Organizational Appreciation Dinner



On October 16th, the nursing team came together for a dinner outing, organized by the organization. This social evening allowed team members to unwind and strengthen their bonds outside of work, celebrating their dedication and teamwork.

Jyoti's Family Celebration and Temple Visit



Jyoti from the counseling department celebrated her daughter Advika's 2nd birthday with family and sought divine blessings at Laxman Sidh Temple. Wishing Advika a life filled with happiness, love, and prosperity.

Team Building and Divine Inspiration



On October 13, 2024, the Haridwar and Satpuli Kitchen team, including Himanshu (EC), Aman, Ashish, Sandeep (GH), and Naveen (lab-GH), visited Surkanda Devi Temple. This spiritual outing aimed to foster teamwork and divine inspiration.

Birthday Cheers for Nandini!



On October 30th, Nandini from EC4 had her birthday celebrated by colleagues, who surprised her with a thoughtful cake. It was a moment filled with joy and gratitude.

Laxmi's Family Celebration



Laxmi, a member of the nursing department, recently celebrated a milestone event with her loved ones - the 2nd birthday of her adorable child, Akahvi. Surrounded by family and filled

Ashima & Shubham's Wedding Celebration



Congratulations to Ashima from the HR department on her marriage to Shubham on October 12, 2024! We wish the happy couple a lifetime of love, happiness, and togetherness.

Meenakshi Celebrates Daughter's Birthday with Family



Meenakshi, from EC3 team, recently celebrated a significant milestone with her loved ones - the 7th birthday of her bright and lively daughter, Somakshi. On October 22, 2024, Meenakshi and her family gathered to mark this special day, filled with laughter, love, and cherished moments.

Manvender Celebrates Daughter's Birthday with Family



Happy birthday to Kritika, daughter of Manvender from SCM Department! Manvender and his family celebrated this special day on October 24, 2024, wishing Kritika a year filled with love, happiness, and accomplishments.

Life Beyond Work

Hans Hospital, Satpuli

Simran and Rahul's Beautiful Union



Simran Topal, a cherished member of our nursing staff, celebrated a beautiful beginning with Rahul Rawat as they tied the knot on October 15, 2024. Wishing the newlyweds a lifetime of love, happiness, and togetherness!

Neetu Dabral and Himanshu's Special Day



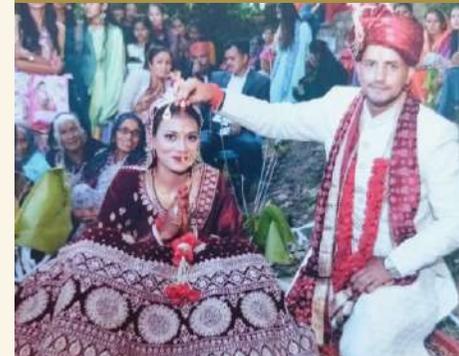
Neetu Dabral from our nursing department began a new chapter with Himanshu, exchanging vows on October 12, 2024. Wishing the lovely couple a lifetime of joy, health, and harmony!

Gaurav and Suman's Anniversary Celebration



Gaurav and Suman from nursing staff celebrated their wedding anniversary on October 24 with a mountain getaway, surrounded by the beauty of nature. Here's to many more years of love and happiness!

Archana Negi's Joyous Wedding



Congratulations to Archana Negi from our nursing team, who got married on October 12, 2024! May her life ahead be filled with love and prosperity as she embarks on this wonderful journey.

These beautiful moments within our nursing team remind us of the love and joy that connect us all. Congratulations to each of them!

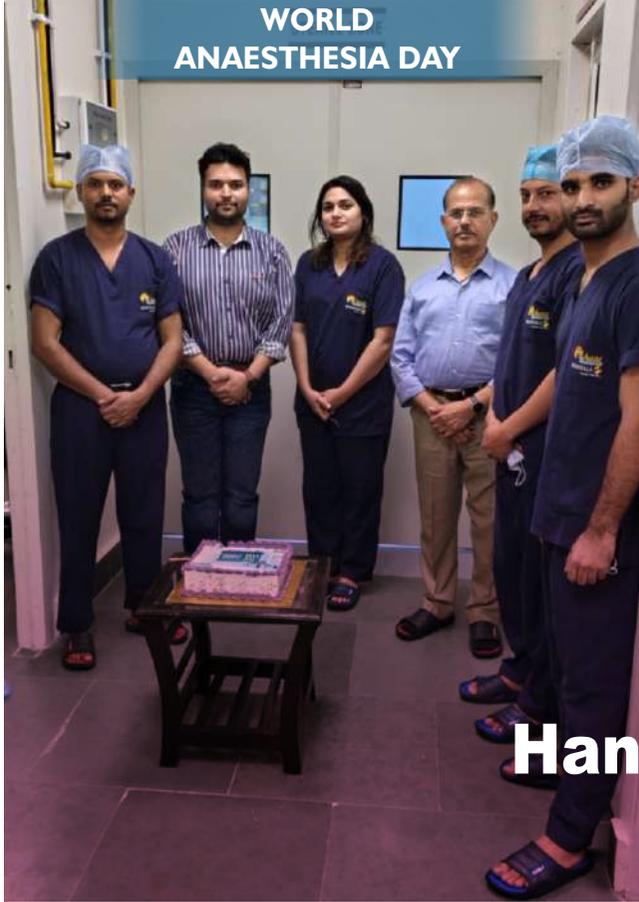


NAVRATRI & DANDIYA CELEBRATION
Hans Hospital, Haridwar & Satpuli



HAPPY INTERNATIONAL CHEFS DAY

WORLD ANAESTHESIA DAY



KARWA CHAOUTH EVENT

DIWALI CELEBRATION



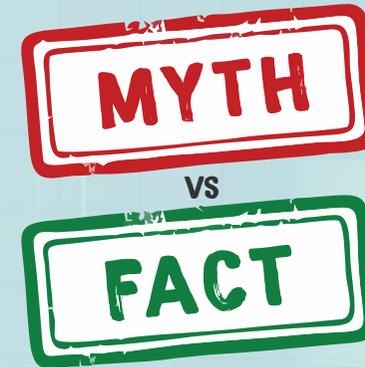
Hans Hospital, Haridwar & Satpuli



Medical Facts and Trivia :

DO YOU KNOW ?

1. Your **THYMUS** plays a big role in your immune system by producing **T-CELLS**, the warriors defending you against illness.
2. Your brain contains around **86 TO 100 BILLION NEURONS**, making it the command center of every thought and feeling you have!
3. You have about **650 MUSCLES** working together to help you **MOVE, STAY STABLE, & FUNCTION EVERY DAY**.
4. The space between your eyebrows is called the **GLABELLA**.
5. About **70%** of your **IMMUNE SYSTEM** is housed in your **GUT**—so keep it healthy for better immunity!
6. The **URINARY SYSTEM DOESN'T JUST DISPOSE OF WASTE**—it also helps keep fluids, electrolytes, and pH levels balanced in your body.
7. Your blood travels about **12,000 MILES EVERY DAY**. That's nearly half the Earth's circumference!
8. An average person walks around **100,000 MILES** in their lifetime—that's like walking around the world four times!



MYTH

X-rays are only needed after severe trauma or injury

FACT

X-rays are used for many conditions beyond trauma, such as chronic pain, dental issues, and chest conditions, making them a versatile diagnostic tool.

WELCOME ABOARD

Hans Hospital, Satpuli & Hans Hospital, Haridwar

NEW JOINEE



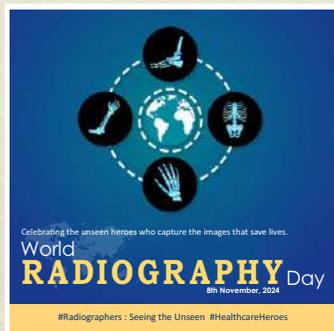
Varsha Kandari
Nursing
Hans Hospital, Satpuli



Neeraj Kumar
Ophthalmology
Hans Hospital, Satpuli

Upcoming Events : Save the Dates

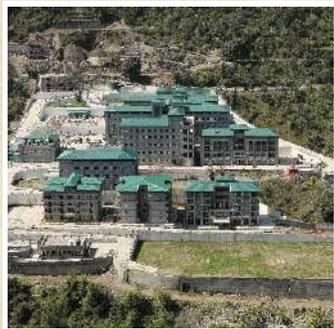
Hans Hospital, Satpuli & Hans Hospital, Haridwar



World Radiography Day, observed on November 8th, raises awareness about the importance of radiography in healthcare. It highlights the role of radiographers in diagnosing and treating patients effectively. We will honor our radiology team with a small gathering and recognition ceremony. The staff will also take this opportunity to educate patients and their families about the importance of radiology in diagnosing and treating health conditions.



Uttarakhand was founded on November 9, 2000. Uttarakhand is known as "Dev Bhumi," or "Land of Gods." Uttarakhand Foundation Day was observed on November 19th. Initially known as Uttaranchal, the state's name was formally changed to Uttarakhand in 2007. We will organize an event within the hospital, including music, dance, and traditional food, bringing staff, patients, and attendants together.



On November 10th, Hans Hospital, Satpuli will celebrate its 7th Foundation Day, marking years of dedication to quality healthcare. This event honors our commitment to serving the community and improving



Children's Day, celebrated on November 14th in India, honors the birth anniversary of Pandit Jawaharlal Nehru. It focuses on children's rights, education, and overall well-being, promoting their happiness & development. We will organize fun activities for children in the hospital, including games, music, and a special treat for pediatric patients/attendants.



International Men's Day, observed on November 19th, celebrates men's contributions to society. We will organize a special fun and engaging event to celebrate International Men's Day for all the men of the organization.

Newsletter Contest

It's an opportunity for employees who're reading this newsletter to answer the questions below and win interesting prizes.

- Q1. What surgeries did Sadhna Devi ji, Sushila ji, and Guddi Devi ji undergo on October 22, 2024, at The Hans Hospitals, Haridwar ?
- Q2. What new equipment was introduced at Hans Hospital, Haridwar Path Lab on October 11, 2024 ?
- Q3. On which date did the nursing team have a dinner outing to celebrate their dedication and teamwork ?
- Q4. Name the 2 shining stars of this month ?
- Q5. What surgery did Parameshwari Devi undergo on 28th October 2024 at Hans Foundation General Hospital Satpuli, and who performed the procedure?
- Q6. What event did Hans Hospital, Satpuli contribute to on 2nd October 2024 ?
- Q7. What surgery did Dr. Anshu Chamoli perform on a 30-year-old pregnant woman at Safdarjung Hospital?
- Q8. Which departments contributed the minimum and maximum OPD's in October in Satpuli ?
- Q9. How many pharmacy dispensings were recorded at Hans Hospital Haridwar in October ?
- Q10. How many muscles work together in your body to help you move, stay stable, and function every day ?

Send your answers to Ankita Khamba via-

Email: ankita.khamba@thfhospitals.org

WhatsApp: 73109 59029

The first two correct entries will be selected as the winners.

The winners will be announced the day after Reflections is published.



Winner of the last month newsletter contest - **Heena Arora (Ec3 Counselling) Haridwar**

CONTEST

“

thank you!

Remember, this newsletter is a platform for us to connect, share, and celebrate the amazing work we do every day. If you have any suggestions, stories, or updates you'd like to see featured in future editions, please reach out to the newsletter team.

Thank you for your continued dedication and hard work. Together, we make a difference in the lives of our patients and our community.

Wishing you a fantastic November!

Best regards,

Garima Tripathi
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Ankita Khamba
Ankita.khamba@thfhospitals.org

Vinit Jain
Vinit.jain@thfhospitals.org

