

Reflections

HANS NETRALAYA - SATPULI, HARIDWAR



Happy
**NEW
YEAR**
2022

Hello January!



A YEAR FROM NOW
YOU 'LL BE GLAD YOU
STARTED TODAY



THFH VALUES

" We, as an organization, are committed to providing solutions that improve patient outcomes and experience. As one common team, with one collaborative vision, we are committed to these Core Values and behaviors "

1. Empathy
2. Unquestionable Integrity
3. Mutual Respect
4. Team Work
5. Action Orientation



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EC- HARIDWAR Highlights

- We did 711 surgeries this month.
- 94% PHACO surgeries this month and 6% SICS.
Painless surgery has considerably impacted the patient experience.
- OPD numbers this month : 9982
- New Patients % this month : 49%
- Stay time of surgery patients in the Hospital : 04 hrs 27 minutes.
- Stay time of appointment patients in the Hospital : 25 minutes.
- 96% Day care surgeries.
Patient walked in for OPD Consultation and also got eye surgery on the same day.
- Pharmacy dispensing this month : 5148
- Pharmacy conversion % this month : 60%
- Optical dispensed this month : 1481
- Optical conversion % this month : 72%



GH-EC Highlights

- We did 370 surgeries this month.
- 93% PHACO surgeries this month and 7% SICS.
Painless surgery has considerably impacted the patient experience.
- OPD numbers this month : 1090
- New Patients % this month : 93%
- We did 40 outreach clinics this month
- We did 2812 outreach clinics this month
- Pharmacy dispensing this month : 687
- Optical dispensed this month : 344



Visual Outcomes of Cataract Patients



Assessing surgery outcomes is an important aspect of Quality of Care to the patient. As a part of our ethos this also gives us an overview of our Clinical expertise.

1376 Cataract Surgeries together in GH and EC showed following results :

EC- Haridwar Cataract outcomes-November-2021		
Perfect Vision	242	33%
Good vision with WHO	697	95%
Poor vision	1	0%
GVP with poor vision	27	4%
Lost to follow up (Not came for follow up)	5	1%
Child	0	0%
Total	730	100%

GH Cataract outcomes-November-2021		
Perfect Vision	151	26%
Good vision	403	70%
Poor vision	3	1%
GVP with poor vision	3	1%
Lost to follow up (Not came for follow up)	14	2%
Total	574	100%

Datsnapshot of EC-Haridwar

OPD



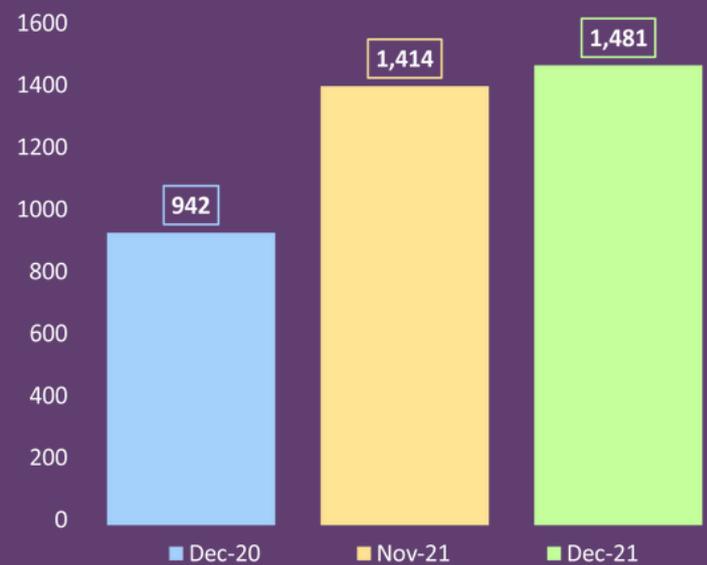
Surgery



Pharmacy



Optical



Datsnapshot of GH-EC

OPD



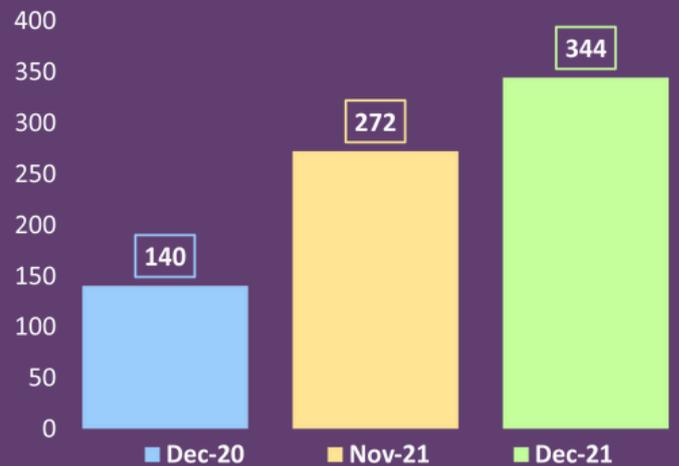
Surgery



Pharmacy



Optical



The Why and How of Procedure

What is it ?

The YAG laser is the laser used to clear the frosting from the back surface of an intraocular lens.

How long does it take:

YAG laser treatment is painless and is completed from outside the eye in a few minutes.

Procedure :

During YAG laser treatment your eye doctor may use a magnifying contact lens to help with aiming the YAG laser at the layer of frosting. During the treatment patients will see flashes of light and hear a clicking sound.

Preparation :

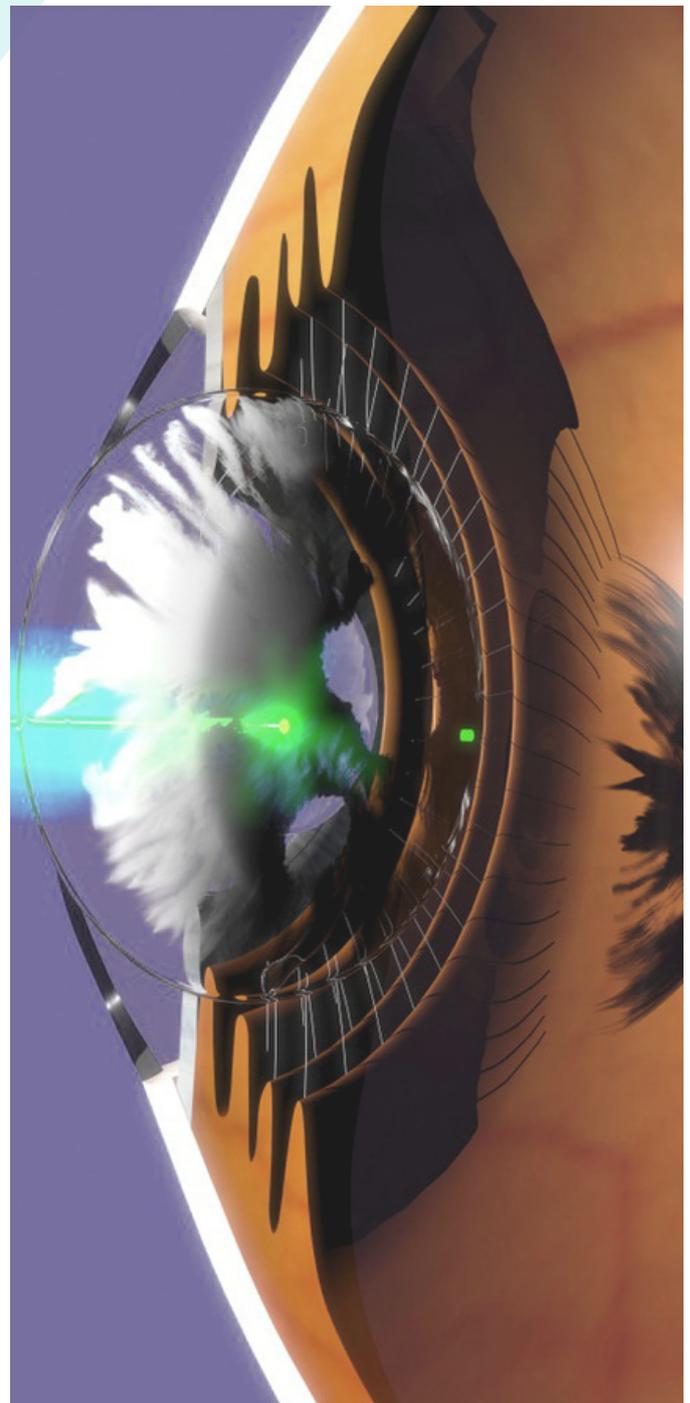
The pupil needs to be dilated before YAG laser can be performed to allow a good view of the lens surface.

Post- Care :

After the treatment your doctor will prescribe a short course of anti-inflammatory and pressure drops.

Complications :

Complications after YAG laser are very rare but can include vitreous floaters, raised eye pressure, retinal swelling, lens damage and very rarely retinal detachment.



हर घर स्वास्थ्य की दस्तक



Campaigns of December 2021

मास्क को ठीक से कैसे पहने !

पस पुरनीय श्री भोरे जी महाराज कल्याणपी माताश्री मंगला जी

- ❌ नाक के नीचे मास्क न पहनें।
- ❌ अपनी ठुड़ी को खुला न छोड़ें।
- ❌ ऐसा मास्क न पहनें जो ढीला हो और साइड में गैप हो।
- ❌ ऐसा मास्क न पहनें जो केवल नाक के सिरे को ढक सके।
- ❌ मास्क को ठुड़ी के नीचे न रखें।
- ✅ ये सुनिश्चित करें कि मास्क नाक के ऊपर तक आए और ठुड़ी के नीचे न रखें।

वरिष्ठ नागरिक
स्वास्थ्य केंद्र

पस पुरनीय श्री भोरे जी महाराज कल्याणपी माताश्री मंगला जी

Please Mask-Up.

Protect the health and safety of our patients and staff.

हर बुधवार 5 साल 8 बार
छूटे न टिका एक भी बार

सम्पर्क करें 7060 380 102

जन्म के समय	1 ^{1/2} महीना	2 ^{1/2} महीना	3 ^{1/2} महीना	6 महीना	9 महीना	1 साल	5 साल
BCG	OPV 1	OPV 2	OPV 3	OPV 4	MR 1	MR 2	DPT 1 (Booster)
OPV	ROTA 1	ROTA 2	ROTA 3	ROTA 4	JE 1***	JE 2***	DPT 2 (Booster)
HEP B	PENTA 1	PENTA 2	PENTA 3	PENTA 4	Vit A-1	OPV Booster	
	FIPV 1	FIPV 2	FIPV 3	FIPV 4	PCV-B	PCV-B	
	PCV-1	PCV-2	PCV-3	PCV-4	HEP B 2	HEP B 2	

“आपक सेवा माँ हम सदनी खड़ा छौं,”

वरिष्ठ नागरिक
स्वास्थ्य केंद्र

पस पुरनीय श्री भोरे जी महाराज कल्याणपी माताश्री मंगला जी

“आपकी सेवा ही हमारी पख्याण च।”

वरिष्ठ नागरिक
स्वास्थ्य केंद्र

पस पुरनीय श्री भोरे जी महाराज कल्याणपी माताश्री मंगला जी

Know Your Colleague



जन्म तिथि: 3 जनवरी

पसंदीदा अभिनेता: अक्षय कुमार, रितेश देशमुख

फिलोसोफी: सभी का प्यार और सहयोग ऐसे ही मिलता रहे।

पसंदीदा फिल्में: हेरा फेरी, धमाल, एयरलिफ्ट

पसंदीदा रंग: नीला, लाल

पसंदीदा पुस्तक: कॉमिक बुक चाचा चौधरी

पसंदीदा खाना: गोलगप्पे

पसंदीदा यात्रा स्थान: चमोली

आपका पूरा नाम: ज्योति

THFH में होने के लिए आपको क्या प्रेरित करता है ?

मैं THFH के EC में 2014 से काउंसलर के तौर पर कार्यरत हूँ यहाँ का टीम वर्क मुझे प्रेरित करता है ।

कृपया हमें अपने परिवार के बारे में कुछ बताएं ?

मेरे परिवार में मेरे पापा, मम्मी और मेरे पति है ।

आपकी प्रेरणा और आदर्श कौन है ?

मेरी प्रेरणा एवं आदर्श मेरे बड़ी दीदी है, जिनका नाम आरती है ।

आप अपने खाली समय में सबसे ज्यादा क्या करना पसंद करते हैं ?

मुझे खाली समय में अपने दोस्तों से बातें करना पसंद है ।

सहकर्मियों के लिए कोई संदेश ?

सब मिलकर ऐसे ही काम करते रहें, हमे हंस आई केयर को राज्य का बेस्ट अस्पताल बनाना है ।



Know Your Department - GH-EC Ward Care

"Nurses dispense comfort, compassion and caring without even a prescription."



The role of the nurse - Ward Care

- The care of patients is a Team effort, however nurses undertaking much of the care surrounding the surgical procedure.
- The nurses play a lead role in the pre assessment of the patient, including examining the eye, performing biometry, and obtaining informed consent .
- Nurses act as a check point pre surgery and the Nursing documentation is the most important part of the initiation of the Surgical procedure. Marking of the Surgical site and identification.
- Nurses undertake all postoperative care of patients and final discharge of the patient from the service. Often the only time the patient is in contact with an ophthalmologist is in theatre at the time of surgery.
- The Nursing in our hospitals include a 6 member team in GH and 6 member team in EC. With multiple processes running in the ward , our Nursing team handles almost 800 surgeries per month per hospital.

Employee Corner - Poetry/Painting/Photography

धरा की पुकार

अपने लालच से ऊपर उठ के देखोगे तो पाओगे,
कितनी सुंदर ये धरा है.

अगर निस्वार्थ ही सुनी होती तूने कलरव करती नदियों की आवाज,
ये चिड़ियों की चहचाहट और सुबह सुबह के सूरज की किरणों की मुस्कुराहट,
तो मानव तुम समझ पाते कितनी सुंदर ये धरा है.

अगर निस्वार्थ ही देखी होती ऊँचे ऊँचे पहाड़ों और लंबे लंबे खेतों की हरियाली,
बड़े बड़े पेड़ और उसकी डाली,
कभी निस्वार्थ ही देखी होती ढलते सूरज की लाली
तो मानव तुम समझ पाते कितनी सुंदर ये धरा है.

अगर निस्वार्थ ही महसूस की होती पहली बारिश के बाद की वो खुशबु और पहाड़ों की ठिठुरन,
कभी निस्वार्थ ही महसूस की होती ये शांत बहती हवा,
धरा में होने वाले नित परिवर्तन,
तो मानव तुम समझ पाते कितनी सुंदर ये धरा है.

माता बोल इस धरा को मानव हर पल तुमने ठगा है।
कभी विकास के नाम पे तो कभी अपनी भूख के नाम पे पल पल इसे लूटा खसोटा है।
भला लालची का भी मन कोई भर सका है,
इसी लिए मानव आज तू इन हालत में पड़ा है।

Contributed by
-Ashutosh Pant (Operation) GH-Satpuli



Contributed by
-Shivani Kukreti
(Counsellor) EC



Contributed by
- Ruchi Negi
(Optometrist)EC



Contributed by
- Neetu Dabral
(Nursing) GH-EC



a) What's the 20-20-20 rule ?

1. If you still have 20/20 vision by the time you are 20 years old, you likely won't need glasses for another 20 years.
2. You should stay 20 feet away from the television to maintain 20/20 vision.
3. You should look at something 20 feet away for 20 seconds every 20 minutes to prevent eyestrain while working on a computer.
4. If you can read the fine print 20 inches away, you still have 20/20 vision.

b) Which diseases can your eye doctor help detect ?

1. Glaucoma and macular degeneration
2. Cardiovascular disease and diabetes
3. Tumors and cancer
4. All of the above

Answers :

"You should look at something 20 feet away for 20 seconds every 20 minutes to prevent eyestrain while working on a computer."

We are living in a digital world, and all that time staring at computer, laptop, tablet and phone screens is straining our eyes, which can leave us with tired, dry eyes, blurred vision and headaches. Research shows your risk of eye strain goes down if you frequently look away from the screen at faraway objects. The American Academy of Ophthalmology recommends using the 20-20-20 rule to help your eyes stay more relaxed.

Your eyes are a window into your general health. Sure your eye doctor can detect eye diseases like glaucoma and macular degeneration. Leaking of the tiny blood vessels in your retina can indicate diabetes, and damaged vessels can be a sign of high blood pressure. Your eye doctor also can detect cancers of and around the eyes.

Accomplish BIG Things

Success Begins With Believing You Can

INSTEAD OF THINKING....

THINK THIS....



DO YOU KNOW ?

80% of all
learning
comes
through
the eyes



WELCOME

New Joinees



Arti
GH-Optometrist
(Joined Back
after Maternity
Leave)



Nikita Kumar
EC- Front Desk
& Billing



Kuldeep
EC- MRD





QUALITY CERTIFICATION

Certificate no. G-2021P-00104

THIS CERTIFICATE IS PRESENTED TO

The Hans Foundation General Hospital A Unit Of Hans Cultural Center

The Hans Foundation General Hospital, Dayalpuram Chamoli Sain Banghat Road, Satpuli, Uttarakhand-246172

In appreciation and recognition of the compliance with **Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PMJAY) GOLD QUALITY STANDARDS**. This certificate is valid for the scope of services as mentioned overleaf under the scheme and is subject to continued adherence with the standard.
QCI reserves the right to assess the hospital anytime during the validity to ensure compliance.

Valid From: 21-Dec-2021

Valid Thru : 04-Aug-2024




SECRETARY GENERAL
Quality Council of India



Scope Of Services

Certificate no. G-2021P-00104

This hospital has been empanelled and certified under AB PMJAY Quality Certification for the following services:

S18-Treatment Procedure Dental Procedures
S4-Obstetrics & Gynaecology
S3-Ophthalmology
S15-Polytrauma

S5-Orthopaedics
S1-General Surgery
M1-Critical Care
M2-General Medicine

Valid From: 21-Dec-2021

Valid Thru : 04-Aug-2024




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Quality Council of India