



REFLECTIONS

2023

**HANS NETRALAYA, HARIDWAR
&
THE HANS FOUNDATION GENERAL HOSPITAL, SATPULI**



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November 2023 | Health for all

EC-HARIDWAR HIGHLIGHTS

645 ✓
Surgeries
EC Haridwar's surgeries performed at GH - 292

95% ✓ PHACO surgeries
this month & 5% SICS
Painless surgery has considerably impacted the patient experience.

97% ✓
Same day surgeries
Painless surgery has considerably impacted the patient experience.

10,263 ✓
OPD Numbers

43% ✓
New patient%
this month

36 minutes ✓
Stay time of appointment patients in the hospital

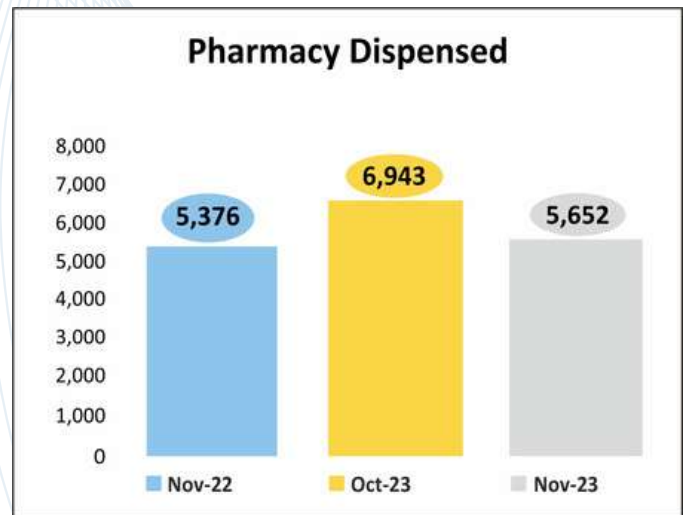
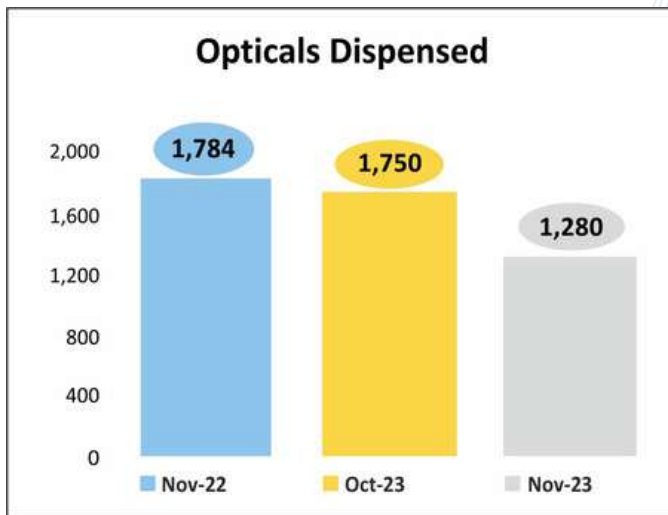
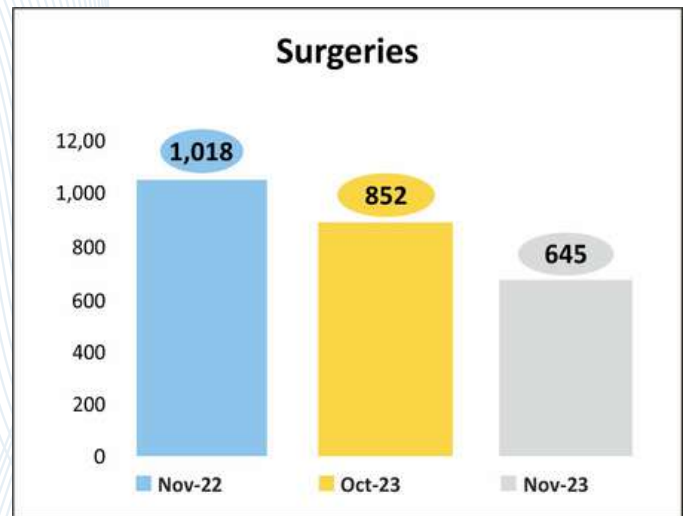
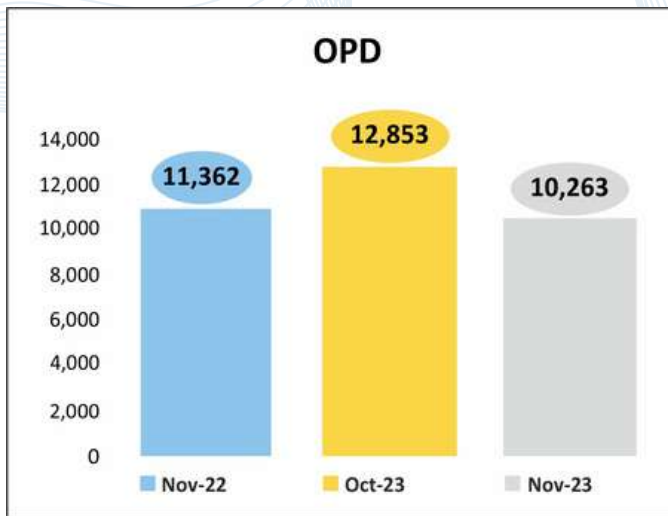
5,652 ✓
Pharmacy dispensing this month

60% ✓
Pharmacy conversion% this month

1,280 ✓
Optical dispensed this month

56% ✓
Optical conversion% this month

DATA SNAPSHOT OF EC-HARIDWAR





November 2023 | Health for all

GH-SATPULI HIGHLIGHTS

9,521 ✓
Total OPD

2,823 ✓
Radiology

CT-Scan : 281
X-Ray : 2,232
Ultrasound : 310

1,253 ✓
Total Surgeries

Ophthalmology : 1,082
Orthopedics : 17
General Surgery : 111
Obstetrics & Gynaecology : 12
ENT : 31

164 ✓
Dialysis

232 ✓
Emergency Footfalls

1,861 ✓
Total Admissions

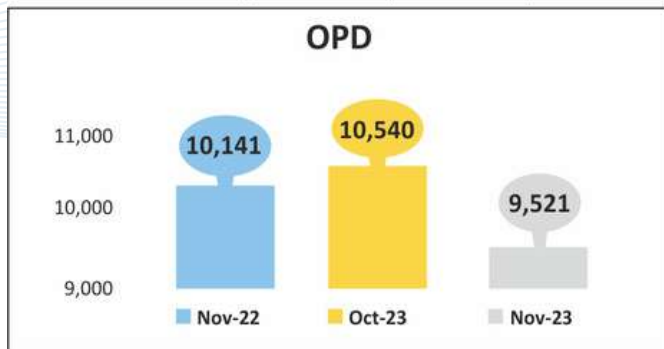
Ophthalmology : 1,507
Internal Medicine : 96
Orthopedics : 50
General Surgery : 124
Obstetrics Gynaecology : 23
Pediatrics : 15
ENT : 46

50% ✓
New Patient % this month

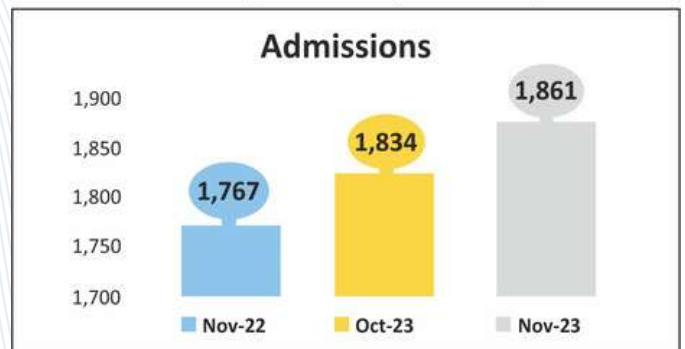
12 ✓
Total Deliveries

DATA SNAPSHOT OF GH-SATPULI

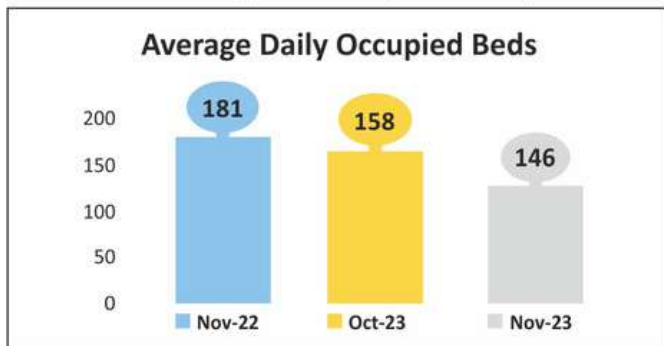
Month	Nov-22	Oct-23	Nov-23
OPD	10,141	10,540	9,521



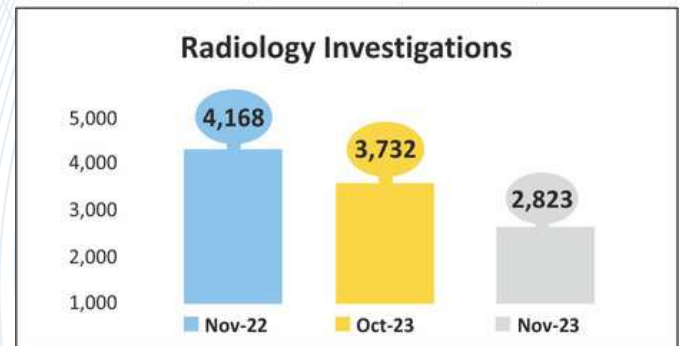
Month	Nov-22	Oct-23	Nov-23
Admissions	1,767	1,834	1,861



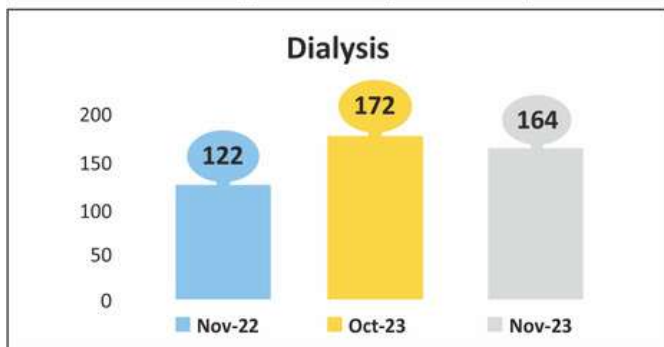
Month	Nov-22	Oct-23	Nov-23
Average Daily Occupied Beds	181	158	146



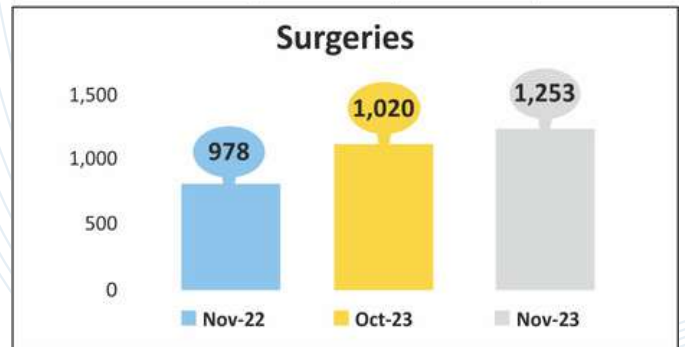
Month	Nov-22	Oct-23	Nov-23
Radiology Investigations	4,168	3,732	2,823



Month	Nov-22	Oct-23	Nov-23
Dialysis	122	172	164



Month	Nov-22	Oct-23	Nov-23
Surgeries	978	1,020	1,253



CLINICAL EXCELLENCE

GH-हंस अस्पताल, सतपुली



सर्जरी के दौरान की स्थिति



सर्जरी के बाद की स्थिति

पहली सर्जरी: SPLENECTOMY + LIGATION OF BLEEDERS

दूसरी सर्जरी: LAPAROTOMY WITH CONTROL OF BLEEDING

अनिरुद्ध सड़क पर खड़ी बाइक पर बैठा था और बाइक खाई में गिर गई जिससे अनुरिद्ध को गंभीर चोटें आयी। 11 नवंबर को उन्हें रात 9:30 बजे सतपुली के हंस जनरल अस्पताल की इमरजेंसी में लाया गया। डॉ. मयंक (जनरल सर्जन) ने मरीज की जाँच की और सिटी स्कैन किया, जिसमें पता चला कि अनिरुद्ध की तिल्ली फट गई है, जिससे गंभीर रक्त हानि हुई है। तिल्ली /spleen पेट में स्थित एक अंग जो पुरानी लाल रक्त कोशिकाओं को नष्ट करने का कार्य करता है तथा रक्त का संचित भंडार भी है।

डॉ. मयंक (जनरल सर्जन) ने मरीज को उसकी फटी हुई रक्त धमनियों को जोड़ने के लिए आपातकालीन स्पीलेनेक्टॉमी सर्जरी कराने का सुझाव दिया। उनका पहला ऑपरेशन रात 1:25 बजे डॉ. मयंक (जनरल सर्जन), एनेस्थेसिस्ट डॉ. कैथरीन और ओटी टीम (राहुल, विजय और शीतल) द्वारा किया गया, लेकिन पेशेंट का खून फिर भी नहीं रुका, इसलिए डॉ. मयंक द्वारा तभी दूसरी सर्जरी की गई। मरीज को सात यूनिट रक्त और आठ यूनिट एफएफपी (प्लाज्मा) चढ़ाया गया। टीम ने लगातार तीन-तीन घंटे तक चली दो गंभीर सर्जरी की। वार्ड में शिफ्ट करने से पहले मरीज को कुछ दिनों तक आईसीयू में इंटेनसिविस्ट की देखरेख में रखा गया। मरीज अब खतरे से बाहर है और 12 दिनों की निगरानी में रखने के बाद उसे अस्पताल से डिस्चार्ज दे दिया गया है।

EC-हंस नेत्रालय बहादुराबाद



सर्जरी से पहले की स्थिति

सर्जरी के बाद की स्थिति

सर्जरी: EVICERATION WITH IMPLANT

हंस नेत्रालय, बहादुराबाद हरिद्वार में एक 22 वर्षीय महिला दाहिनी आँख में दर्द की शिकायत लेकर पहुंची। डॉ. स्नेहा द्वारा पेशेंट की जाँच करने पर पाया गया की पेशेंट की आँख की रोशनी वापिस की कोई संभावना नहीं है। इस समस्या को "पीथीसिस बुलबी विद ए पेनफुल ब्लाइंड आई" कहा जाता है। अतः डॉ. स्नेहा ने पेशेंट को प्रभावित आँख निकलवा कर, उसकी जगह पर कृत्रिम आँख लगाने की सलाह दी।

डॉ. स्नेहा ने पहले सर्जरी करके उनकी दाहिनी आँख निकाली। तथा एक महीने बाद, कृत्रिम आँख प्रत्यारोपित की गई। प्रत्येक सर्जरी में 30-30 मिनट का समय लगा और इसे लोकल एनेस्थीसिया के साथ किया गया। सर्जरी के बाद मरीज स्वस्थ है और अब अपने व्यक्तित्व में आए बदलाव से खुश व संतुष्ट है।

KNOW YOUR COLLEAGUE



MAHIPAL SINGH NEGI

Nursing Incharge
GH-Satpuli

Date of birth :

12th June

Favourite food :

Aloo paratha

Favourite getaway place :

I like to travel all the places in Uttarakhand

What do you like the most about THFH ?

I like the atmosphere of the organization. My colleagues and seniors have always been very supportive.

Please tell us something about your family ?

In my family, I have a wife whose name is Aarti Negi and two children namely Abhishek negi and Anmol negi. Abhishek is 14 years old and studying in class 9th and Anmol is 9 years old and studying in class 4th.

Which is your favorite past time ?

I love vlogging when I have free time.

How has been your professional journey till now ?

After completion of my nursing degree, my professional journey started in June 2018 when I joined Hans foundation general hospital as nursing staff.

Why did you choose this career?

I discussed with few friends and seniors of mine and found that there is good scope in nursing profession so I opted to pursue it.

Who is your source of inspiration & role model ?

My mother is my role model.

Any one proud moment of your Life ?

I feel so proud and thankful to God whenever I get any chance to help needy people. I consider myself blessed.



EMPLOYEE CORNER

"DOUBLE THE JOY: RAKESH SINGH AND SWATI RAWAT CELEBRATE THE ARRIVAL OF THEIR LITTLE ONES!"

Rakesh Singh, staff nurse from the Ophthalmology department, has been blessed with a baby boy. The joyous occasion was celebrated with a heartwarming naming ceremony, where family and loved ones gathered to shower their blessings on the little one. Swati Rawat from the General Ward also welcomed a baby girl into their lives. Congratulations to both Rakesh Singh and Swati Rawat on their wonderful blessings!



"BEENA AND SACHIN, DEEPAK AND NIKITA TIE THE KNOT!"



Beena (NICU Department) tied the knot with Mr. Sachin, and Deepak Negi (SICU Department) exchanged vows with Ms. Nikita Negi on the 23rd of November. It's such a happy occasion, filled with love and happiness. Congratulations to both couples on their beautiful weddings!

"MEENU, SHIVANI, JYOTI, AND RITIKA'S DAY OF FUN AND ADVENTURE!"



Geriatric ward nursing staff recently enjoyed a refreshing outing to badkholu Jhula Pul, a picture squee location that provided them a much-needed break from their demanding roles in the Hospital.

"A DAY OF LOVE AND CELEBRATION: VIJAY SINGH TIES THE KNOT WITH ALL STAFF IN ATTENDANCE!"



Vijay Singh (Outreach Team) recently got married on the 19th of November, and what made it even more special is that all staff attended his marriage. Congratulations to Vijay Singh on this special milestone in his life!

"ANKIT KOTNALA AND ANJALI SHARMA GET ENGAGED ON THE SAME DAY!"



Ankit Kotnala (General Ward) & Anjali Sharma (ICU) got engaged, the 15th of November. It must have been such a special and memorable day for both of them. Congratulations to the lovely couple on their engagement!

EMPLOYEE CORNER

DOUBLE JOY: AMIT WELCOMES A BABY GIRL AND ARVIND CELEBRATES THE ARRIVAL OF A BABY BOY!



Amit has been blessed with a baby girl and Arvind with a baby boy. It's such a joyous occasion for both families. Wishing them a lifetime of happiness and love with their new additions! 🎉

A BEAUTIFUL UNION: RUCHI (OPTOM) AND SONAM (HR) BEGIN THEIR JOURNEY AS NEWLYWEDS!



Ruchi (Optom) and Sonam (HR) tied the knot this month! It's such a cheerful occasion, Sending them warmest congratulations to the newlyweds as they embark on this wonderful journey together. May their marriage be filled with happiness, understanding, and endless love!

"DOUBLE CELEBRATIONS: VARSHA GAUNIYAL AND DEEPIKA FROM QUALITY DEPARTMENT SHARE THE JOY OF SIBLING MARRIAGES.



Varsha Gauniyal (Quality department) celebrated her brother's marriage, and Deepika (Quality department) celebrated her sister's marriage this month! It's such a delightful occasion when families come together to celebrate love and new beginnings. Sending warmest wishes to Varsha, Deepika, and their families.

EMPLOYEE CORNER



"PUNEETA'S BIRTHDAY BASH: CELEBRATING WITH COLLEAGUES AND FAMILY."

Puneeta (Optom department) had an amazing birthday celebration with her colleagues and family! Wishing Puneeta a happy birthday filled with joy, love, and all the good things life has to offer!



"A CELEBRATION OF LOVE: NANDANI MARKS 7TH WEDDING ANNIVERSARY WITH FAMILY!"

Nandani (Patient Care department) is celebrating her 7th wedding anniversary with her family! Sending warmest wishes to Nandini & her family as they mark this beautiful milestone.

ADVENTURES A BOUND: PULKIT EXPLORES BADRINATH AND HEENA EMBARKS ON A FAMILY TRIP TO MUSSOORIE!



Pulkit from (Optom department) had an amazing trip to Badrinath, and Heena (EC2) had a fantastic family getaway to Mussoorie! We hope they had a blast exploring these beautiful places and creating unforgettable memories. It's always great to take some time off and enjoy the wonders of nature.

"AN AUSPICIOUS CELEBRATION: PRIYANKA, UDAY, DEEPRAKASH DELIGHTS IN CHATT PUJA FESTIVITIES WITH FAMILIES".



Priyanka Uday Deeprakash (Patient Care department) celebrated Chatt Puja with their family! Chatt Puja is a significant festival celebrated in the Indian states of Bihar, Jharkhand, and Uttar Pradesh, where devotees worship the Sun God and seek blessings for the well-being and prosperity of their families. It's a time of joy, devotion, and togetherness.

मेहनती एवम् समर्पित

THF GH समुदाय आउटरीच टीम



दायें से बाएँ

प्रसांत जुगाड़, सन्तोष कुमार, दीपक गुसाई, राणा सिंह, अतुल कुमार, रबेन्द्र नेगी, प्रदीप रावत,
हिमांशु गुसाई, अमित रावत, प्रवीन ककतवान, मुकेश नेगी तथा शैलेश ठाकुर

RECOGNITION

Congratulations!

Employee of the month (GH & EC)



VIJAY DARSHAN
GH - Nursing

In April 2022, Vijay began working as a senior ICU nurse at THF-GH. In June 2023, he was moved to OT due to his extensive expertise in other departments. Vijay has demonstrated his value and his contribution to the organization by giving the best to his work. He is an avid guitarist and singer who enjoys listening to vintage music most of the time.



MEENAKSHI GOSWAMI
EC - Counselling

Meenakshi Goswami joined Hans Foundation Eye Care in December 2022 as a Senior Executive in the Counselling department. To meet prevailing organizational needs, she was transferred to the EC3 outreach team on October 23. Meenakshi is an outgoing lady who relishes helping and caring the patients who come here for treatment in the best possible manner. She enjoys listening to music and acting in her spare time.

We congratulate them both for being recognized as Employee of the month and wish them all success in life.

RECOGNITION

Congratulations!

Most Groomed Employee (GH & EC)



SHIVANI
GH - Nursing



SURENDRA DHIMAN
EC - OPD Management

Most Punctual Staff (GH & EC)



SONALI RAWAT
GH - Nursing



MANVENDRA SINGH NEGI
EC - SCM

INTERNAL TRANSFERS & NEW JOINEES

INTERNAL TRANSFER FROM GH TO EC

INTERNAL TRANSFER FROM EC TO GH



SARABJIT
EC-Lab



DINESH RAWAT
EC-Lab



PAWAN
EC-SCM



ANIL SHARMA
GH-SCM

NEW JOINEES - WELCOME TO OUR TEAM



MAHIMA SHANDILYA
GH-Medical Officer (Camp)



DR ANUBHA AGARWAL
EC-Medical Quality



NEERAJ JOSHI
GH-HR



SUBHAJIT ROY
GH-HR

CELEBRATIONS

10th November, 2023

6th Anniversary of GH-Satpuli



GH-Satpuli

19th November, 2023

International Men's Day



GH-Satpuli



EC-Haridwar

CELEBRATIONS

12th November, 2023

Diwali Celebration - Decoration & Rangoli Competition in EC-Haridwar



12th November, 2023

Diwali Celebration - Rangoli Competition in GH-Satpuli



MEDICAL QUIZ

Check your Medical Trivia

1. Which organ filters waste products from the blood?

- a Liver
- b Kidney
- c Spleen
- d Stomach

2. Which part of the brain controls balance and coordination?

- a Cerebrum
- b Cerebellum
- c Medulla oblongata
- d Hypothalamus

3. Which of the following is responsible for the production of antibodies?

- a Red blood cells
- b White blood cells
- c Platelets
- d Plasma

4. What is the longest bone in the human body ?

- a Collarbone (clavicle)
- b Shinbone (tibia)
- c Thighbone (femur)
- d Spine

5. Which type of Joint in your thumb joint ?

- a Glide
- b Hinge
- c Ball and socket
- d Saddle

6. Which of these muscles is the strongest?

- a Buttocks (gluteus maximus)
- b Hamstrings (back of the thigh)
- c Upper arm (biceps)
- d Jaw (masseter)

7. Where in the body are new blood cells made ?

- a The heart
- b Bones
- c The brain
- d The liver

8. How long do kidneys take to clean all the blood in your body ?

- a 24 hours
- b Under an hour
- c Two hours
- d A minute

9. What is the normal body temperature in Celsius?

- a 32-36°C
- b 36-38°C
- c 38-40°C
- d 40-42°C

1. b 2. b 3. b 4. c 5. d 6. d 7. b 8. b 9. b

DO YOU KNOW ?

OUR NOSE IS OUR PERSONAL
AIR-CONDITIONING SYSTEM:



**IT WARMS COLD AIR,
COOLS HOT AIR
AND
FILTERS IMPURITIES.**



परम पूजनीय श्री भोले जी महाराज
करुणामयी माताश्री मंगला जी

सेवा तथा देखभाल की

6^{वीं}

वर्षगाँठ

