

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS

A SALUTE TO OUR NURSES

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Capt. Sandhya Shankar Pandey
Chief of Nursing, Fortis Healthcare



Mrs Girja Sharma
Fortis, Shalimar Bagh,
New Delhi



Ms Minimole John
Fortis Escorts, New Delhi



Ms Leelamma C A
Fortis, Vasant Kunj, New Delhi



Ms Ratna N Rana
Fortis Escorts, Faridabad



Ms Lalita Thambi
FMRI, Gurugram



Ms Usha Rani Prabhakar
Fortis, Noida



Ms Suma Alias
Fortis La Femme, New Delhi



Mr Murali Manoharan
Fortis C-DOC New Delhi



Mrs Minimole Varghese
Fortis, Mulund, Mumbai



Ms Valsamma Joseph
Fortis, Kalyan, Mumbai



Ms Mohini Chandrashekar
Hiranandani Hospital, Vashi
(A Fortis Network Hospital)



Ms Durga Vaidya
SL Raheja, Mahim, Mumbai
(A Fortis Associate)



Capt. Neelam Deshwal
Fortis, Mohali



Ms Gurbaksh Kaur Bedi
Fortis Escorts, Amritsar



Ms Alice Kurian
Fortis, Ludhiana



Ms Jiji Mol James
Fortis Escorts, Jaipur



Ms Doli Biswas
Fortis, Anandapur, Kolkata



Ms Gopa Hazra (Majumdar)
FHKI, Kolkata



Ms Latha R N
Fortis, CG Road, Bengaluru



Ms Sandhya Saji
Fortis La Femme, Bengaluru



Ms Jermin Roshini
Fortis, CG Road, Bengaluru



Ms Shashikala GE
Fortis, Rajajinagar, Bengaluru



Ms Shanti Rani
Fortis, Malar, Chennai



Ms Hephzibah Dorothy
Fortis, Vadapalani, Chennai



Ms Amutha Jose Jansi
Fortis, Nagarbhavi, Bengaluru



Mrs Archana Gideon
Fortis, Raigarh



Message from the MD & CEO

Dear Colleagues,

I hope all of you are safe and doing well.

After battling a tsunami of a second wave of COVID-19, we are now heaving a sigh of slight relief. All of us witnessed many harrowing scenes over the past couple of months, which included the oxygen crisis and shortages of beds, medicines and vaccines. Unfortunately, many precious lives were lost. The pandemic took a heavy toll on Fortis too and I extend my heartfelt condolences to all our colleagues and their families who have lost their loved ones.

I also take this opportunity to express my gratitude towards all our frontline doctors, nurses, paramedics and other team members who have been relentlessly battling the pandemic. I am truly humbled by your determination, dedication and commitment.

At the same breath, I would like to reiterate that the entire organisation is firmly behind each one of you and we condemn all acts of violence against healthcare workers. We, in association with other healthcare organisations, have given representations to the government authorities and have voiced our concerns unequivocally.

Though the second wave is abating, we must remain vigilant. We are utilising the time available to improve and upgrade our infrastructure and prepare for the future. We are also focusing on implementing the plans for the future in right earnest.

I encourage all of you to take good care of yourselves and continue to adhere to all precautionary guidelines issued from time to time.

Regards,

Dr A. Raghuvanshi
MD & CEO

Supreme Court appoints Dr Rahul Pandit of Fortis Mumbai as member of National COVID-19 Taskforce



Dr Rahul Pandit

Dr Rahul Pandit, Director - Critical Care, Fortis Hospitals, Mumbai and Member of Maharashtra's COVID-19 Taskforce, has been appointed by the Hon'ble Supreme Court as a member of the National COVID-19 Taskforce. The National Taskforce comprising of eminent experts has been set up to help devise an appropriate response to India's second COVID-19 wave, based on scientific and specialised domain knowledge. Justices Hon'ble D.Y. Chandrachud and Hon'ble M.R. Shah, passed the relevant order, formulating the 12-member National Taskforce.

The Taskforce will specifically address issues related to streamlining oxygen allocation, reviewing and suggesting measures to ensure availability of essential drugs and medicines, and adopting remedial measures to ensure preparedness for future emergencies.

New Launches & New Beginnings

Fortis Hospital, Cunningham Road, Bengaluru, launches Fortis Cancer Institute on World Health Day

To address the growing need for cancer care in and around Bengaluru, Fortis Hospital, Cunningham Road, launched the Fortis Cancer Institute, the second such facility in the city, on the occasion of World Health Day. The institute was inaugurated by Mr Ramesh Arvind, a popular Kannada actor and filmmaker, along with Dr Manish Mattoo, Zonal Director - Fortis Hospitals, Bengaluru and Mr Anand Angadi, Facility Director - Fortis Hospital, Cunningham Road.



Mr Ramesh Arvind, popular Kannada cine star, inaugurating the facility in the presence of Dr Manish Mattoo, Dr Vivek Jawali, Dr Niti Raizada and Mr Anand Angadi

The first Fortis Cancer Institute, which was launched in 2019 at Fortis Bannerghatta Road, has successfully treated over 4000 cancer patients so far. The second center at Cunningham Road is well equipped and has a robust team to provide 360-degree cancer care to patients in and around Cunningham Road. The 12-bedded cancer care unit is a one-stop destination for all forms of cancer.

Speaking on the occasion, Dr Mattoo said, "Fortis Hospital, Cunningham Road, has a glowing three decades old legacy of delivering best patient care, especially in Cardiac Sciences. We are now expanding our healthcare offering to include cancer patients as well as we are witnessing a surge in cancer cases in the city, requiring a second dedicated cancer facility. This institute is a continuation of our efforts to deliver comprehensive care for cancer patients."

Fortis Hospital, Shalimar Bagh, New Delhi, launches Sports Injury Clinic

Fortis Hospital, Shalimar Bagh, New Delhi, has launched a Sports Injury Speciality Clinic under the leadership of Dr Amite Pankaj Aggarwal, HOD and Director - Orthopaedics, Sports Medicine & Joint Replacement. Mr J. N. Nehra, former Coach, Indian Basket Ball team, attended the inauguration of the clinic. With rising interest in sports activities, the incidence of sports related injuries is also on the rise. Many patients now ask for a specialist in Sports Medicine to treat such injuries.



Glimpses of the inauguration ceremony

Fortis Hospital, Shalimar Bagh, New Delhi, starts work on new Mother & Child block

Fortis Hospital, Shalimar Bagh, New Delhi, has commenced work for the upcoming Mother & Child block. A brief religious ceremony was held at the site to seek divine blessings. The occasion was attended by Dr Bishnu Panigrahi, Head — MSOG, senior clinicians and the leadership team.



Glimpses of the ceremony

Clinical Excellence

Doctors at Fortis Ludhiana perform endoscopic removal of rare, giant 17 cm tumour from 65-year-old's food pipe



Dr Nitin Behl with the excised tumour

In a first of its kind case in India, a team of doctors led by Dr Nitin Shanker Behl, Additional Director - Gastroenterology, Fortis Hospital, Ludhiana, performed the endoscopic removal of a rare, giant 17 cm tumour from the food pipe of a 65-year-old female patient. Only 37 such cases have reported worldwide and only one case of endoscopic removal has been previously reported from China.

The patient was brought to the hospital in a serious condition after she suffered sudden choking due to the tumour. She has been suffering from hyperacidity and heart burns, but she did not get any relief despite consulting many doctors.

Sharing more details, Dr Behl said, "This was a very difficult case as the giant tumour arose from a point where the food pipe begins and went on to touch almost its lower end. Such cases require utmost precision so that the food pipe is not damaged. No incision or stitch was needed and no blood was shed during the endoscopy." Dr Behl further said that he used an innovative technique to remove the tumour, adding that special equipment used for the surgery was available only at Fortis Ludhiana in this region.



Dr Shally, Medical Superintendent – Fortis Hospital, Ludhiana, Dr Vishvadeep Goyal, Zonal Director – Fortis Ludhiana & Amritsar and Dr Nitin Shanker Behl, Additional Director – Gastroenterology with the patient

Fortis celebrates International Nurses Week



Events

Delhi Dy CM Mr Manish Sisodia inaugurates Fortis Vasant Kunj's drive-in vaccination camp for 18+ group



Mr Manish Sisodia, Deputy Chief Minister of Delhi, and Fortis team at the vaccination camp

Delhi Dy CM Mr Manish Sisodia lauds nurses for their untiring contribution

Speaking on the sidelines of the inauguration, Mr Manish Sisodia, Deputy Chief Minister of Delhi, praised the contribution of nurses who have been working tirelessly. He thanked them for their dedication and commitment.

Mr Manish Sisodia, Deputy Chief Minister of Delhi, inaugurated a two-day drive-in vaccination camp for those above the age of 18 years, organised by Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, in association with a non-governmental organisation. Mr Abhishek Singh, IAS; Dr Rajeev Nayyar, Facility Director - Fortis Vasant Kunj, Mr Manu Kapila, Head - Corporate Affairs & CRS, and Mr Saurab Chaturvedi were present on the occasion. The Fortis leadership thanked Mr Sisodia for his gracious presence. Over 400 people were vaccinated as part of the initiative.

Fortis Vasant Kunj has been organising vaccination camps in an effort to reach out to as many people as possible. The drive-through vaccination addressed many safety concerns of people and removed their hesitancy in visiting hospitals. The drive was conducted with utmost regard to the safety of staff and beneficiaries by ensuring minimum contact.

Doctors at Fortis Escorts, Okhla, New Delhi, felicitated for battling COVID-19 pandemic and saving lives

A recognition ceremony was held at Fortis Escorts, Okhla, New Delhi, to felicitate the doctors who had shouldered great risk to uphold their commitment to the patients during the COVID-19 pandemic. The event was held in the presence of Dr Ashok Seth - Chairman, Fortis Escorts Heart Institute and Mr Bidesh Chandra Paul - Zonal Director, Fortis Escorts, Okhla, New Delhi, and was organised by Mr Ravi Ranjan, Zonal HR Head.

Dr Rajat Agrawal, Dr A. S. Sandhya, Dr Avi Kumar, Dr Shailendra S. Bhadoriya, Dr Mitu Anand Minocha, Dr Poonam Khurana, Dr Mona Bhatia, Dr Surendra Pratap Singh, Dr Sunil Dhole and Dr Anu Gupta were recognised for their exemplary courage.

Speaking on the occasion, Dr Ashok Seth said, "I appreciate all the Doctors, Nursing and the Admin staff members who stood up together during the pandemic and upheld our tradition of keeping patients first, come what may, and take care of them."



Awardees

Fortis Hospital, Noida, launches 'Virohan' training programme for new nurses

Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare presided over the successful launch of Virohan programme by the Department of Nursing Education, Fortis Hospital, Noida (FHN). The other senior leaders and doctors present at the function included Dr Bishnu Panigrahi, Group Head - MSOG, Dr Meher Kumar Bedi, Director - Medical Operations, Mr Hardeep Singh, Zonal Director - FHN, Dr Shanu Sharma, Medical Superintendent - FHN, Dr Dina Shah, Director - Emergency Medical Services, FHN, and Capt. Sandhya Shankar Pandey, Group Chief of Nursing.

Speaking on Virohan, Mrs Usha Prabhakar, Chief of Nursing - FHN, said, "Virohan is a structured and systematic approach to the onboarding and training of new nurses. It aims at improving nursing skills and patient care whilst helping reduce attrition and enhancing their career path." She also added, "I tracker is a self-assessment tool for complete tracking of training and achievements of nurses."

The launch of the Virohan and the I tracker booklet was followed by the pinning ceremony of the new joinees.



Dr Ashutosh Raghuvanshi addressing the audience



Dr Bishnu Panigrahi addressing the audience



Group photograph



Oath taking ceremony



Lamp lighting ceremony



Lamp lighting ceremony



Lamp lighting ceremony



Badges being given to nurses undergoing Virohan training



Ms Usha Prabhakar, Chief of Nursing at Fortis Noida addressing the audience



Ceremony in progress



Ceremony in progress



Book launch

Fortis Hospital, Bannerghatta Road, Bengaluru, launches 'Sassy Saturdays' sessions to de-stress doctors & staff

Fortis Hospital, Bannerghatta Road, Bengaluru, has started Sassy Saturdays, a fortnightly event aimed at de-stressing doctors and staff amidst the difficult COVID times. The first session, 'Comedy Nights', featured Dr Murali Chakravarthy, Director - Clinical Affairs, Director - Anaesthesia, Critical Care and Pain Relief, and Chairman - Central Infection Prevention and Control Committee, and Dr Jagdish Chaturvedi, Consultant - ENT Specialist, who is also a popular stand-up comedian and actor. The session was conducted online and was attended by a large number of doctors, nurses and staff.



First episode of Sassy Saturdays

Fortis Escorts, Okhla, New Delhi, organises Vaccination Drive for Supreme Court employees

The Supreme Court Bar Association organised a COVID-19 vaccination programme in association with Fortis Escorts, Okhla, New Delhi. The event was inaugurated by Hon'ble Justice N.V. Ramana, Judge, Supreme Court of India. During the 20-day vaccination drive, the Fortis team provided medical support services including the services of a general physician, nursing staff and Emergency Medical Technician along with ambulance services. A total of 938 employees of the Supreme Court were vaccinated.



Glimpses of the event

Fortis Memorial, Gurugram, celebrates World Kidney Day



Glimpses of in-house camp at the hospital



Nephro PC- Dr Salil Jain addressing media persons during the press meet

On the occasion of World Kidney Day, Fortis Memorial Research Institute (FMRI), Gurugram conducted a week long in-house screening camp for public. The initiative, led by Dr Salil Jain, Director & HOD - Nephrology and Kidney Transplant FMRI and his team saw participation from over 250 patients of which 42 patients were found to have positive urine findings. The camp offered free services of urine dipstick, BP, BMI, Random Blood Sugar and doctor consultation. In addition, Dr Jain also held a free screening camp in Hisar where he screened over 200 patients in order to raise awareness on timely screening and diagnosis for best outcomes. Of the patients screened at the camp, around 17% (34/200) were found to have protein loss in urine which is generally the first manifestation of kidney damage. Around 60 of them were diabetic, 45 hypertensive and 55 of them suffered from both, diabetes and hypertension, which is a major risk factor for kidney disease. The camp was followed by a press conference. Dr Jain said, "The major risk factors adding to the burden of kidney disease in India include diabetes and hypertension, attributing to over 60% of the cases of Chronic Kidney Disease (CKD). With such an alarming rise, the prevalence is expected to grow further. CKD needs to be diagnosed at early stages for proper treatment and effective management through medications. Devoid of timely screening, many patients present with advanced progression and at later stages where dialysis or renal transplant remains the last resort."

Fortis Escorts, Okhla, salutes Health Heroes on World Health Day



Dr Pankaj Puri



Dr Atul Mathur



Dr Praveer Agarwal



Mr Harpreet Singh



Workshop on patient first – Pressure Ulcer Care Management

Fortis Escorts, Okhla, New Delhi, celebrated World Health Day on April 7, 2021 to recognise the contribution of "Health Heroes" in highlighting the safety measures during COVID-19 outbreak along with their overall health and well-being.

Dr Atul Mathur, Executive Director - Interventional Cardiology & Chief of Cath Lab, Dr Praveer Agarwal, Executive Director - Interventional Cardiology, Dr Pankaj Puri, Director - Gastroenterology & Hepatobiliary Sciences and Mr Harpreet Singh, Deputy General Manager - Sales & Marketing, while accepting their awards, spoke on the incredibly challenging year 2020, the roll out of COVID-19 vaccine in the year 2021 as new tool to protect patients and the population at large. The doctors explained how to stay healthy during COVID times and emphasised the importance of vaccination.

A workshop was also conducted on "Patient First - Pressure Ulcer Care Management" by Ms Minimole John, Chief of Nursing in collaboration with Arjohuntleigh Healthcare, which was focused on evaluation of the strengths, discussion on the challenges related to clinical trials in the domain of pressure ulcer, methods, and education strategies for implementing pressure prevention in practice by using the OSCE (Objective Structured Clinical Evaluation) method.

Fortis Hospital, Nagarbhavi, Bengaluru, felicitates COVID warriors for their contribution

Fortis Hospital, Nagarbhavi, Bengaluru, acknowledged the hard work and contribution of the frontline healthcare workers who are working in the COVID wards. Dr Thejaswini Parthasarathy, Facility Director, inaugurated a photo collage as part of the International Nurses Day celebrations. As a token of gratitude, staff and nurses were also handed over mugs with their pictures.



Dr Thejaswini Parthasarathy, Facility Director, senior clinicians and staff members at the felicitation ceremony

Fortis Hospital, Nagarbhavi, Bengaluru, initiates Thankful Thursdays to felicitate 'Fortis Influencers'



Dr Thejaswini with Ms Nimmy Paul

Fortis Hospital, Nagarbhavi, Bengaluru, has started Thankful Thursdays to express gratitude and acknowledge the contribution of nurses who are volunteering to work in the COVID wards as Fortis Influencers. As part of the initiative, Ms Nimmy Paul was felicitated with the first Fortis Influencer recognition. She had voluntarily come forward for COVID duties and accepted additional responsibilities with a smile on her face. Fortis Nagarbhavi applauds her dedication to deliver high-quality intensive patient care.

Fortis Escorts, Okhla Road, New Delhi, marks Hand Hygiene Day

Fortis Escorts Heart Institute (FEHI), Okhla Road, New Delhi, observed Hand Hygiene Day on the theme "Second saves LIVES, Clean your hands" and celebrated the occasion by recognising staff members who championed the cause. Hand hygiene has acquired added importance due to the prevalent COVID-19 situation. To reinforce hand hygiene practices, the staff made slogans and 'hand hygiene corners' in different parts of the hospital. The hospital also conducted hand hygiene awareness-building sessions for staff, patients, and visitors. The entire effort was conducted under the aegis of Ms Minimole John - Chief of Nursing and Dr Anu Gupta - Infection Control Officer.



Glimpses of the event

Fortis Hospital, Noida, initiates on-site vaccination programme for corporate employees

Fortis Hospital, Noida, successfully concluded an on-site vaccination drive for the employees of a multinational company belonging to the information technology and business process outsourcing services sector. More than 700 employees and their family members were vaccinated during the three-day vaccination drive that started on May 17. The initiative was appreciated by the company's leadership.



Glimpses of on-site vaccination drive

Department of Pediatrics at Fortis Memorial, Gurugram, conducts training for Pediatric Critical Care Nurses

The Department of Pediatrics at Fortis Memorial Research Institute (FMRI), Gurugram, under the leadership of Dr Krishan Chugh, Director and HOD of Pediatrics and PICU, conducted a training programme for certification with 'Indian Diploma in Pediatric Critical Care Nursing'. This is a one-year course run by the Indian Academy of Pediatrics - Intensive Care Chapter. It is a pan-India training programme and is being conducted at all major tertiary care Pediatric ICUs (PICUs) of the country.



PICU Nurses with the paediatrics team and Dr Ritu Garg, Zonal Director

As part of this exhaustive and rigorous teaching exercise, four PICU nurses underwent interactive discussions and simulation exercises with a focus on critical topics such as nursing of a hemodynamically unstable child, resuscitation, High-Frequency Oscillatory Ventilation (HFOV), transport of critically ill child, approach to the child with respiratory distress, drug calculations and compatibility, infection control, and care of ventilated baby amongst other important topics. All four PICU nurses successfully cleared the Indian Diploma in Pediatric Critical Care Nursing Exam. The event was celebrated and the programme was highly appreciated by all the participants.

Fortis Noida provides medical know-how for Noida Traffic Police's Auto Ambulance initiative

With support from Fortis Hospital, Noida, the Noida Traffic Police has launched an 'Auto-Ambulance' initiative. Dedicated three-wheeler auto-rickshaws have been modified into ambulances as part of the initiative to transport COVID patients. Oxygen cylinders and pulse oximeters have been installed in the vehicles to ensure proper care to the patients during their journey. Additionally, the auto drivers have been trained by medical professionals from the hospital about how to provide basic life support, help a patient put on an oxygen mask, operate an oxygen cylinder and measure the pulse, SpO₂ and blood pressure of the patient. All auto drivers have been given PPE kits and taught on how to protect themselves against infection.



Auto drivers ready to take on the task transporting the patients



BLS training in process

Fortis Escorts Hospital, Faridabad, organises Vaccination Drive for major public sector company's employees

In continuation of its vaccination drive, Fortis Escorts Hospital, Faridabad, has vaccinated over 200 employees at the Research & Development centre of a major public sector oil distribution public sector enterprise. Fortis Faridabad aims to reach out to as many people as possible and is planning to collaborate with other public, private and residential organisations.



Glimpses of the Vaccination Drive

Hiranandani Hospital, Vashi - A Fortis Network Hospital, initiates 'Dazzle' - an internal cleanliness programme

Hiranandani Hospital, Vashi - A Fortis Network Hospital, recently initiated an internal cleanliness drive 'Dazzle', which aims to declutter the premises, and eliminate the hazards of mosquito breeding, fungus growth and decomposition of unwanted items.

The drive is hosted on the 4th Saturday of every month, led by Mr Sandeep Guduru - Facility Director, Mr Nitin Kamaria, Head - Sales, Marketing & Administration with support from Mr Sagnik Roy Choudhury, Lead - Unit Brand & Marketing Communication, and other HODs who have enthusiastically worked on decluttering and eliminating unwanted items from the premises. The drive is gaining momentum and more and more departments are joining hands.



'Dazzle' clean-up



'Dazzle' clean-up in progress

Fortis Escorts Hospital, Faridabad, organises Vaccination Drive for industrial employees

Fortis Escorts Hospital, Faridabad, has commenced vaccinating more than 500 employees of a major Faridabad-based company engaged in automobile engineering and agro-equipment production. The hospital plans to take the initiative further by collaborating with other public sector and private sector companies across the industrial township to ensure that the vaccine reaches the vulnerable population engaged in economic activity. The effort has been lauded by both the beneficiaries as well as the corporate leadership.



Glimpses of vaccination drive

Hiranandani Hospital, Vashi - A Fortis Network Hospital, welcomes fresh batch of seven nurses, under 'Virohan' programme



HODs and nursing teams welcoming the fresh batch of nurses



(Centre front R-L) Ms Mohini Chandrashekhar, Chief Nursing Officer, Mr Nitin Kamaria, Head - Sales, Marketing & Administration and Dr Trupti Rathod, Head-Medical Services with the new batch of nurses

Hiranandani Hospital, Vashi - A Fortis Network Hospital, welcomed seven new nurses under the Virohan programme. The structured induction programme for on-boarding new nurses has been designed by Capt. Sandhya Shankar Pandey, Chief Nursing Officer - Fortis Healthcare, and aims to improve nursing skills, confidence, quality and patient satisfaction.

The new nurses were warmly inducted with a welcome song, sung by the senior Nurses In-charge. Ms Mohini Chandrashekhar, Chief Nursing Officer, Dr Trupti Rathod, Head - Medical Services, Mr Nitin Kamaria, Head - Administration, Sales & Marketing, and Dr Chandrashekhar T, Chief Intensivist, participated in the lamp lighting ceremony. This was followed by the launch of the Nurses Hand Book. The leaders also greeted the new

Fortis Rajajinagar, Bengaluru, launches 'Virohan' Nursing induction programme

Fortis Hospital, Rajajinagar, Bengaluru, has launched Virohan, a new nursing induction programme. The programme, designed by Capt. Sandhya Shankar Pandey, Chief Nursing Officer, aims to deliver outcome oriented and skill based training to the new nurses. The inauguration of the programme was graced by Dr (Wg Cdr) A Nagasubramaniam, Facility Director, Ms Shashikala GE, Chief Nursing Officer, Mr Lakshmisha Gowda, Head – HR, Ms Geethamani, Head – Non-medical, ICU doctors, Nursing In-charges and all departmental heads. The leaders addressed the participants and encouraged the new nurses.



Sister Saumya's welcome dance



Dr (Wg Cdr) A Nagasubramaniam addressing the participants



Ms Shashikala G E speaking about Virohan



Mr Lakshmisha Gowda B K encouraging the new nurses



Leaders and participants of Virohan Programme

Know our Clinicians



Dr Sushil Azad,
Principal Consultant, Paediatric Cardiology
Fortis Escorts Hospital, New Delhi

How did your interest in photography develop?

It all started with a chance encounter with a fellow birder few years back who introduced me into this fascinating world of nature and photography. I initially started using his equipment which he was kind enough to lend me. I



vividly remember our first visit to Okhla bird sanctuary in Delhi and it was a mesmerising few hours that I spent with him searching

for those small birds in their natural habitat observing their routine and simultaneously capturing those cliché moments. I think that is when I decided to engulf myself in this world of wildlife and nature photography.

Who tutored you and which is the best picture that you remember till date?



No one in particular. Over last so many years now, I have been experimenting with different techniques and of

course learning from fellow birders during photowalks during free weekend mornings. I am still learning. One particular photograph that I took during the lockdown last

year where a mother sparrow was feeding her baby is the one I like a lot, although there are others as well.

When do you get time to photograph?

Okhla bird sanctuary is at a stone's throw distance from my house and it is home to approximately 300 species of native and migratory birds. So, on free weekends, early morning hours are spent there. It is a unique experience to be close to nature and also enjoy your passion.

Do you need special equipment for such photography?

For wildlife and nature photography, you do need special zoom lenses so as to reach close to birds without disturbing them because that is the best chance for you to capture some lovely moments.

Apart from health benefits, what do you think has been your greatest takeaway from your passion for photography?

The greatest lesson has been more respect for our Mother Nature. I observed during the lockdown period last year how nature has completely taken over. It was evident even in the neighbourhood. I could capture at least 30 different bird species from my balcony.

Is photography your only interest or any other hobby you follow?

Apart from photography which keeps me healthy mentally, I like to keep myself fit physically as well. So I run whenever I have time and play table tennis as and when time permits.

Anything else you would like to share with our readers additionally to keep themselves motivated & happy during this tough time?

These are difficult times and for me most important take away has been to respect nature or else we will pay for it sooner or later. If time permits, try following your passion, be it sports or any other activity, to keep yourself motivated and healthy - both spiritually and physically.



Poem



Here's a motivational poem penned by **Dr Gautam Hazarika**,
Medical Superintendent –
Fortis Hospital & Kidney Institute
and Fortis Medical Centre, Kolkata

“Call of the Hour”

**Rise and Shine
Lift the Topline
Team come together
In all kind of weather
Open eyes & not blind
Topline and Mankind
Vaccine to one and all
That's the Fortis Call
Revenue & Reputation
A grateful population
Together we show
That's the way to go**

Straight from the Heart



Ms Alison Ann Lobo,
COVID ICU Nurse, Fortis Hospital, Anandapur, Kolkata, shares her experience

I am getting goosebumps as I share my thoughts and experience of working with the 'COVID Unit' at Fortis Hospital, Anandapur, Kolkata. It's been a year since we have been battling this deadly virus and as a frontline worker, I feel proud that I was able to contribute and help save many human lives. As the saying goes, 'One who saves a life is a hero. One who saves many, is a nurse.'

Initially, when the COVID Unit started off, I was a bit tense as I had heard about Coronavirus for the first time. My parents played a major role in motivating me to work with the COVID Unit.

I vividly remember the first time we donned our Personal Protective Equipment. Though it was uncomfortable, we were determined to maintain all the safety measures to make sure we could give our patients all the care and protection they needed. As the days progressed, we got accustomed to it. Whenever patients recovered and were shifted to the wards, it gave us immense joy, pride and a sense of achievement. At the same time, it was heart-breaking to see so many people losing their loved ones. The severity of the disease became clearer over time.

As a frontline worker, I faced many challenges in performing my duties. The lockdown brought its own share of challenges. The weather changes, especially during the summers and the humid monsoons, were taxing. Moreover, with each passing day, the pressure mounted as we had to attend to a growing number of patients. This took a toll on our physical and mental health. But we did not allow these hurdles to discourage us.

We continue to work as a team and are committed to save as many lives as we can. At the same time, I feel that if we all continue to practise personal hygiene and social distancing – and educate others to do so as well – we will be playing a more effective role in combatting the virus.

I pray to the Almighty that He may give us the strength to fight against this disease and that we can breathe and live in a COVID free environment soon!

Conversation

Meet

Valsamma Joseph
 Chief Nursing Officer, Fortis Hospital, Kalyan, Mumbai



When did you join Fortis?

I joined the Fortis family in November 2006, erstwhile Wockhardt.

What do you like most about your work?

Nursing is a service with a noble cause. The fact that we serve the mankind during their sickness and pain, and give them relief is what I like most about my work. Our teams are the critical link in the healthcare system that not only helps people recover but also becomes the biggest support to the family of the sick. Nurses are responsible for assisting physicians in administering patient care, educating patients on a variety of medical conditions, and giving advice to the patient as well as their family. While our role is challenging, is very satisfying and rewarding.

How has your journey with Fortis been?

From being on-ground with our patients, to now mentoring the new generation of nurses to take on multi-faceted roles, my journey has been of learnings and challenges that have helped me evolve into a purpose-driven nursing leader. Having grown with the organisation for over 16 years, and overall 36 years in

nursing, I have learnt that nurses do much more than caring for the sick, we have always been at the forefront of change in healthcare and public health. No other caregiver has such a broad and far-reaching role as we do, we are glad to have been leading these roles.

Learnings from the COVID-19 pandemic

Especially during the pandemic, the roles of nurses have evolved and changed with great responsibilities and with a lot of challenges. Over the years, nurses' round-the-clock presence and vigilance has allowed physicians to propose better treatments. Thousands of lives have been saved because an attentive nurse picked up the early warning signs, thereby helping the treating physician avert the crisis. The COVID-19 pandemic has been nothing less than a 24*7 crisis, some of the key learning from it have been – identifying atypical presentations of first COVID positive case, need for stringent screening of all patients, protocol-based changes in infrastructure, work practice controls, and stringent decontamination protocols. The implementation of these learnings, and dissemination of these learnings to the next or new batch of nurses has been crucial, it has helped mitigate crisis and keep the patients and their caregivers safe.

Awards & Accolades

Fortis La Femme, GK 2, New Delhi, is FOGSI's first Manyata certified hospital in Delhi and across the Fortis network

Fortis La Femme, GK 2, New Delhi, has been recognised by the Federation of Obstetric and Gynaecological Societies of India (FOGSI) as a Manyata-certified hospital. The certification, which was awarded after stringent scrutiny and assessment spanning over three months, recognises Fortis La Femme GK 2 as an institution where mothers and new-borns receive safe, respectful and quality care. The hospital is the first in Delhi and in the Fortis network to receive the prestigious certification.

The Manyata programme is a FOGSI initiative that aim to reduce preventable maternal and new-born mortality in India. The programme has been set up to establish a sustainable quality improving and quality assurance mechanism for private maternity care facilities.



La Femme GK 2 Team members involved in the Manyata assessment



LDR nursing station



CTG machine LDR



Inside view of OT



LDR bed



Radiant warmer



Radiant warmer in OT with emergency trolley



Spot light

Dr Rahul Pandit of Fortis Hospital, Mumbai & Dr Manoj K Goel of Fortis Memorial, Gurugram, co-author study on COVID published in The Lancet



Dr Rahul Pandit



Dr Manoj K Goel

Dr Rahul Pandit, Director - Critical Care, Fortis Hospital, Mumbai & Member - Maharashtra COVID-19 Taskforce and Dr Manoj K Goel, Director - Pulmonology, Fortis Memorial Research Institute, Gurugram along with 18 caregivers have co-authored the COVINTOC study which has recently been published in

leading international journal, The Lancet. COVINTOC was a multi-centre study that evaluated the role of Tocilizumab, an IL-6 inhibitor, in the management of COVID-19 infection. Dr Pandit & Dr Goel were instrumental in to data collection, conduct of the study, resolution of data quality and queries, and critical review of the manuscript. The study will be useful in addressing the role of Tocilizumab in the management of critically ill COVID-19 patients, in the Indian context.

Dr Sanjeev Gulati of Fortis Vasant Kunj, New Delhi, co-authors a study on Kidney Transplants published in the prestigious Journal of the American College of Cardiology

Dr Sanjeev Gulati, Director - Nephrology and Kidney Transplants, Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, has been a key researcher in a multi-centric study done along with other leading researchers across the country on 'Kidney Transplant List of Status and Outcomes in ISCHEMIA-CKD Trial.' The study has been published in the prestigious Journal of the American College of Cardiology, a globally respected Cardiology journal.

The multi-center study evaluated whether patients with chronic kidney disease (CKD) and coronary artery disease need to undergo pre-emptive revascularization before kidney transplant listing. The authors concluded that among patients with stable ischemic heart disease, moderate to severe ischemia on non-invasive stress testing, and advanced CKD, routine invasive therapy does not reduce the incidence of death or myocardial infarction compared with optimal medical therapy. There was also no benefit from invasive therapy regarding all-cause mortality. In fact, invasive therapy was associated with an increased hazard for stroke and death or dialysis compared with conservative therapy. This study has practice-changing implications in the management of CKD patients who are planned for a kidney transplant. Dr Gulati was a key collaborator and author who was instrumental in study design, data collection, the conduct of the study, and critical review of the manuscript.



Dr Sanjeev K Gulati

Wall of Fame

Fortis Hospital, Ludhiana

Me, along with our family, we all are thankful. Thank you from everyone at Fortis Healthcare Hospital-for the scarifies you make, every day and especially during this pandemic. Your dedication, commitment, and courage deserve our deepest gratitude and admiration. Your service to patient is saving countless lives and making thousands of differences.

Thank you to all of the healthcare workers who selflessly give themselves to others. You are true heroes and should be recognized as such. Love and blessings to you all. Stay safe and know we are all thinking of you.

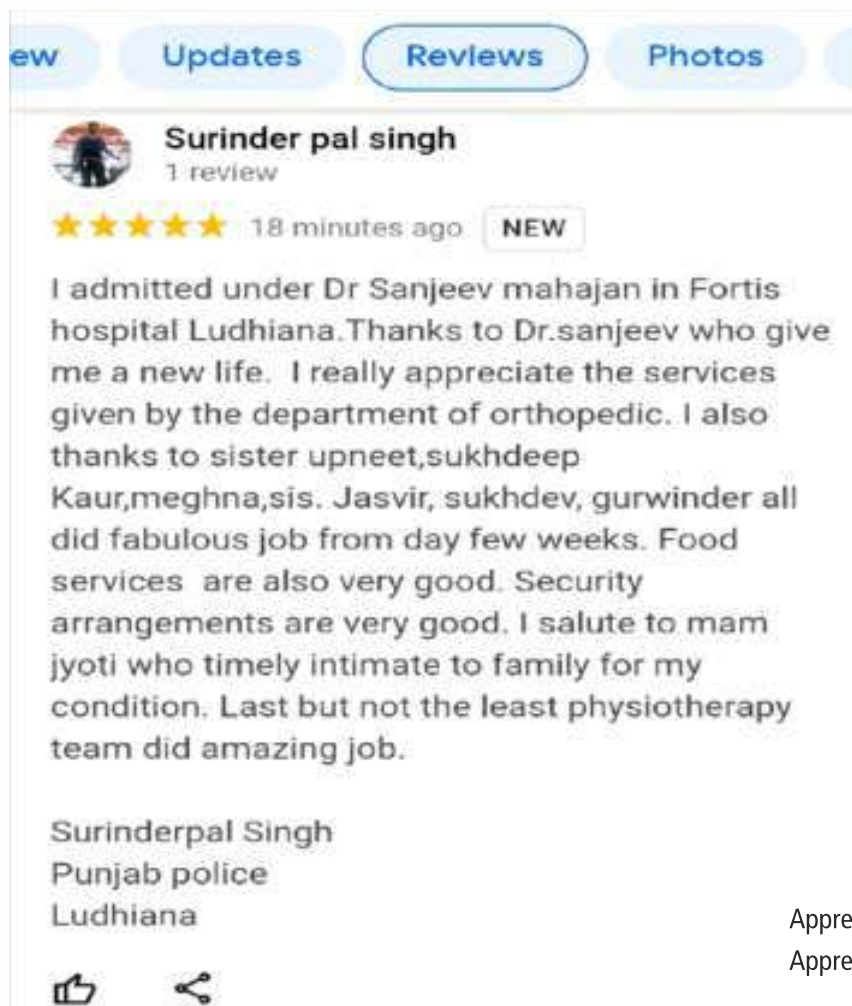
Thank you Team Fortis

Appreciated by : **Bhaskar, Son of Pt Tilak Dhari Chauhan**

Appreciated for : **Dr HS Pannu & Team Fortis**



Dr HS Pannu



Dr Sanjeev Mahajan

Appreciated By : **Surinder Pal Singh**
Appreciated for : **Dr Sanjeev Mahajan**

Fortis Malar Hospital, Chennai

Overall it was a very caring of hospitality, all the staffs were very good and co-operative, took extreme care in the treatment and I am very much satisfied. With the sisters and housekeeping person. The key activities impressed me as follows:

Daily changing the bed spread and sheet. Bathroom cleaning at least twice a day. Cleaning the floor at least twice a day.. Sisters are very good, polite and professional like Isalin, Vensula, Jenith Aishwarya, Abirami, Saranya, Karthika almost all I since I don't know their name properly.. Giving the medicine properly on time and giving the injection on time. if we ask some doubts or clarification also the doctors and nurses were able to clarify it and overall it was a nice experience..

Appreciated by : **Mr Santhanakrishnan, patient**

Appreciated for : **Dr Ammaiappan Palaniswamy - Consultant Pulmonologist, Dr Edel - DMO, Dr Jaswanth - DMO
 Isalin, Vensula, Jenith Aishwarya, Abirami, Saranya, Karthika - Nurses**

**Dodhi Ram -
 Housekeeping**



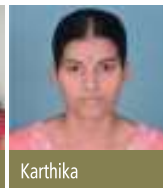
Dr Ammaiappan



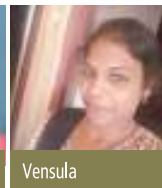
Dr Edel



Isalin



Karthika



Vensula

The doctors were on time in checking. Every day without fail they will come and visit and make sure that everything is fine. Each and every day they asked me if I have any problems. The night duty doctors also made a visit. They cleared my doubts and also advised me on how a healthy life style should be. Dr Edel, Dr Jaswanth, and Dr SivaPriya were the doctors who took complete care. I loved the sisters who helped me in recovering. All the sisters did their work perfectly and also on time. Even during injection even at times when I don't check on the drips, they keeping caring every now then and check. Whenever I ring the bell they came flying to helps sisters Karthika, Vensula, Senba, Neethu Isac, Aishwarya, Abirami, Saranya, Twincy, Kanimolzhi, and Isalin Suhila were very sweet. At times when I felt sad and lonely because I was away from my house, They made me feel very comfortable. They took care of me like their family member. they were very friendly that I will definitely for sure I will miss Karthika, Vensula and Senba. The ward secretary also did his duty perfectly. Last but not the least, The house keeping they kept cleaning the room. Both the house keeping person took each and everything in their hands and cleaned it. Even a single hair they did not leave, he used to take it with his hands.. They were also equally friendly. they also used asking me if I had my food, sometimes when I don't eat, they will ask me to eat. On the whole my corona recovering was very quick and smooth and it all happened only because off these people. Though my corona experience was bad, my hospital experience is good.. Thanks to each and one of you for taking good care of me.

Appreciated by : **Ms Avishya Roy**

Appreciated for : **Dr Rajkumar - Consultant Pulmonologist, Dr Edel Queen - DMO, Dr Jaswanth - DMO,
 Dr Sivapriya - DMO, Dr Hemanth - DMO,
 Karthika, Vensula, Senba, Neethu Isac, Aishwarya, Abirami, Saranya, Twincy,
 Kanimolzhi, and Isalin Suhila - Nurses
 Mr Dodhi Ram - House Keeping & other Fortis team**



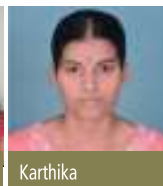
Dr Rajkumar



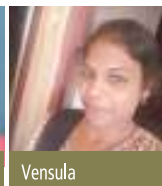
Dr Edel



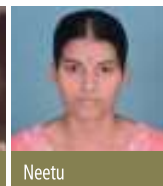
Isalin



Karthika



Vensula



Neetu

Congratulations



New Additions to Your Family



Baby of Bhawna Jadaun
- Jaipur Unit



Baby of Dr. Mohammed Farhan Khan
- Jaipur Unit

PLEASE NOTE

Dear Fortisians,
Due to the COVID-19 Pandemic, the publication of the "TRIVIA" section is being temporarily suspended.