

Health for all

REFLECTIONS

FEBRUARY, 2023

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



"Success doesn't come from what you do occasionally, it comes from what you do consistently."



CONTENTS

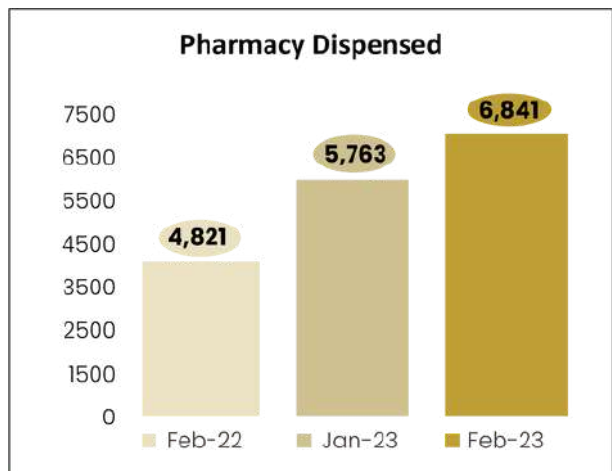
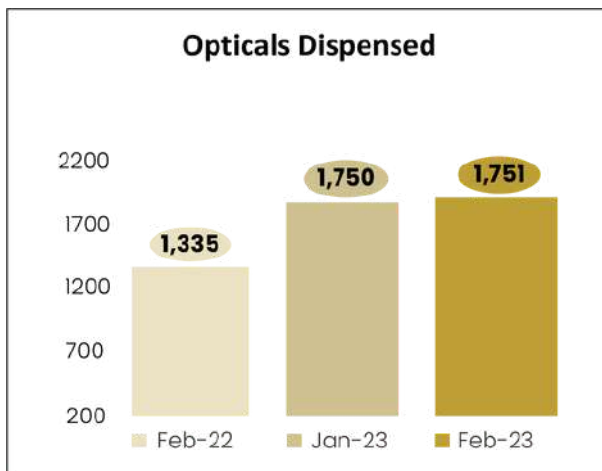
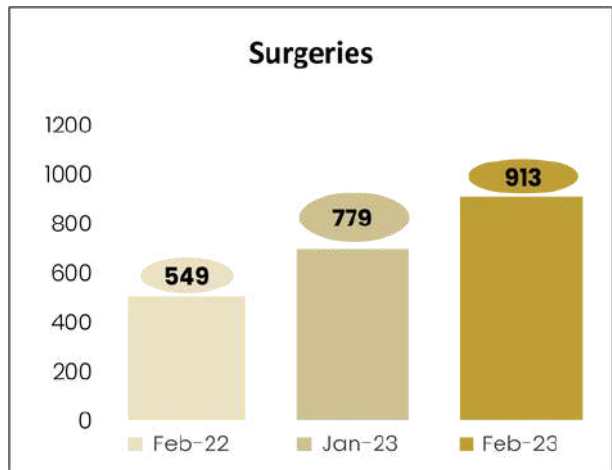
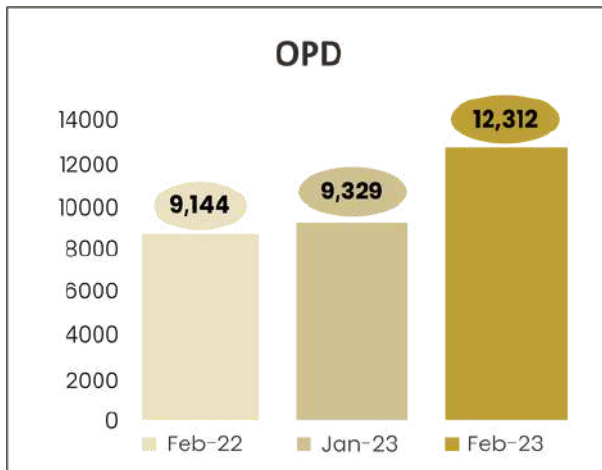
	PAGE NO.
1. EC-HARIDWAR HIGHLIGHTS -FEBRUARY 2023	03
2. DATA SNAPSHOT OF EC-HARIDWAR - FEBRUARY 2023	04
3. GH-SATPULI HIGHLIGHTS - FEBRUARY 2023	05
4. DATA SNAPSHOT OF GH-SATPULI -FEBRUARY 2023	06
5. हर घर स्वास्थ्य की दस्तक	07
6. QUALITY DEPARTMENT THFH	08
7. CASE STUDY	09
8. KNOW YOUR COLLEAGUE	10
9. EMPLOYEE CORNER GH & EC	11
10. EMPLOYEE OF THE MONTH GH & EC	13
11. हंस प्रथम बाल मेला, 2023	14
12. WELCOME NEW JOINEES	16
13. CELEBRATIONS	17
14. MEDICAL QUIZ	18
15. DO YOU KNOW?	19



EC-HARIDWAR HIGHLIGHTS

- We did 913 surgeries this month.
EC Haridwar's surgeries performed at GH - 352
- 91% PHACO surgeries this month and 9% SICS.
Painless surgery has considerably impacted the patient experience.
- OPD numbers this month : 12,312
- New Patients % this month : 46%
- Stay time of appointment patients in the Hospital : 26 minutes.
- 61% Day care surgeries.
Patient walked in for OPD Consultation and also got eye surgery on the same day.
- Pharmacy dispensing this month : 6,841
- Pharmacy conversion % this month : 57%
- Optical dispensed this month : 1,751
- Optical conversion % this month : 71%

DATA SNAPSHOT OF EC-HARIDWAR





GH-SATPULI HIGHLIGHTS

- Total OPD : 9,943
- Total Admissions : 2,042

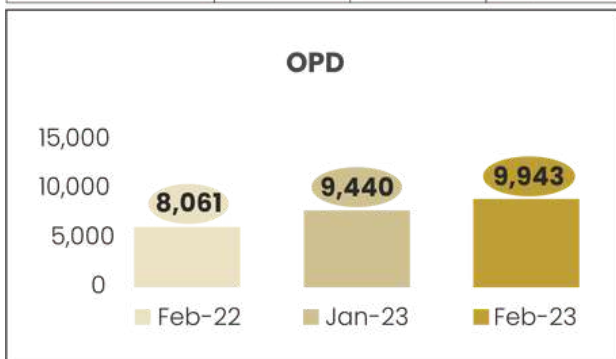
Ophthalmology	: 1,765	ENT Surgery	: 17
Internal Medicine	: 111	Geriatric Medicine	: 15
Orthopedics	: 60	Obstetrics Gynaecology	: 14
General Surgery	: 52	Pediatrics	: 8
- Total Surgeries : 1,269

Ophthalmology	: 1,173
Orthopedics	: 40
General Surgery	: 34
ENT Surgery	: 13
Obstetrics & Gynaecology	: 9
- New Patient % this month : 52%
- Outreach clinics this month : 105 (Ophthal & Geriatrics)
- Outreach Clinic OPD's : 2,448 (Ophthal & Geriatrics)
- Total no. ICU Patients : 129
- Dialysis : 113
- Emergency Footfalls : 191
- Total Deliveries : 4
- Radiology : 4,008

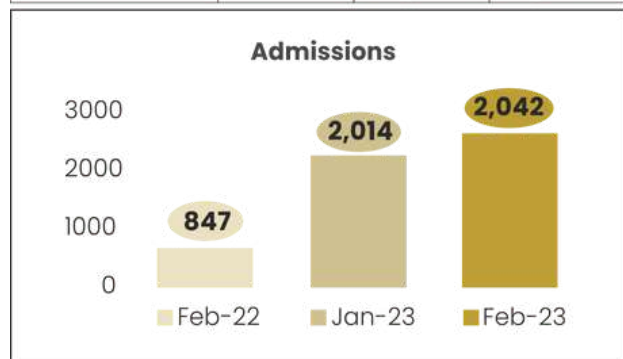
CT-Scan	: 203
X-Ray	: 3,332
Ultrasound	: 473

DATA SNAPSHOT OF GH-SATPULI

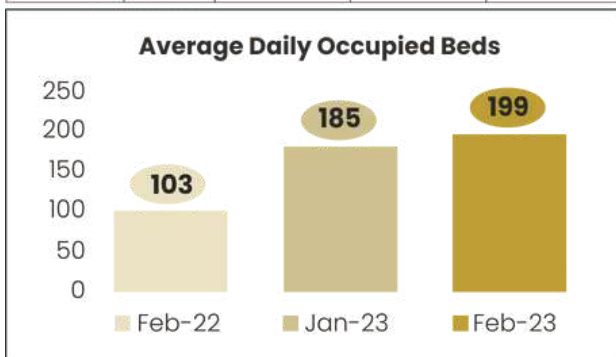
Month	Feb-22	Jan-23	Feb-23
OPD	8,061	9,440	9,943



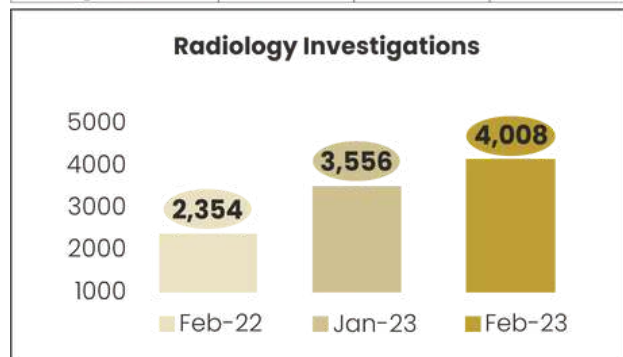
Month	Feb-22	Jan-23	Feb-23
Admissions	847	2,014	2,042



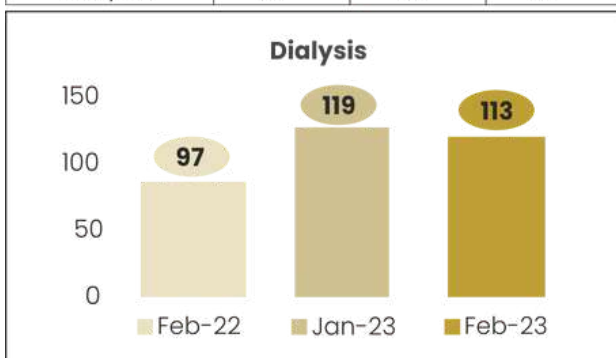
Month	Feb-22	Jan-23	Feb-23
Average Daily Occupied Beds	103	185	199



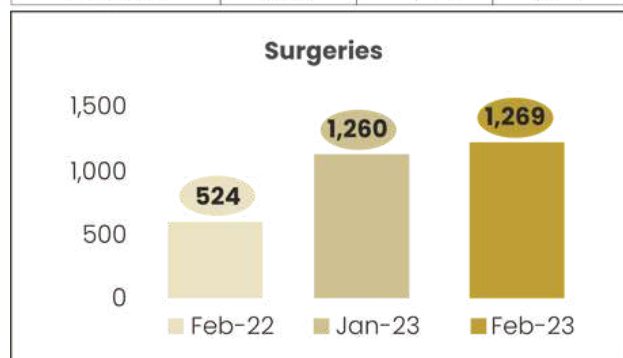
Month	Feb-22	Jan-23	Feb-23
Radiology Investigations	2,354	3,556	4,008



Month	Feb-22	Jan-23	Feb-23
Dialysis	97	119	113



Month	Feb-22	Jan-23	Feb-23
Surgeries	525	1,260	1,269





हर घर स्वास्थ्य की दस्तक



QUALITY DEPARTMENT THF-GH

Quality team at THF-GH measure data, including adverse events, patient outcomes and Patient Experience to optimize patient care and make changes and recommendations as needed.

Our newly formed Quality team comprises of Dr. Nisha Bhimsaria (Consultant Quality), Ms. Deepika Bhandari (Deputy Manger & ICN), Ms. Noor Shaba (ICN), Ms. Varsha Rawat (Quality Nurse), Mr. Ankit George (Quality Nurse). With their complementary skills this team work on-

- **Establishment of Standards**
- **Ensuring Monitoring of Compliance**
- **Process Improvement**



Since last year our Quality department has taken below Initiatives to strengthen the patient care and safety

- **Capturing of Monthly Quality indicators.**
- **Strengthen the awareness on Incident Report form which leads to accurate reporting of any events (Near Miss, Adverse or Sentinel events) like Needle-Stick Injury, Medication errors, Falls, etc.**
- **Waiting time register has been introduced in the OPD areas**
- **Initial Assessment time started from which TAT is getting measured.**
- **Continuous on-going Training Programme for both Quality and HIPC.**
- **Medication Prescription and Administration chart developed and implemented to ensure the uniformity.**
- **Auditing of Patients Initial Assessment, LAMA, COPD, Hypokalaemia, Venepuncture, Pt. File Discrepancy.**
- **Discharge summary parameters are fixed with the strict protocols of no Omission implemented.**
- **Updating of Departmental SOP's and manual.**
- **Finished with 2nd Edition NABH surveillance on dated- 23/01/2023, for 50 bedded SHCO.**

CASE STUDY

@EC-HARIDWAR

A 7 year male child **Arnav** and his parents came to the **Hans foundation eye care haridwar** with the complaint of "**inward deviation**" since 2 years.

BEFORE



AFTER



On examination (squint workup) pts diagnosed was "**Alternative esotropia**" the doctor advised squint surgery. **Squint surgery was done by Dr. Sukirti Upadhyay on 17 January 2023 and now patient is satisfied.**

PLAN

Squint correction 2 muscles (MR recession & LR resection) RE

MANAGEMENT

Squint surgery done

@GH-SATPULI



Disease Name: osteoarthritis knee/

पुराने ऑस्टियोआर्थराइटिस घुटने

Surgery Name: Proximal Fibular Osteotomy/

प्रॉक्सिमल फाइबुलर ओस्टियोटॉमी

जब एक सामान्य व्यक्ति चलता है तो उसके शरीर का वजन घुटने के अंदर की तरफ से गुजरता है जिसके कारण पहले घुटने का भीतरी हिस्सा (medial compartment) विकृत हो जाता है। जिसकी वजह से जब मरीज चलता है तो मरीज को हड्डियों में रगड़ होती है जो की अत्यधिक दर्द पैदा करती हैं।

सर्जरी से पहले की स्थिति



सर्जरी के बाद की स्थिति



इस बीमारी के इलाज के लिए, हमने हंस अस्पताल, सतपुली में एक अत्याधुनिक सर्जरी द्वारा उपचार शुरू किया है। जिसमें की हम घुटने की छोटी हड्डी का उपरी छोटा भाग निकाल देते हैं (Proximal fibula osteotomy)।

जिस से जब मरीज चलता है तो वजन घिसे हुए भाग में न पड़ कर, न घिसे हुए भाग में पड़ता है और घुटने का घिसा हुआ भाग खुल जाता है। और मरीज को अगले दिन से ही घुटने के दर्द में आराम आ जाता है।

अभी तक लगभग 50 मरीज हंस अस्पताल, सतपुली में इस सुविधा का लाभ उठा चुके हैं।

KNOW YOUR COLLEAGUE



EC-Haridwar

Your full name :

Mohd. Shamim

Your date of birth :

23rd March

Your favourite food:

Kadi Chawal, Rajma Chawal

Your favourite getaway place:

Ajmer Sharif

Why you choose this career:

I choose this career because in this field the cost of education is less as compared to others, and it is easy find the jobs to fulfil the needs of your life.

What do you like the most about THFH:

It is helping those needy people who do not have any source of Income.

Please tell us something about your family:

I have 5 brothers, 3 sisters, wife, 2 sons and 1 daughter. I'm the youngest amongst my siblings. My father is a simple tailor.

Who is your source of inspiration & role model:

My Mother & Father are my inspiration. I would like to thank them for their support.

Which is your favorite past time:

To always learn something new about my profession like GST, Income tax, etc.

Any one proud moment of your Life:

Proud moment for me was to receive the THFH **Above & Beyond** award in July 2020.



EMPLOYEE CORNER

A TRIP TO PINDAR VALLEY TREK AND JOGESHWAR DHAM BY VIMAL BHATT & FRIENDS

Vimal Bhatt from Front Office & Billing department with his Friends went to Pindar Valley Trek and Jogeshwar Dham. Situated on the southeast edge of the legendary peaks Nanda devi and Nanda Kot, Pindari valley is easily amongst the most beautiful and most frequently explored valleys in the Himalayas. Pindari glacier is also the origin of River Pinder, which is one of the main tributaries of Alakananda River, which eventually joins the Bhagirathi River to form the Ganga. The Jogeshwar dham is one of the biggest group of temples located in a single complex in the world and situated in Almora district of UK.



A TRIP TO AULI BY SARABJIT, RAKESH JUGRAN, SACHIN DHANAI & FRIENDS

Sarabjit Singh, Rakesh Juglan, Sachin Dhanai with one more friend went to Auli for the thrilling experience witnessing heavy snow fall on the mountains. Auli is a hill station located in the Garhwal region of Uttarakhand state, known as the skiing capital of India. The place has the highest and the longest Ropeway not just in India but the whole of Asia and it offers magnificent views of the Himalayan peaks.



EMPLOYEE CORNER

DR. VIDHI & DR. ANANT CELEBRATED THEIR WEDDING ANNIVERSARY!

The two of the most dedicated and efficient doctors of THFH. Dr. Vidhi & Dr. Anant celebrated their Wedding Anniversary on the 20th of Feb. Both of them are great doctors and great human beings at the same time. We wish them both a very happy, bright and successful careers ahead!



EC NURSING STAFF ANKITA CELEBRATED HER WEDDING ANNIVERSARY

Our Nursing Staff Ankita celebrated her wedding anniversary on the 9th of Feb. We wish them both a very Happy Wedding Anniversary and a great life!



OUR EC 2 STAR – SHAHID'S YOUNGER SISTER TIED THE WEDDING KNOT.

Our EC 2 star Shahid's younger sister got married last month. Shahid who is very dedicated towards his work has also very well fulfilled his complete responsibility of being an elder brother. We wish Shahid's sister a very happy married life!

Family Losar Celebration

ANKITA AND LAKPA CELEBRATED "LOSAR" WITH THEIR FAMILY AND FRIENDS!



The Tibetan duo of THFEC – Lakpa & Ankita celebrated their religious festival "Losar" with their families and friends. Losar is also known as the Tibetan New Year. Losar is celebrated for 15 days, with the main celebrations on the first three days. Families prepare for Losar some days in advance by thoroughly cleaning their homes; decorating with fragrant flowers and their walls with auspicious signs painted in flour such as the sun, moon, or a reversed swastika.



EMPLOYEE OF THE MONTH



GH-Satpuli

Rashmi Pundir joined GH in March 2022 and has just completed 1st year of her career with us. She is one of the most cheerful persons at GH and is known for her big bright smile. She is found very calm and balanced even in the most stressful situations.

We wish her best of luck in her professional journey and a long career with THFH.

Jitendra is one of the most hardworking employees we have at THFEC. He is working with us at **THFEC since Jan'2017** in **facilities department** and he does his duties with full dedication and responsibility. Jitendra's favourite hobby is listening music and visiting new places.

We wish him the best of career and a bright future ahead!



EC-Haridwar

हंस प्रथम बाल मेला, 2023



हंस फाउंडेशन अस्पताल, सतपुली द्वारा प्रथम बाल मेले का आयोजन किया गया। जिसमें की 21 स्कूलों के छात्रों द्वारा प्रतिभाग किया गया। हंस प्रथम बाल मेले का आयोजन का मुख्य कारण उत्तराखंड के छात्रों को एक मंच देने का था जिसमें की सभी अलग अलग स्कूलों के छात्र एक ही मंच में अपनी प्रतिभा का प्रदर्शन कर सके। ”

हंस प्रथम बाल मेले का उद्घाटन डॉ. राम सिंह रावत, डॉ शुभांजलि, डॉ अनंत जैन, श्री शिव प्रसाद और श्रीमती रुपिंदर कौर द्वारा किया गया। 21 स्कूलों द्वारा अलग अलग प्रदेश (गढ़वाली हिंदी राजस्थानी) के गानो पर स्कूल के छात्र छात्रों द्वारा प्रस्तुति दी। कार्यक्रम के समापन पर सभी स्कूल के अव्वल रहने वाले छात्र छात्रों को हंस अस्पताल द्वारा सम्मानित किया गया और साथ ही साथ उन छात्रों को भी सम्मानित किया गया जो की स्टेट लेवल में जाकर साइंस प्रतियोगिता में प्रथम आये हैं। इस कार्यक्रम के समापन में सभी स्कूलों के छात्रों द्वारा परेड मार्च की प्रस्तुति दी गई।



20 फरवरी, 2023 को हंस अस्पताल द्वारा उन सभी कर्मचारियों को सम्मानित किया गया जिन्होंने इस कार्यक्रम में काम किया ताकि यह हंस प्रथम बाल मेला अच्छे से सम्पूर्ण हो सके।

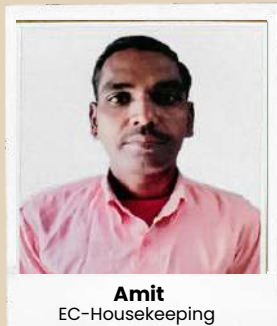


छात्रों द्वारा दी गई प्रस्तुतियों की कुछ खूबसूरत झलकियां



Welcome

NEW JOINEES



OUTSOURCE TO ON-ROLL

Amit
EC-Housekeeping

NEW JOINEES



Digpal Singh
GH-Projects & Maintenance



Renu Goswami
GH-Ophthalmology



Dheeraj Singh
GH-Ophthalmology



Ashish Kumar
EC-OT INCHARGE



Sachin Kumar Raghav
EC- OT & CSSD Technician



Dr. Rahul Chaudhary
GH - Clinical Services



Dr. Bhoopendra Singh
GH - Camps



Dr. Nitin Mukesh
GH - Ophthalmology



Dr. Rohit Gahlawat
GH - Orthopaedics



Dr. Ashu Malik
GH - Clinical Services



Dr. Yasar Khan
GH - Camps and Outreach

CELEBRATIONS

Monthly Birthday Celebration@Ec Haridwar



EC-Haridwar

Monthly birthday celebration was organized at THFEC for the employees who had their birthdays in the month of February.



We wish them all a very Happy Birthday.

Birthday Celebration@Gh Satpuli



GH-Satpuli

Dr. Deeksha Sharma, Attending Consultant-Obs & Gyne and Dr. Nisha Bhimsaria, Consultant-Medical Quality, celebrated their birthdays respectively on 24th Feb & 27th Feb with colleagues and hospital staff.

We wish them a very Happy Birthday.

@Ec-Haridwar Team SCM went on a Team Outing!



EC-Haridwar

Team SCM had their first team outing in Feb. The team included members from Pharmacy, Opticals and Stores along with their families and enjoyed a wonderful evening together. Such events turns out to be a great Team Building Exercise and play an important role in strengthening the Team Bondings.

MEDICAL QUIZ

Check your Medical Trivia

1. What Are blood Cells shape like?

- a. Doughnuts
- b. Eggs
- c. Tubes

2. What types of Cells are found in Human Brain?

- a. White Blood Cells
- b. Neurons
- c. Epithelial Cells

3. What is the Largest organ of the human body?

- a. Heart
- b. Liver
- c. Skin

4. What is the largest bone in the body?

- a. Scapula
- b. Femur
- c. Tarsal

5. How many bones does babies have when they are born?

- a. Between 100-150
- b. Between 150 -200
- c. Between 270-350

6. What is the only part of the body that can't heal and repair on its own?

- a. The heart
- b. A Tooth
- c. The earlobe

7. How many Bones are in the Human Skull?

- a. 18
- b. 22
- c. 34

8. What is the only bone in the body not attached to another bone?

- a. Pelvis
- b. Clavicle
- c. Hyoid

9. Which of the following is not a type of diabetes?

- a. Juvenile Diabetes
- b. Type 2 Diabetes
- c. Senior's Diabetes

10. How many taste buds does the average Human tongue have?

- a. 10,000
- b. 1,00,000
- c. 10,00,000

Ans. 1. a, 2. B, 3. c, 4. B, 5. C, 6. B, 7. B, 8. C, 9. C, 10.a

DO YOU KNOW?



it takes
17 muscles to
smile

 **43 muscles** to
frown „

Unless you're trying to give your face a bit of a workout, smiling is a much easier option for most of us. Anyone who's ever scowled, squinted or frowned for a long period of time knows how it tires out the face which doesn't do a thing to improve your mood.