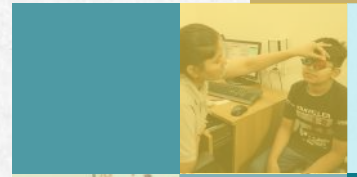


Reflections

HANS NETRALAYA, HARIDWAR

&

THE HANS FOUNDATION GENERAL HOSPITAL, SATPULI



माता श्री मंगला जी जन्मदिन समारोह



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C O N T E N T S





OCTOBER 2023 | HEALTH FOR ALL

EC-HARIDWAR HIGHLIGHTS

852 SURGERIES

EC Haridwar's surgeries performed at GH - 434

91% PHACO SURGERIES THIS MONTH AND 9% SICS

Painless surgery has considerably impacted the patient experience.

51% SAME DAY SURGERIES

Patient walked in for OPD Consultation and also got eye surgery on the same day.

OPD NUMBERS : 12,853

NEW PATIENT% THIS MONTH : 48%

STAY TIME OF APPOINTMENT PATIENTS IN THE HOSPITAL : 36 MINUTES

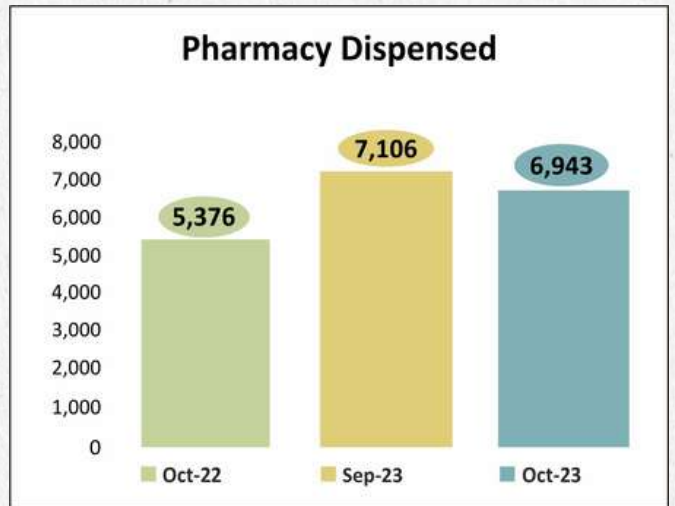
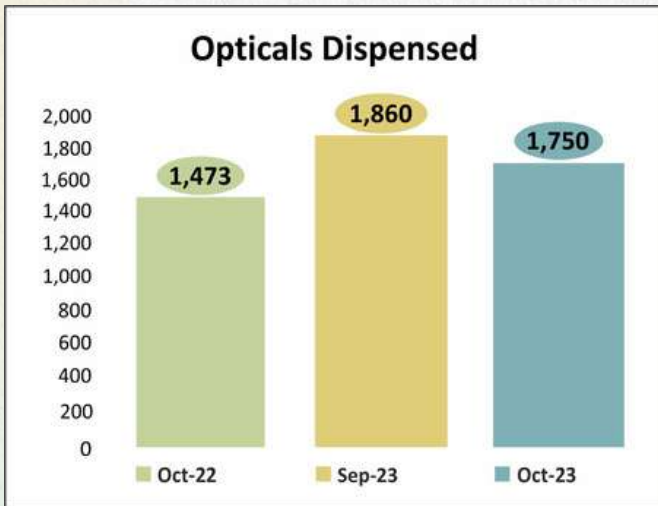
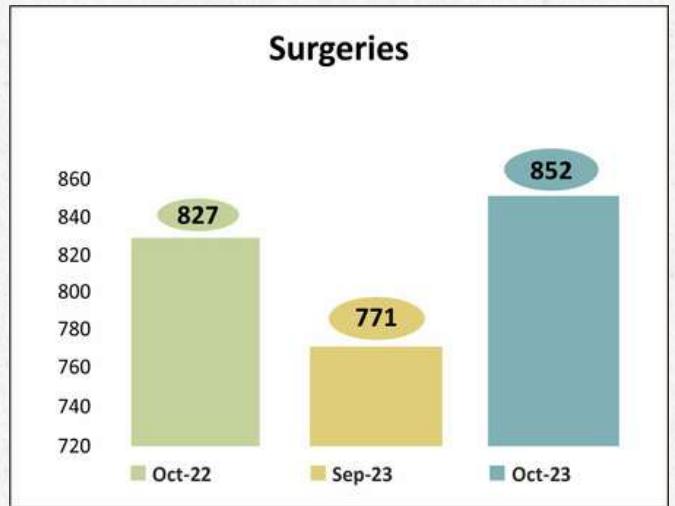
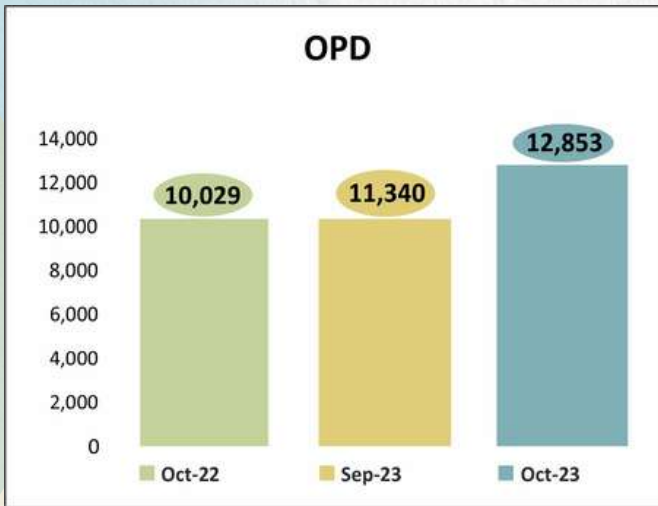
PHARMACY DISPENSING THIS MONTH : 6,943

PHARMACY CONVERSION% THIS MONTH : 60%

OPTICAL DISPENSED THIS MONTH : 1,750

OPTICAL CONVERSION% THIS MONTH : 64%

DATA SNAPSHOT EC-HARIDWAR





OCTOBER 2023 | HEALTH FOR ALL

GH-SATPULI HIGHLIGHTS

TOTAL OPD : 10,540

TOTAL SURGERIES : 1,020

Ophthalmology : 817
Orthopedics : 19
General Surgery : 149
Obstetrics & Gynaecology : 13
ENT : 22

RADIOLOGY : 3,732

CT-Scan : 360
X-Ray : 2,917
Ultrasound : 455

EMERGENCY FOOTFALLS : 297

TOTAL DELIVERIES : 14

NEW PATIENT % THIS MONTH : 50%

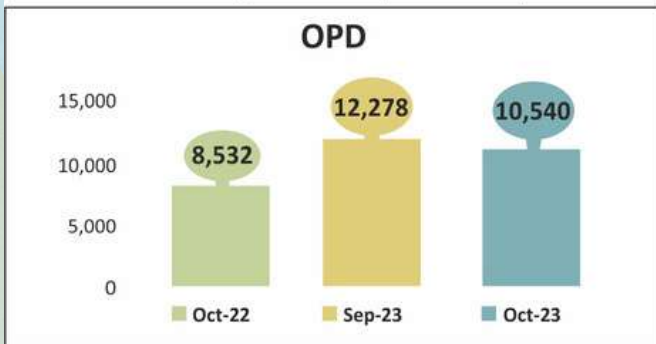
DIALYSIS : 172

TOTAL ADMISSIONS : 1,834

Ophthalmology : 1,381
Internal Medicine : 137
Orthopedics : 72
ENT : 30
General Surgery : 147
Obstetrics Gynaecology : 31
Pediatrics : 36

DATA SNAPSHOT GH-SATPULI

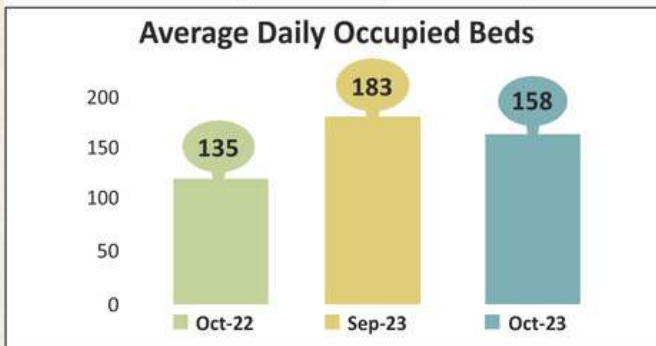
Month	Oct-22	Sep-23	Oct-23
OPD	8,532	12,278	10,540



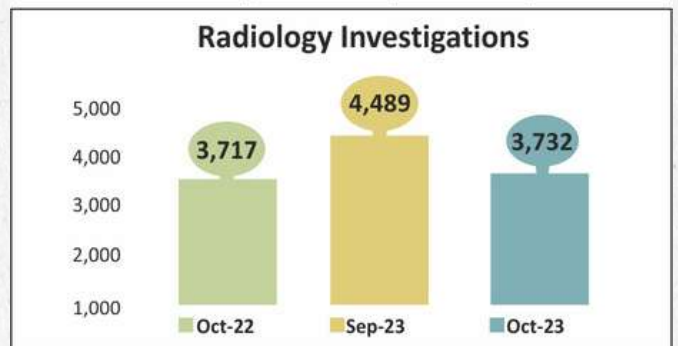
Month	Oct-22	Sep-23	Oct-23
Admissions	1,258	2,012	1,834



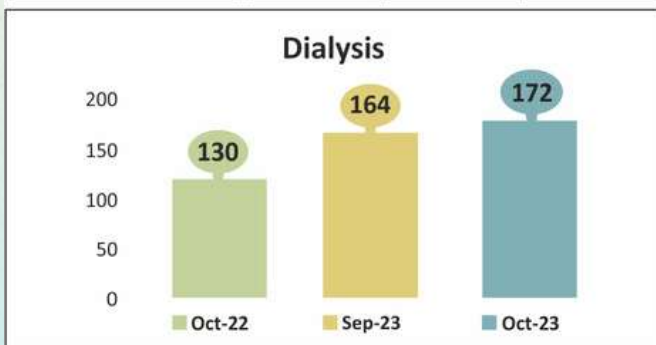
Month	Oct-22	Sep-23	Oct-23
Average Daily Occupied Beds	135	183	158



Month	Oct-22	Sep-23	Oct-23
Radiology Investigations	3,717	4,489	3,732



Month	Oct-22	Sep-23	Oct-23
Dialysis	130	164	172



Month	Oct-22	Sep-23	Oct-23
Surgeries	741	1,021	1,020

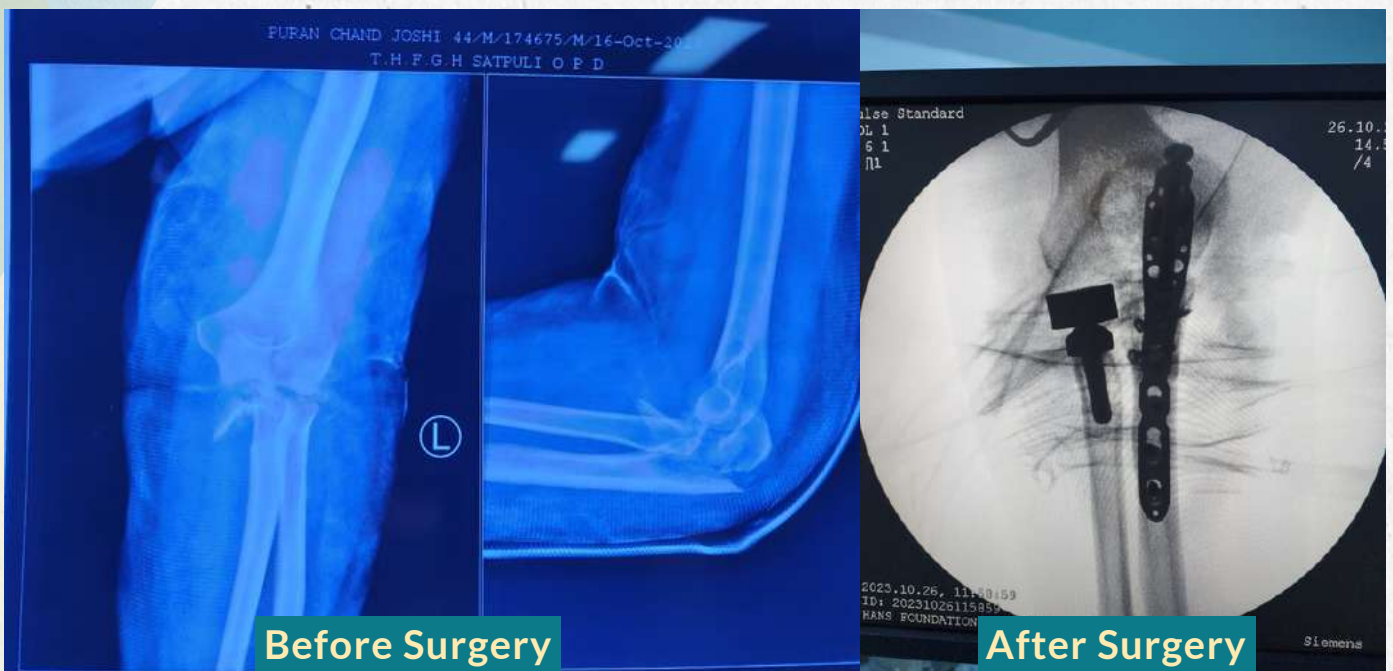


CLINICAL EXCELLENCE – ORTHO

GH-SATPULI

OPEN REDUCTION AND INTERNAL FIXATION (ORIF) WITH PLATE AND RADIAL HEAD REPLACEMENT

A 44-year-old male patient brought to The Hans General Hospital with an elbow injury and the diagnosis of a severely comminute fracture and shattered elbow. Dr. Anant Jain made the decision to operate on the patient right away. On the PAC (pre-anaesthesia check-up), the patient had been diagnosed with diabetes and hypertension, as well as a severe skin allergy (psoriasis), which poses a significant challenge in surgery because it raises the risk of post-surgical infection and may cause wound problems.

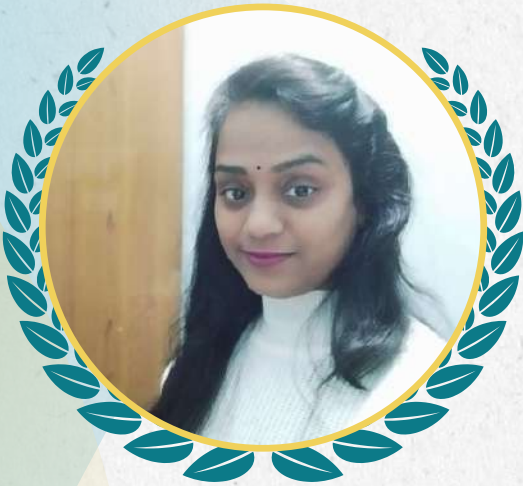


With all the possibilities in mind, the patient was scheduled for surgery, and our team of Surgeon, Anesthetist and OT performed this Ulna fracture fixation surgery with a locking titanium plate. The radial head was removed and replaced with a titanium prosthesis which means the surgeon had to do the complete reconstruction of the patient's elbow.

The three-hour surgery was performed successfully with a single incision. The patient tolerated the treatment well and is currently recuperating satisfactorily. Due to pre-existing hypertension and diabetes, the patient stayed for 5 days after surgery for monitoring before being discharged.



KNOW YOUR COLLEAGUE



PRIYANKA SINGH EC- Lab Technician

Your date of birth : 15 June

Your favourite food : South Indian food

Your favourite getaway place :

I like to visit any new place which I haven't visited yet.

What do you like the most about THFH ?

I like this organization because THF- EC celebrates every festival and occasion with its staff and take care of their employees very well like family members. Last but not the least they take good care of the patient's needs and give them all due respect.

Please tell us something about your family ?

In my family I have my father, who is the head of the family, and is now retired. My daughter is 11 years old studying in class sixth. We are 3 siblings, and my both brothers are married and have children.

Who is your source of inspiration & role model ?

My father is my role model because he never tried to run away from problems. He always peacefully finds out the right solution of every problem.

Which is your favorite past time ?

Sleeping.

How has been your professional journey till now ?

My professional journey started from October 2016 when I joined Chandan health care, Lucknow as a Lab technician. Then I moved to THF-EC in 2022. So, it's a short but sweet journey so far.

Any one proud moment of your Life ?

When my daughter came first position first time in her school.



EMPLOYEE CORNER



CONGRATULATIONS TO THE NEWLYWEDS! ९९

Our beautiful nursing staff member, Anjali Rawat, recently got married to Mr. Pankaj Rawat on October 18th. Also, our nursing duo, Gaurav Bisht from the Emergency and Suman Negi from the NICU recently tied the knots with each other on October 24th. Their celebration was filled with love and happiness. We wish all of them a lifetime of wedded bliss and may their journey together be filled with endless love and beautiful memories.



BIRTHDAY BASH! ९९

Rohit (Emergency nursing staff) & Vijalaxmi (LDR nursing staff), Navjot (IT) had a fantastic birthday celebration with their team. It's always heartwarming to see colleagues come together to celebrate special occasions. Wishing them both a belated happy birthday filled with joy and many more wonderful moments with their team!



GIRLS TRIP TO MATHURA VRINDAVAN ९९



Varsha, Ritika, and Kirti had an amazing trip to Mathura and Vrindavan. Exploring these sacred cities must have been a truly enriching experience, filled with spirituality and cultural immersion. From visiting the iconic temples to witnessing the vibrant festivities, we can only imagine the joy and memories they must have created.

VNSK TEAM EMBARKS ON SACRED JOURNEY TO DHARI DEVI MANDIR ९९



The girl squad of Varsha, Simran, Neha, and Ritika from the Varisht Nagrik Swasthaya Kendra had a divine visit to Dhari Devi Mandir, located in Srinagar Garhwal. Exploring religious sites is not only spiritually enriching but also a wonderful way to appreciate the cultural heritage of the region. The journey not only strengthened their friendship but also helped them find peace and spiritual enlightenment.

EMPLOYEE CORNER



GANG OF BOYS EMBARKS ON EXHILARATING MADMAHESHWAR TREK WITH FRIENDS



Sachin Dhanai (Radiology), Sarabjit (lab), Rakesh (Lab), Yatinder and Vimal (FO&B) embarked on an unforgettable journey to Madmaheshwar.

Madhyamaheshwar मध्यमहेश्वर or Madmaheshwar is a Hindu temple dedicated to Shiva, located in Gaundar (Rudraprayag), a village in the Garhwal Himalayas of Uttarakhand, India. 32 km trek to the temple takes you through quaint villages, coniferous forest and grasslands with the Madhyamaheshwar Ganga river flowing beneath you. We can only imagine the breathtaking views and the sense of accomplishment they must have felt reaching the summit. We hope they had an incredible time on their trek and returned with a renewed sense of energy and inspiration.

CLIMBING TRIP BY MONIKA AND GARIMA



Monika and Garima had an amazing climbing trip near Gumkhal, pushing their limits and conquering new heights! Scaling the heights of the mountains not only tested their physical strength but also challenged their mental resilience. It's incredible to see their determination and passion for adventure.

A TRIP TO MUDHNESHWAR MAHADEV TEMPLE



On 23 October, Soni & Saurabh from path lab, Akanksha (FO), Shivani (pharmacy) Navjot (IT), and Kaushal (nursing) went to Khairaling Mahadev temple also called Mundhneshwar Mahadev Temple. Mudhaneshwar Mahadev Temple is one of the ancient and mythological Shiva temples of Garhwal region.

EMPLOYEE CORNER



"UNFORGETTABLE TRIP: SISTERS EXPLORE VRINDAVAN'S SACRED TEMPLES TOGETHER" ॥

Shristi and Damyanti, along with their sisters Pooja and Saumya, embarked on an incredible journey to Vrindavan's Banke Bihari Temple and Prem Mandir. Their trip was filled with awe-inspiring moments as they immersed themselves in the divine atmosphere of these sacred places. The intricate architecture, melodious chants, and serene ambiance left a lasting impression on the sisters, making their journey truly unforgettable. It was a beautiful bonding experience for them, strengthening their sisterly bond and creating cherished memories to last a lifetime.



FAMILIES SPIRITUAL JOURNEY TO VAISHNO DEVI: A DIVINE ESCAPE FILLED WITH BLESSINGS AND TOGETHERNESS! ॥

Nandani, Pooja and their families recently embarked on a soul-stirring pilgrimage to Vaishno Devi, immersing themselves in the divine aura of the sacred place. The journey was filled with devotion, breathtaking landscapes, and cherished moments of togetherness. It was a beautiful experience that allowed them to reconnect spiritually and create lasting memories with their loved ones.

NAINITAL ADVENTURE: LAKPA'S FAMILY EXPLORES THE BEAUTY OF THE CITY WITH A NEW SCOOTY! ॥



Lakpa, our amazing senior optometrist, recently had a fantastic family trip to the beautiful destination of Nainital. They enjoyed the serene lakes, lush greenery, and beautiful views. And to add to the joy, Lakpa also bought a new scooty, which will surely make their daily commute more convenient and enjoyable. Congratulations to Lakpa and their family on their memorable trip and the new addition to their transportation!

"ASHISH AND FRIENDS EMBARK ON A SPIRITUAL ADVENTURE TO THE BALAJI TEMPLE, CREATING LASTING MEMORIES!"



Ashish, our talented OT technician, recently had an amazing trip to the Balaji Temple with his friends. They had a fantastic time exploring the temple's beauty and immersing themselves in its spiritual atmosphere. It was a journey filled with joy, blessings, and cherished moments of togetherness.

EMPLOYEE CORNER



JYOTI AND LAXMI'S DAUGHTER TURNS ONE: A SPECTACULAR CELEBRATION WITH OFFICE COLLEAGUES!



Jyoti and Laxmi celebrated their daughter's first birthday. All the office employees joined in and had a blast. It was an amazing celebration!

Celebrating a child's first birthday is a special milestone in many cultures. It's a beautiful way to honor the joy and blessings the child brings. Cheers to Jyoti, Laxmi, and their little one for creating such a memorable event!

ANOOP'S SISTER TIES THE KNOT: A JOYOUS CELEBRATION SHARED WITH THE ENTIRE STAFF!



Anoop, Facility Supervisor, recently celebrated his sister's wedding on October 23rd. He spread the happiness among the entire staff by sharing delicious sweets. Let's extend our heartfelt congratulations to his sister as she begins her new journey of married life!



PINKISH'S & MEENAKASHI'S DAUGHTER TURNS ANOTHER YEAR OLDER: A HEARTWARMING FAMILY CELEBRATION!



"Pinkesh and Meenakshi, a valued member of THF-EC, recently celebrated their daughter's birthday in October in a closed family get-together. Wishing a very happy birthday filled with love and laughter!"

BIRTHDAYS ARE ALWAYS SPECIAL! A MEMORABLE BIRTHDAY CELEBRATION FOR SONIYA FROM THE FRONT OFFICE



Birthdays are always special occasions, filled with joy, laughter, and cherished memories. Recently, one of our own, Soniya from the front office, celebrated her birthday in a truly delightful way, surrounded by her colleagues.

We extend our warmest wishes to Antima on her birthday (19Oct). May the year ahead be filled with happiness, & countless reasons to celebrate!

RECOGNITION



-EMPLOYEE OF THE MONTH (GH & EC)-

CONGRATULATIONS

We wish them great success for this recognition.



HIMANSHU BUDHALAKOTI
GH-SCM

Himanshu joined General Hospital, Satpuli in March 2016 as an Office Assistant. With the constant hard work and commitment to his roles & responsibilities in the past seven years, he has now become an Assistant Manager in SCM department. He is always focused and takes initiatives to do the best which helps him quickly learn the challenges and grow. According to Himanshu- **“I really like the environment of the hospital and the behaviour of the staff towards patients. I think that is why we are able to give the best patient care”.**



ANTIMA CHAUHAN
EC - Front office & Billing

Antima joined Eye Care in September 2022 as a Billing Executive. Her positive attitude helped her get adapted to the work environment very quickly and she has proved herself to be a great team player. According to Antima- **“I have never seen a working environment like Hans Eye Care before. Here, there is a high level of professionalism. The seniors are very well-behaved, and patient care is given the utmost priority. The service provided here to the underprivileged and needy patients is something I have neither seen nor heard of anywhere else. In the healthcare industry, there couldn't be a better hospital than this. I feel proud to be working here.**

RECOGNITION



CONGRATULATIONS

-MOST GROOMED EMPLOYEE (GH & EC)-



RAHUL SINGH
GH-OT



SUBODH SINGH
EC-Facility

-MOST PUNCTUAL STAFF (GH & EC) -



MAHIPAL SINGH
GH-Nursing



MANDEEP SINGH RAWAT
EC-Optometry

CHILD EYE CARE WEEK CAMPAIGN

EC-HARIDWAR



A children's eye care campaign was recently organized at the Hans Foundation Eye Care (Hans Netralaya), Bahadarabad. The weeklong campaign began on October 3. In the campaign, students received free eye check up services.

During the campaign, the students received complimentary consultations, necessary medications, and eyeglasses as per the recommendations of the medical professionals. Additionally, the children were educated about maintaining healthy eyes, and each of them received thoughtful gifts as a token of appreciation.



We have over a thousand happy children who are benefited from the gift of healthy eyes. Our experienced ophthalmologists discovered that many children were commonly experiencing issues such as eye irritation, itching, blurred vision, and headaches due to reduced eyesight.



NEW JOINEES & TRANSFERS

GH & EC

Welcome



HIMANSHU BHATT
GH-Ophthalmology



KRISHANPAL SINGH
GH-Cardiology



SIMRAN
GH-Nursing



KAMINI RAWAT
GH-Nursing



SANDEEP KUMAR
GH-Physiotherapy

INTERNAL TRANSFER



ROHIT KUMAR
GH-Facilities

FROM EC TO GH

CELEBRATION



15TH - 21ST OCTOBER, 2023

NAVRATRI PUJAN

GH-Satpuli



EC-Haridwar

20TH OCTOBER, 2023

DANDIYA CELEBRATION

GH-Satpuli



EC-Haridwar

16TH OCTOBER, 2023

MATA MANGLA JI BIRTHDAY CELEBRATION



GH-Satpuli

16TH OCTOBER, 2023

WORLD ANAESTHESIA DAY



GH-Satpuli

31ST OCTOBER, 2023

KARWA CHAETH EVENT

GH-Satpuli



EC-Haridwar

CELEBRATION



15TH - 21ST OCTOBER, 2023

INTERNATIONAL INFECTION PREVENTION WEEK

EC-HARIDWAR

DAY- 1: HAND HYGIENE AWARENESS PROGRAM FOR STAFF, PATIENTS AND ATTENDANTS.



DAY-2: SPILL MANAGEMENT-MOCK DRILL



DAY-3: EXTERNAL TRAINING ON DISINFECTION TERMINOLOGY.



DAY-4: ACTIVITY ON BIOMEDICAL WASTE MANAGEMENT



DAY-6: WINNERS ANNOUNCEMENT & APPRECIATION:

DAY-5: POSTER COMPETITION



MEDICAL QUIZ

CHECK YOUR MEDICAL TRIVIA

1. What is the medical term for high blood pressure?

- a Bradycardia
- b Hypertension
- c Tachycardia
- d Hypotension

2. What is the largest organ in the human body?

- a Brain
- b Liver
- c Skin
- d Heart

3. What's the scientific term for a kneecap?

- a Clavicle
- b Patella
- c Femur
- d Tibia

4. Anosmia is...

- a An inability to hear
- b An inability to see
- c An inability to taste
- d An inability to smell

5. Which of the following homely remedies has been in use for over 4000 years to treat pain and inflammation?

- a Magnesium
- b Turmeric
- c Lavender
- d Fenugreek

6. Which part of liver stores Vitamin A?

- a Ito cells
- b Hepatocyte
- c Kupffer cells
- d Endothelial cells

7. 'Bromodosis' is a term referring to which of the following conditions?

- a Bad Breath
- b Caffeine High
- c Food Poisoning
- d Stinky Feet

8. What is a Transient Ischemic Attack (TIA)?

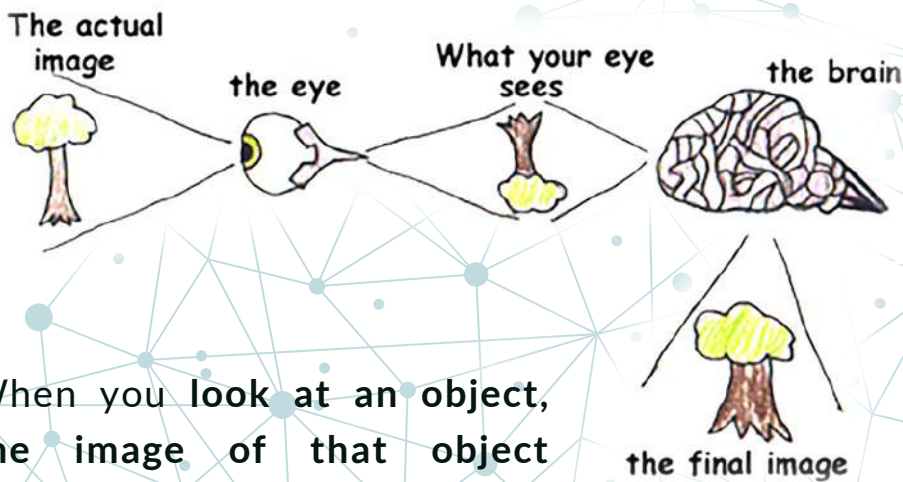
- a Sudden heart stoppage
- b Blockage to the brain's blood supply
- c Spike in blood pressure
- d Shortness of breath

9. What is the term for an irrational or excessively intense fear of an object, situation, or creature?

- a Depression
- b Anxiety
- c Phobia
- d Schizophrenia

1. B 2. C 3. B 4. D 5. B 6. C 7. D 8. B 9. C

DO YOU KNOW ?



When you look at an object, the image of that object appears upside down on your retina. However, your brain automatically corrects for this, allowing you to perceive the object the right side up.

