

Nov - Dec 2023



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THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS

Fortis Hospital, Mall Road, Ludhiana, Commences Operations



Dialysis Room



Chemo Room



Double Room



MD & CEO's Message

Dear Fortis Family,

Wish all of you a very happy New Year!

The year gone by has been quite significant in our journey. It has been a year when we took decisive steps to make ourselves future ready by acquiring new technologies, strengthening our infrastructure and rationalising our portfolio of hospitals.

As you are aware, we have been according high priority to the procurement of medical equipment and introducing new medical programs across the network. Some of our recent technology acquisitions include Robotic Technology for high precision surgery, high-end Cath Labs and Digital PET CTs among other. We have also made significant progress with Electronic Medical Records and several other Information Technology initiatives.

From an infrastructure perspective, we have been ramping up our bed capacity across various units. As you are aware, we have acquired a 350-bedded hospital in Manesar, Gurugram. A new 70-bedded hospital has been inaugurated in December at Mall Road, Ludhiana. In addition, we have also been consistently strengthening our clinical teams across the network.

With all these changes, we are now ready to welcome Year 2024 as a much stronger, vibrant and resilient organisation.

I want to extend my heartfelt gratitude to all our doctors, nurses, paramedics, and staff members. Your unwavering commitment and dedication have been the cornerstone of our success. It is your efforts that have propelled Fortis to new heights and will continue to drive our journey forward.

Best,

Dr Ashutosh Raghuvanshi

MD & CEO

New Beginnings & Launches

Fortis expands footprint with new state-of-the-art hospital in Ludhiana, Punjab



Fortis Healthcare's newest facility, a 70-bedded multi-specialty hospital on Mall Road, Ludhiana, was inaugurated amid much fanfare on December 19, 2023. The grand opening was graced by distinguished government dignitaries, including Dr Balbir Singh, Hon'ble Minister of Health and Family Welfare of Punjab and Mr. DPS Kharbanda, CEO of Invest Punjab. Senior Fortis leaders, including Dr Ashutosh Raghuvanshi, MD & CEO; Mr Anil Vinayak, Group COO; Mr Vivek Kumar Goyal, CFO; Mr Ashish Bhatia, Business Head – Punjab, Dr Vishavdeep Goyal, SBU Head, Fortis Ludhiana and Mr Gurdarshan Singh Mangat, Centre Head - Mall Road, Ludhiana, were present on the occasion.

The new facility sets a benchmark in medical excellence, offering specialty clinics, advanced diagnostics, and 24/7 triage. From Robotic Joint Replacement to Comprehensive Cancer Services, the hospital is committed to delivering world-class healthcare.

Pooja and Havan ceremony conducted at upcoming Fortis Hospital, Manesar, Gurugram



A Pooja and Havan ceremony was conducted at the upcoming Fortis Hospital, Manesar, Gurugram, on October 20, 2023, to mark the auspicious commencement of the renovation work of this recently acquired hospital. Dr Ashutosh Raghuvanshi, MD & CEO, Mr Anil Vinayak, Group COO, Mr Mahipal Singh Bhanot, Business Head - FMRI, Shalimar Bagh, Vasant Kunj, Manesar & Defence Colony, and a large number of leadership team members as well as staff members were present on the occasion.

The new hospital will house 350 beds including 103 critical care beds and a state-of-art OT complex with 9 OTs. This expansion will enable Fortis Hospital, Manesar, Gurugram, to better cater to the growing demand of quality healthcare across new sectors of Gurugram - Manesar region and the adjoining districts of Haryana and Rajasthan.

Fortis Anandapur, Kolkata, launches Robotic Assisted Surgery Program



Fortis Hospital, Anandapur, Kolkata ushered in a new era of surgical excellence with the launch of the cutting-edge Surgical Robot on November 6, 2023. The robot aims to enhance the hospital's capabilities to offer specialised treatment for Gastrointestinal (GI) Surgery, Urology, Oncology, Gynaecological & others soft tissue surgeries.

The inauguration was graced by Dr Shivaji Basu, Director - Urology, Dr Tapas Raychaudhury, Director - CTVS, Dr Udipta Ray, Director - GI, General and Robotic Surgery, Dr Yashesh Paliwal, Director – Critical Care, Dr Amit Haldar, Director - Neurology, Mr Ashish Mukherjee, Facility Director and Dr Suchandra Gadre, Medical Head, Fortis Anandapur, Kolkata.

New Fortis Cancer Institute Day Care unit inaugurated at Fortis Hospital, Vasant Kunj

In a significant stride towards advancing cancer care, Fortis Hospital, Vasant Kunj (FHVK) inaugurated its state-of-the-art Day Care Unit within the new Fortis Cancer Institute on December 7, 2023. The inauguration ceremony marked a momentous occasion in the hospital's commitment to providing comprehensive and patient-centric cancer care. Mr Mahipal Bhanot, Business Head FMRI, Shalimar Bagh & Vasant Kunj, Mr Yash Rawat, Facility Director, along with all the senior clinicians



of FHVK, including Dr Kameshwar Prasad, Dr Amit Bhargava, Dr Nitesh Rohatgi, Dr Gurinder Bedi, Dr Rashmi Taneja, Dr Sanjeev Gulati, Dr Mitu Shrikhande, Dr Sidharth Sahni, Dr Hemant Kasaragod, Dr Sakshi Chawla, Dr Shubham Vatsya, Dr Munnendra Gupta, Dr Vishwadeep Sharma and many more were present. The modern-day "Day Care" comes equipped with recliners connected to the iPad and all the subscriptions of OTT to take patients' minds off the pain.

Fortis Hospital, Noida, introduces Uttar Pradesh's first most advanced Cath Lab



Fortis Hospital, Noida, introduced Uttar Pradesh's first most advanced and Artificial Intelligence powered, state-of-the-art Cath Lab on December 18, 2023. The equipment enables prompt and efficient diagnosis as well as treatment for interventional cardiology patients. The Cath Lab was inaugurated by Shri Lokesh M, IAS Chief Executive Officer - Noida Authority, Gautam Buddha Nagar, along with Mr Mohit Singh, Head – SBU, along with the senior clinicians of Fortis Noida. The entire cardiac sciences team was also among the distinguished guests.

Fortis Hospital Mulund unveils Innovation Centre



Inaugurated on November 20, 2023, the Innovation Center at Fortis Hospital Mulund will be a space for all Fortisians to foster creative thinking, and will be a hub for building new ideas and also aid team members to drive improvements across the organisation. With this common goal in mind, a diverse team from all departments across the

hospital also underwent a two-day Yellow Belt followed by a three-day Green Belt Six-Sigma training program and have undertaken 20 different Six Sigma projects with an aim to bring them to fruition over the next three months.

The Innovation Centre was inaugurated by Dr S. Narayani, Business Head – Fortis Hospitals Maharashtra, Dr Vishal Beri – Facility Director, Fortis Mulund and Mr Adrian Lee – SVP, Group Head of Customer Systems (IHH). Ms Geetika Sawhney, GM – Service Excellence, Fortis Healthcare also graced the occasion. The Innovation Center also features a 'Wall of Commitment' which paved an opportunity for all to mark their commitment towards the projects undertaken. The team who inaugurated the center, along with Mr Lin Zehang – Dy. Mgr., Group Operational Excellence, IHH, and project leads signed off their commitment towards their respective projects which were broadly categorized under Clinical Excellence, Service/ Operational Excellence, Resource Optimization, Business Development and Patient Experience.

Both, the Innovation Centre and the Wall of Commitment will contribute to a collaborative and goal-oriented culture within the hospital. While the Innovation Centre will focus on technological and process advancements, the Wall of Commitment will emphasize individual and collective dedication to achieving goals & create a positive impact on various stakeholders in the healthcare ecosystem.

Fortis Hospital, Vasant Kunj launches Asthma & Allergy Clinic



An Asthma & Allergy Clinic was launched at Fortis Hospital, Vasant Kunj, on October 25, 2023. The clinic is led by Dr Prashant Saxena, Director & HOD - Pulmonology, Critical Care & Sleep Medicine along with Dr Nandini Gulati, Consultant and Dr Mriganka Juneja, Associate Consultant. The clinic, dedicated to patients who need critical and urgent attention, offers a range of tests to detect allergies, apart from comprehensive and specialised treatment.

Clinical Excellence

9-year-old girl with chronic kidney ailment undergoes kidney transplant and bladder reconstruction at Fortis Mohali



Dr Anna Gupta



Dr Sahil Rally



Dr Sunil Kumar

A multi-disciplinary team of doctors at Fortis Mohali saved the life of a 9-year-old girl child by conducting a complex kidney transplant and bladder reconstruction surgery. The 15-hour-long surgery was conducted on September 8, 2023. At age 3, the patient was diagnosed with Chronic Kidney Disease and CAKUT (congenital anomalies of kidney and urinary tract). At age 7, she was diagnosed with kidney failure. The clinical team, comprising Dr Sunil Kumar, Senior Consultant and Kidney Transplant Surgeon; Dr Sahil Rally, Attending Consultant - Kidney Transplant; Dr Anna Gupta, Associate Consultant - Renal Sciences and Kidney Transplant; Dr S. K. Singh, Director - Urology and Robotic Surgery; Dr Dharmender Aggarwal, Consultant - Urology, Uro-Oncology and Robotic Surgery; and Dr Vivek Agarwal, Consultant - Neuro-intervention and Interventional Radiology, conducted the marathon surgery. The patient's urinary bladder was reconstructed from the gut loops and a separate opening was created in the abdomen, from where the child is passing urine now. The patient is off dialysis after the surgery and her body functions have returned to normal. Her growth parameters have also normalised, which had been hampered previously due to the kidney disease.

Metallic object that accidentally penetrated factory worker's liver, extracted at Fortis Escorts, Faridabad



From Left to Right: Dr BD Pathak, Director, General Surgery, Fortis Escorts Faridabad along with 51-year-old patient and his family member

A team of doctors led by Dr B. D. Pathak, Director - General Surgery, at Fortis Escorts Hospital, Faridabad, saved the life of a 51-year-old factory worker who had suffered an accident. The patient had been brought to the hospital's Emergency in an extremely critical condition. A chest CT scan of the chest and the abdomen was done, which showed the large metallic object lodged in the left lobe of the liver, just beneath the heart.

Dr Pathak and his team extracted the object using state-of-the-art laparoscopic techniques. This approach minimized harm to adjacent organs and allowed for a swift operation lasting less than an hour. Remarkably, the

patient was discharged in a healthy condition in seven days.

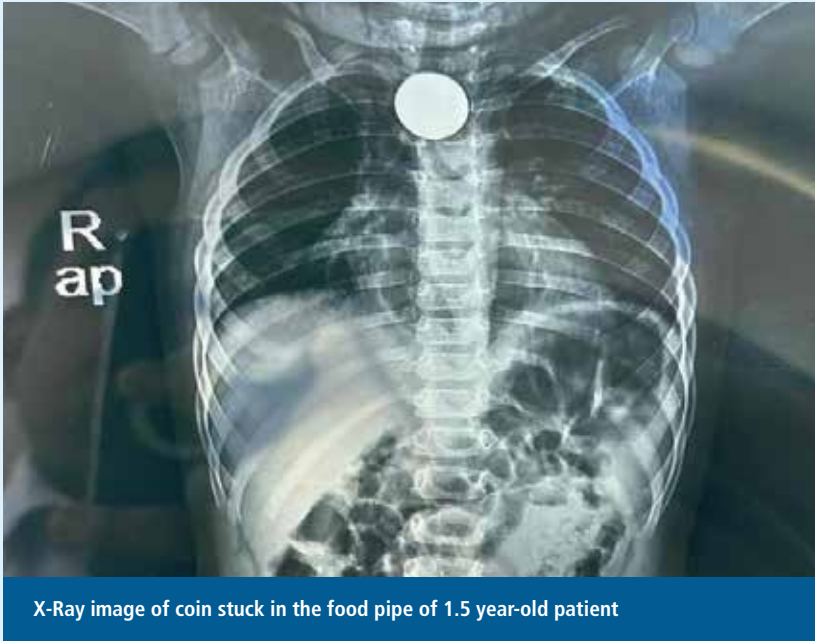
42-year-old male, brought with a flat line ECG, successfully resuscitated and given a new lease of life at Fortis Shalimar Bagh, New Delhi



Doctors at Fortis Shalimar Bagh, New Delhi, gave a second lease of life to a 42-year-old man, who was brought to the emergency without recordable vital signs at the time of arrival, on September 21, 2023. The patient's heart had stopped beating due to a massive heart attack. According to his family, the patient was having chest pain for 1 hour and had stopped breathing before reaching to emergency. While examination in emergency his pupils were non-reactive and had no spontaneous cardiac activity, with a flat-line ECG.

Team of ER doctors led by Dr Mashhad Haider Rizvi, Head – Accidents & Emergency, immediately started the cardiopulmonary resuscitation (CPR), which continued for 20 mins and return of spontaneous circulation (ROSC) was achieved. Patient was immediately intubated and put on mechanical ventilation. Dr Naresh Kumar Goyal, Director and HOD - Cardiology & Heart Failure and Dr Arvind Sethi, Additional Director - Cardiology, immediately attended the patient and patient was rushed to the Cath Lab with ongoing CPR & other life-saving measures. Investigation revealed critical blockage in the left anterior descending artery (LAD), plain old balloon angioplasty (POBA) was done. After stabilizing the patient, four days later PTCA was done. With the combined effort of a very dedicated team of doctors and nurses, the patient recovered well and was discharged in stable condition. Patient is following up and doing well.

One-rupee coin successfully removed from food pipe of 1.5-year-old at Fortis Vasant Kunj



A team of doctors including Dr Shubham Vatsya, Consultant Gastroenterology, Dr Rahul Nagpal, Principal Director - Paediatrics & Neonatology and Dr Anand Sinha, Senior Consultant - Paediatric Surgery at Fortis Hospital, Vasant Kunj, successfully removed a one-rupee coin from the food pipe of a 1.5-year-old girl. The doctors conducted a 90-second endoscopy procedure and removed the object with the help of rat tooth forceps, used to grasp tissues and retrieve foreign objects. The child, a resident of Delhi's Moti Bagh area, was initially admitted to a hospital in South Delhi. However the doctors at the hospital were unable to remove the coin. Subsequently, the child was seen by a physician who immediately referred her to Fortis Vasant Kunj.

55-year-old patient with complex cardiac condition successfully treated with TAVR procedure at Fortis Nagarbhavi



A team of doctors led by Dr Pavan Kumar Rasalkar at Fortis Hospital, Nagarbhavi successfully treated a 55-year-old patient with a challenging cardiac condition on October 14, 2023. The patient had presented with severe symptoms, including shortness of breath, chest pain, and palpitations. Subsequent evaluations revealed a complex medical profile, including Bicuspid Aortic Valve, which is a congenital heart condition, severe Aortic Stenosis (a narrowing of the aortic valve), severe left ventricular systolic dysfunction (reduced ability of the heart's left ventricle to pump blood), and severe Pulmonary Arterial Hypertension (high blood pressure in the arteries of the lungs).

Upon arrival in the Emergency Room with a blood pressure as low as 60 systolic, the patient also exhibited acute kidney and liver dysfunction. While initial stabilization involved the use of multiple inotropes, the patient's condition posed an extremely high risk for open surgical Aortic Valve Replacement. Consequently, doctors performed a Transcatheter Aortic Valve Replacement (TAVR) through the right femoral route. The patient's recovery was remarkable as he became symptom-free within 24 hours and was discharged in stable condition on the fifth day.

Milestones

Fortis Hospital, Mohali, conducts its first heart transplant, third deceased donor kidney transplant



Fortis Hospital, Mohali, has successfully completed its first Heart Transplant Surgery and the third Deceased Donor Kidney Transplant Surgery. With this, Fortis Mohali has established itself as the first private healthcare facility north of Delhi-NCR to conduct a heart transplant and as a Centre of Excellence for Deceased Donor Transplant. The Cardiac Surgery Team led by Dr T. S. Mahant, Executive Director and Head - Cardiac Surgery; and including Dr Ambuj Chaudhary, Dr Manoranjan Sahoo, Dr Alok Suryavanshi and Dr Mohd. Luqman, performed the heart transplant on a 47-year-old male patient suffering from advanced heart failure, on November 30, 2023. They were ably supported by the team of cardiologists led by Dr R. K. Jaswal, Head of Department and Director of Cardiology and Director – Cath Labs, and Dr Arun Kochar, Additional Director - Cardiology.

Fortis Hospital, Noida, is first in Delhi NCR & Uttar Pradesh to integrate Robotic Joint Replacement with Augmented Reality for Knee Surgery



Fortis Hospital, Noida, achieved a significant clinical milestone by becoming the first centre in Delhi NCR & Uttar Pradesh to successfully integrate robotic joint replacement with an augmented reality system for knee replacement surgery. This groundbreaking procedure was performed on a 69-year-old female patient suffering from severe bilateral osteoarthritis, with the right knee more severely affected than the left, on October 30, 2023. Dr Atul Mishra, Director & Head – Orthopaedics, Fortis Hospital, Noida, led the surgical team in this pioneering surgery, involving the Pixee Augmented Reality System. This state-of-the-art technology from France represents a significant leap in orthopaedic surgery, enabling precise alignment and minimally invasive procedures. "The complexity of the patient's condition, especially the severe deformity in her right knee, posed a considerable challenge.

Traditional knee replacement methods would have been less effective and more costly due to the need for additional implants and extensive surgery," said Dr Mishra. "With the Pixee system, we achieved optimal alignment with minimal bone and soft tissue resection, ensuring a faster, less painful recovery for the patient."

Dr Mishra further added, "This operation is not just a first for Fortis Hospital Noida but a ground breaking moment for orthopaedic surgery in India. The integration of robotic precision with augmented reality technology in joint replacement is a game-changer, offering enhanced safety, efficacy and quicker recovery for patients."

Special Features

Fortis observes World Antimicrobial Awareness Week



The annual World Antimicrobial Awareness Week (WAAW) was observed from November 18-24, 2023. Continuing with the previous year, the theme this year was 'Preventing Antimicrobial Resistance Together.' Team Medical Strategy and Operations Group (MSOG) held an online session titled 'FHL Guardians Against Superbugs: Uniting against AMR,' led by Dr Anita Arora, DMO & Group Head - Infection Prevention and Control. The session, which had participation from all Fortis units, emphasised the importance of awareness and active participation in the fight against Antimicrobial Resistance (AMR).

The event included a Quiz Competition engaging 108 participants and two-minute talks conducted in region-specific groups, where Ms Gayatri Prashant Sapkale, Team Leader - Clinical Pharmacology, MSOG, facilitated the Quiz Competition on topics related to Antimicrobial Resistance (AMR). Dr Ritu Garg, Dr Akash Sud, and Dr Narayan Pendse assessed the talks. Dr Praveen Panditrao Kalyankar won the first prize in the quiz, while Dr Jyothi Goutham Kumar from Fortis Rajajinagar excelled in the two-minute talk on "Combating Superbugs: Your Role Matters". Additionally, a Facebook mega live session moderated by Dr Anita Arora included Fortis experts such as Dr Kirti Sabnis from Fortis Mulund, Dr Neha Rastogi from FMRI, Gurugram, Dr Sushmita Roychowdhury from Fortis Anandapur, Dr Mrinal Sircar from Fortis Noida and Dr Anita Sharma from Fortis Mohali discussing AMR for public awareness and education.

Fortis Hospital, Cunningham Road, Bengaluru, observes World Antimicrobial Awareness Week (WAAW)



The teams of the Antimicrobial Stewardship Programme and the Infection Control unit at Fortis Cunningham came together to celebrate World Antimicrobial Awareness Week (WAAW) on November 24, 2023. Dr Ansu Samuel, Clinical Pharmacist, inaugurated the event with an insightful introduction, setting the tone for an engaging session. A talk by Dr Shilpa Kyadiggeri, Consultant Microbiologist, delved into the evolution of antimicrobials, providing valuable insights into their journey. The event also witnessed the official release of patient information leaflets on Antimicrobial Resistance (AMR) by Dr Aparna Bogadi, Head – Medical Services, Dr Ganesh V, Consultant – Neurosurgery, Dr

Rubina Shanawaz, Consultant – Uro-Gynaecology, Dr Harish Kumar Ambekar, Senior Consultant – Critical Care and Dr Sandeep Sharma, Consultant – Gastroenterology.

To enhance awareness and knowledge, Dr Harish Kumar Ambekar conducted an informative session on antimicrobial resistance tailored for Registrars, Doctors, and Nurses. The event aimed to foster understanding and collaboration in the ongoing battle against antimicrobial resistance.

World Antibiotic Awareness Week 2023 celebrated at Fortis Hospital, Kalyan



Awards distribution ceremony hosted at the end of the week-long engagement program

World Antibiotic Awareness Week (WAAW) 2023, was enthusiastically celebrated at Fortis Hospital Kalyan from November 21-24, 2023. The inaugural speech was delivered by Chief Intensivist Dr Sandeep Patil, on the importance of using antimicrobials, that are now a global threat, judiciously. Day two comprised of awareness sessions on Anti-Microbial Stewardship (AMS) & Medication Safety, followed by a quiz competition for nurses and doctors. An informative session on AMS was hosted by Clinical Pharmacist Dr Jagruti Pashte for all ward & ICU doctors and nurses, on day three.

Day four comprised of public awareness sessions (in the OPDs & waiting areas) on 'Anti-Microbial Resistance (AMR)', global threat of AMR & judicious use of antibiotics. This was done with the help of model presentations hosted by Nurse Educator Ms. Azra Momin, Infection Control Nurse Ms. Priyanka Dalvi, Officer-Medical Services Ms. Priyanka Thakur & Surgical Nurse Ms. Pratibha Shimpi. This initiative was planned and executed under the leadership and guidance of Facility Director Dr Supriya Amey & Chief Nursing Office Ms. Ruby Lobo. The week-long engagement concluded with awards distribution ceremony; the sessions received enthusiastic response from clinical & non-clinical teams, and patient families. The initiative achieved its goal of increasing awareness about AMR and the importance of Antibiotic Stewardship.

Fortis Rajajinagar, Bengaluru, observes World Antimicrobial Resistance (AMR) Awareness Week

Fortis Hospital, Rajajinagar, Bengaluru, actively participated in World Antimicrobial Resistance (AMR) Awareness Week from November 18-24, 2023. Aligned with this year's theme, 'Preventing antimicrobial resistance together,' the hospital organised a series of events aimed at raising awareness among both employees and the general population. A comprehensive in-house seminar catered to employees, particularly nursing staff, pharmacists, resident doctors, and clinicians.



Dr (Wg Cdr) A. Nagasubramaniam, Facility Director, delivered introductory remarks highlighting the global burden of antimicrobial resistance and emphasising the need to contain Antimicrobial Resistance. Dr Jyothi Goutham Kumar, Clinical Pharmacologist, Dr Ramanaiah Yadavally, ER Head and Dr Shalini J, Consultant Pathologist, shared insights on crucial topics such as the necessity for Antimicrobial Resistance awareness, dos and don'ts for preventing Antimicrobial Resistance, and the Physician's perspective on Empiric Antimicrobial therapy. In addition, a variety of awareness activities were meticulously organized for college students and teachers from neighbouring colleges under the guidance of Dr Jyoti, Medical Superintendent.

Fortis Mohali organises host of activities to raise awareness about antibiotics



The Department of Clinical Pharmacology and Team Antimicrobial Stewardship (AMS), Fortis Hospital, Mohali, organised several activities as part of the World Antimicrobial Awareness Week from November 18-24, 2023. In line with the theme for WAAW-2023 'Preventing Antimicrobial Resistance Together,' informative talks,

public awareness sessions, online quiz and training sessions were organised for the nursing staff, pharmacists and employees of Fortis Mohali. The aim was to spread awareness on the misuse of antibiotics leading to antimicrobial resistance (AMR). Dr Shivani Juneja Bedi, Associate Consultant - Clinical Pharmacology, Fortis Hospital, Mohali, sensitised the staff on the responsible use of antibiotics during the sessions.

Meet Our Clinician



Dr Udipta Ray, Director
 GI, General & Robotic Surgery,
 Fortis Hospital, Anandapur, Kolkata

How has your journey as a doctor been and what inspired you to take up this profession?

My overall experience has been quite gratifying. Treating the poorest of poor patients in government medical colleges, conducting multifarious research activities, doing pioneering work in the realm of surgery and building some of the brightest doctors during my teaching career, I consider my life worth living. It was by my mother's wish and her tireless inspiration that I became a doctor.

How do you balance your personal life with professional demands?

It is a very delicate balance indeed; social and family commitments, professional commitments and financial issues - all three make it a feat of jugglery. But honestly speaking, I should be thankful to my family to allow me to put in most of my time for the betterment of the society at large.

Can you share a memorable patient story that had a profound effect on your life and career?

An advanced breast cancer patient from a remote village came to my home carrying a basket full of ripe mangoes from her garden in the middle of a scorching summer afternoon as a mark of gratitude to her surgeon, despite the fact that I could add only a few more months to her life. The memory of the day brings tears to my eyes

and inspires me to strive more.

Has being a clinician/doctor influenced your perspective on health practices in personal life as well?

Being a doctor has inspired me to live life to the fullest. Life is too short to carry any bitterness.

Have you ever made a difficult decision in your professional life? If yes, what were the outcomes?

Yes, I have made many difficult decisions in my life. Not to leave my family and settle abroad, resigning from a stable government teaching job in a moment of family crisis, not bowing down to pressures in the interest of my students and patients, standing beside my colleagues and juniors in the face of mob violence and in the courts of law and to continue to be a flag bearer for the advancement of the recent developments of surgical science against all odds. I regret none of them and take pride in my success and failures - both. I have accepted my success and failures both equally well and have come out of the depths of depression like a Phoenix again and again.

Can you tell us about some of your hobbies that help you rejuvenate outside your personal life?

Nature fascinates me as much as music. The blooming buds of my orchids, music in all forms, my passion for writing and love for animals are the hobbies that keep me going.

Meet Our Nurse



Ms Rehka Rajan
 Nurse Educator
 Fortis Hospital, Cunningham Road, Bengaluru

What inspired you to pursue a career in nursing and how it has shaped your professional and personal life?

My own personal experience inspired me to become a nurse after witnessing the exceptional care my father had received during his battle with pneumonia, during a critical stage. The support that I and my family received significantly impacted our family's experience during a difficult time. That was the moment when I decided to pursue nursing.

How do you manage a healthy work-life balance as a nurse?

I try to ensure effective time management and prioritise my tasks to be efficient at work. In turn, this allows me to have a healthy work-life balance.

What steps do you take to stay updated on the advancements and evidence – based practices in nursing?

I regularly attend continuing education program, webinars, workshops, conferences, read online journals and attend few online courses pertaining to hospital and health care management.

How has been your journey working at Fortis?

My experience at Fortis Cunningham Road is exemplary. I started my career as a staff nurse in the year 2013. I have now become a nurse educator. So, my journey has been from being a bed side clinical nurse to a nurse administrator. My journey has been exciting with lots of challenges, ups and downs but with all the support I received from my doctors, seniors, colleagues, in charges, educators, supervisors, DCNO and especially my chief nursing officer, Ms Jermin Roshini, it

has been worth the while and fruitful indeed.

How do you ensure essential communication with other healthcare professionals to provide optimal patient care?

Communication with other care providers is crucial since we are part of interdisciplinary teams. Having a good and efficient team, respecting others, sharing the responsibilities, having an open communication and involving everyone in decision making related to patient care helps us improve patient satisfaction.

Tell us a bit about your family?

I live in a joint family, where my roles and responsibilities extend from being a disciplined daughter to my parents, to a wonderful wife and a caring mother to my two beautiful angels. My husband owns a partnership business and my angels are in school, studying in class 6 and class 2.

Community Connect

Over 150 underprivileged children benefit from paediatric cardiac camp conducted by Fortis Hospitals, Mumbai



Camp attendees along with clinical & administrative teams from Fortis Hospital Mulund & Shri Sudhir Mungantiwar

Fortis Hospitals, Mumbai, joined hands with Shri Sudhir Mungantiwar, Hon'ble Minister for Forests, Cultural Affairs and Fisheries, Maharashtra, to host a cardiac screening camp for underprivileged children from Chandrapur, Maharashtra on October 29, 2023. This is second such screening camp hosted for children with Congenital Heart Defects; the previous one was hosted last year. Over 150

children benefited from the screening camp and those in need of medical management or surgical intervention will receive it at Fortis Hospital, Mulund.

The camp was led by clinical team from Fortis Hospital, Mulund, comprising of Dr Swati Garekar, Senior Consultant - Paediatric Cardiology and Dr Bharat Soni, Consultant - Paediatric Cardiac Surgery. The initiative was conceptualised as a Community Health Initiative by Dr S. Narayani, Business Head – Fortis Hospitals, Maharashtra, and helmed by Dr Ashutosh Pandey, Unit Head - Administration, Hiranandani Hospital, Vashi - A Fortis Network Hospital. The initiative was supported by Ms Rinku Mavani, Business Partner - Sales, Fortis Hospitals, Mumbai.

Fortis Hospital, Bannerghatta Road, Bengaluru, hosts healthcare worker safety workshop

Team Nursing Education at Fortis Hospital, Bannerghatta Road, Bengaluru, organised a Healthcare Worker Safety workshop on October 11-12, 2023. The event commenced with a lamp lighting ceremony. Four workstations had been set up, covering topics such as Advanced Infusion Management (AIM), awareness on prevention



of Sharp Injury, Patient Safety and hands-on practice of Infusion Safety. 150 nurses and 20 clinicians took part, utilising the opportunity to enhance their knowledge. The workshop was graced by senior leaders including Mr Akshay Oleti, Business Head, Dr Murali Chakravarthy, Director – Clinical Affairs, Dr Priya Goutham, Medical Director, Dr Yamini K. R., Senior Manager - Medical Administration, Mr Ganesh Rao, Zonal Head - HR, Ms Latha Nonis, Chief Nursing Officer and Ms Sunithamma Tomy, Deputy Chief of Nursing. External speakers also addressed the participants.

Project Unnati at Fortis Escorts, Okhla Road - 75 contractual staff trained under Skill India Initiative



Fortis Escorts, Okhla Road, New Delhi, conducted a certificate distribution ceremony on October 27, 2023, for 75 housekeeping and general duty assistant (GDA) contractual staff who had cleared the theoretical and practical assessment after undergoing skill development training at the hospital. Five Nursing In-charges, who underwent skill enhancement training, were also felicitated. Fortis Escorts, in partnership with Association of Healthcare Providers India (AHPI) and National Skill Development Corporation (NSDC), had implemented the flagship Pradhan Mantri Kaushal Vikas Yojna (4.0) scheme for preparing trained and skilled allied healthcare workforce in June 2023. A total of 140 contractual staff had registered under the Skill India Initiative and as part of Phase-1, 75 housekeeping and general duty assistant (GDA) contractual staff had completed the 40-day classroom training from June 19 to July 28, 2023.

The interactive program upskilled the understanding and competency of the participants on the nine modules of the 'Healthcare Hygiene & Housekeeping Aide' curriculum. The initiative was led by Ms Sangeeta Dua, Head - Administration; Mr Mukesh Kumar, Head – Housekeeping and Ms Shivangi Vashisht, SBU Training Head. The training was delivered by Ms Daisamma Sunny, IC Nurse; Ms Beena Mathew, Nursing Supervisor; Ms Shiny Jaison, Nursing Supervisor – Critical Care, Ms Anjali Pandey, Quality Nurse and Mrs Paumi Sam, Nursing In charge – Quality, who are Nursing Master Trainers certified by NSDC.



FORTIS CELEBRATES
WORLD
STROKE DAY

Fortis BG Road, Bengaluru organises stroke awareness cyclothon; launches 'Code FAST'



Fortis Hospital, Bannerghatta Road conducted a successful, community-driven Stroke Awareness Cyclothon on Sunday, December 10, 2023. The Cyclothon aimed to shed light on stroke, the leading cause of disability and second leading cause of death in India was flagged off by Dr Vivek Jawali, Chairman – Cardiothoracic Vascular Sciences, Fortis Hospitals, Bengaluru. The community drive event commenced at 6:00 am from the hospital premises on Bannerghatta Road, covering a 13 km stretch with four touch-points along the route, the Cyclothon saw participation from 512 people.

In conjunction with the Cyclothon, Fortis Bannerghatta Road under the guidance of Dr Rajakumar Deshpande, Director – Department of Neurosurgery, Fortis Hospital, Bannerghatta Road; Dr Guruprasad Hosurkar, Additional Director - Neurology, Fortis Hospital, Bannerghatta Road and Mr. Akshay Oleti, Business Head, Fortis Hospitals, Bengaluru introduced "Code FAST," an emergency stroke code for faster coordination between all the teams involved in the management of acute stroke patients. BEFAST is also an acronym used worldwide encapsulating sudden loss of Balance, loss of vision (E for eye), Facial drooping, Arm weakness, Speech difficulties, and the crucial aspect of timely action (Time) for easy and early recognition of stroke symptoms. The campaign also spread the message that stroke is preventable by reining in risk factors such as hypertension, dyslipidaemia, obesity and OSA among others. It stressed on lifestyle changes like quitting smoking and alcohol, maintaining a healthy diet, regular physical activity, relaxation exercises, better stress management etc.

Fortis Escorts, Faridabad, organises Cyclothon & Zumba session on World Stroke Day

Fortis Escorts Hospital, Faridabad, organised a cyclothon and Zumba session on the occasion of World Stroke Day to raise awareness in the community about brain stroke. Over 150 enthusiastic participants from various groups joined the event, which was flagged off by the chief guests, Ms Seema Trikhia and Inspector Maya, in the



presence of Mr Yogendra Awadhiya, Facility Director, Dr Kunal Bahrani, Director – Neurology and his team. A high-energy Zumba dance session followed. The event concluded after refreshments for the participants.

Over 600 enthusiasts participate in Brain Stroke Awareness Cyclothon organised by Fortis Memorial, Gurugram



The Department of Neurology at Fortis Memorial Research Institute, Gurugram, organised a Brain Stroke Awareness Cyclothon on December 3, 2023. The event was flagged off by Shri Virender Vij, DCP - Traffic, Gurugram from Fortis Gurugram premises. Over 600 enthusiasts participated in the event, which was attended by Mr Mahipal Singh Bhanot, Business Head-FMRI, Shalimar Bagh, Vasant Kunj; Dr Ritu Garg, Chief Growth & Innovation Officer and Dr Gurvinder Kaur, Facility Director-FMRI.

Before hitting the cycling trail, the participants grooved to the beats of a lively Zumba session. Dr. Praveen Gupta, Principal Director & Head-Neurology, FMRI, led a health session. He educated the participants about the increasing cases of Brain Stroke and also highlighted the preventive measures. He also launched a Stroke Manual on the occasion.

World Stroke Day observed at Hiranandani Hospital Vashi



(R-L) Dr Trupti Rathod, Medical Superintendent; Dr Ganesh Dhumale, Head-Public Health Dept. Konkan Bhavan; Dr Pawan Ojha; Dr Rakesh Lalla, Consultant- Neurology; Dr Reshik Korokkaran, Consultant – Neurology; Dr Prashant Pawar, Senior Consultant - Interventional Cardiology and Dr Swati Sharma, Consultant-Neurology at the initiative

World Stroke Day 2023 was observed at Hiranandani Hospital Vashi - A Fortis Network Hospital on October 28, 2023. The event was organised by Team Neurology under the guidance of Dr Pawan Ojha, Director - Neurology. The event aimed at raising awareness about stroke. Stroke survivors, doctors, community leaders and nurses were recognised for their outstanding contributions

towards the care of stroke patients. A key element of the event was a panel discussion on stroke. Among the distinguished attendees were Dr Ganesh Dhumale, Head-Public Health Dept., and esteemed doctors from Navi Mumbai. The initiative garnered significant attention and was well-received by doctors, staff, patients and others.

Fortis Vasant Kunj organises Cyclothon and Yoga session to mark World Stroke Day



On World Stroke Day, Fortis Hospital, Vasant Kunj organised a Cyclothon and Yoga session to raise awareness about brain stroke. The event educated people on how to act 'FAST' when they notice the symptoms of stroke. A booklet was launched by the Chief Guest, Dr (Prof) Kameshwar Prasad, Dr Madhuri Behari, Dr Dhruv Zutshi and other dignitaries. A total of 575 enthusiastic participants participated of the event. Dr Bishnu Panigrahi, Group Head - Medical Strategy & Operations, Dr Ritu Garg, Chief Growth & Innovation Officer and Mr Mahipal Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj, Mr Yash Rawat, Facility Director graced the occasion with their presence.

Fortis Faridabad marks World Stroke Day with launch of Neuro ICU, Neuro Lab and dedicated Stroke Clinic



Fortis Escorts Hospital, Faridabad inaugurated its Neuro ICU and advanced neuro lab on the occasion of World Stroke Day in the presence of Mr Anil Vinayak, Group Chief Operating Officer, Dr Bishnu Panigrahi, Group Head - Medical Strategy & Operations Group, Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad, Mr Yogendra Awadhiya, Facility Director and Dr Kunal Bahrani, Director - Neurology. The 10-bed Neuro ICU has high-end neuro-intensive monitoring equipment such as continuous EEG monitoring, ICP monitoring, bedside TCD and sono-thrombolysis. A dedicated Stroke Clinic was also launched on the occasion.

Happy Children's Day

Fortis Hospital, Bannerghatta Road, Bengaluru, celebrates Children's Day



Fortis Bannerghatta Road, Bengaluru, observed Children's Day on November 18, 2023, with a spectacular celebration dedicated to the children of Fortis employees. The event kicked off with a warm welcome, as the team distributed playful bands and delightful goodie bags to the children. The highlight of the day was an insightful workshop organised by the collaborative efforts of Team HR, Physiotherapy, Dietetics and Psychology departments. This workshop was aimed to

instill awareness about the significance of good nutrition, physical fitness, and mental well-being in the lives of children.

Throughout the event, the children engaged themselves in various activities such as games, tattoo and art stalls, photo booths, and shopping stalls. The collective efforts of the Branding, Nursing, Housekeeping, Patient Care Services, and Sales teams contributed to creating a festive and delightful atmosphere for the BG staff and their children.

Fortis Hospital, Richmond Road, Bengaluru celebrates Children's Day

Fortis Hospital, Richmond Road, Bengaluru, marked Children's Day on November 14, 2023, with a thoughtful initiative. Health kits, comprising family health cards, hospital brochures, Children's Day greetings, and health tips, were distributed to students of a city-based school and college. Around 3,000 families in the hospital's neighbourhood benefitted from the initiative.



Fortis Escorts Hospital, Faridabad, radiates joy on Children's Day



On November 14, 2023, Fortis Escorts Hospital, Faridabad, embraced the spirit of National Children's Day by celebrating with the resilient little heroes in the Paediatric IPD. The day was filled with smiles and joy as beloved 'Doraemon' distributed thoughtful gifts such as mugs, get well soon cards and chocolates, adding a touch of magic to the lives of the young champions.

The event was a resounding success, with all the children thoroughly enjoying the celebration.

SL Raheja Hospital, Mahim hosts first ever instructional course for Fellowship Diabetic Foot Society of India



Attendees of the FDFSI with the host team from SL Raheja Hospital, Mahim

The first ever instructional course for Fellowship Diabetic Foot Society of India (FDFSI) was hosted at SL Raheja Hospital, Mahim – A Fortis Associate on October 27-28, 2023. 24 consultants from across the country attended the course. These attendees have undergone a fortnight long observership program at SL Raheja Hospital, Mahim and a few other institutions. Dr Kunal Punamiya, CEO, SL Raheja Hospital, Mahim led the lamp lighting ceremony and delivered the inaugural speech.

On day one, there were lectures on Diabetic Foot, delivered by eminent faculty at SL Raheja Hospital, Mahim including Dr Arun Bal, Director - Diabetic Foot Surgery, Dr Sanjay Vaidya, Senior Consultant - Diabetic Foot, Dr Prakash Ambardekar, HOD - Anaesthesia and Dr Bhavesh Popat, Consultant - Vascular Surgery. Videos of surgical procedures were showcased with detailed explanation and step by step approach. On day two, theoretical and practical examinations were conducted. The list of successful candidates was declared at the end of the two-day program, and the doctors were presented the certificates.

Fortis Cancer Institute-NCR launches 'Umang,' a support group, to raise awareness about breast cancer



On October 15, 2023, Fortis Cancer Institute-NCR launched a unique support group, Umang, to provide emotional healing and holistic treatment for breast cancer survivors. Ms Meenakshi Lekhi, Minister of State for External Affairs and Culture, Government of India, was the Chief Guest at the event. Spiritual mentor Sister BK Shivani, who was the Guest of Honour, presented a motivational talk on health and wellness. The event was attended by around 350 people, including several Oncologists from Fortis hospitals across Delhi-NCR, breast cancer survivors, caregivers and other distinguished guests.

A programme titled 'Wind Beneath My Wings' witnessed multiple cancer survivors sharing their success stories. A cultural programme, 'Tunes and Twirls,' was presented on the

occasion. Ms Saraswati Rajagopalan, a nationally acclaimed Veena player and a cancer survivor herself, gave a performance. A ramp walk by the caregivers was also organised to acknowledge and recognise their contribution.

30 nurses attend symposium on Safe Infusion Therapy organised by Fortis Noida



Group photo

A comprehensive day-long symposium on Safe Infusion Therapy was organised on October 20, 2023, at Fortis Noida. The event was inaugurated with the ceremonial lighting of the lamp by Dr Shanu, Medical Superintendent, Capt Neelam Deshwal, Chief of Nursing, Dr Shekhar, Deputy Medical Superintendent, Dr Rashmi, Ms Divya, Ms Sujatha, Ms Riya and Ms Jincy. The Education Department, led by Ms Ancy, Head - Education, along with Ms Manisha, Ms Athira and Ms Pratiksha, played a pivotal role in the event's success. Attendees actively participated in hands-on training sessions and were awarded certificates from the Infusion Nurses Society.

85 nurses attend symposium on caring for neuro patients, organised by Fortis Memorial, Gurugram



Team Neuroanesthesia and Team Nursing at Fortis Memorial Research Institute, Gurugram, organised a day-long symposium on the critical care of neurosurgical and neurological patients on September 29, 2023. The event began with lamp lighting by Dr Bishnu Panigrahi, Group Head – MSOG, Mr Mahipal Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj, Capt Sandhya Shankar, Chief of Nursing – Fortis Healthcare Ltd, Dr Gurvinder Kaur, Facility Director - FMRI, Ms Jigi Pradeep, CNO, Dr Virender Jain, Director - Neuroanaesthesia, Dr Praveen Gupta, Director and HOD Neurology, Dr Sandeep Vaishya, Executive Director – Neurosurgery, Dr H. H. Dash, Emeritus Consultant and Ms Rani Jose, Senior Educator. A total of 85 nurses, including from Fortis facilities and several other private and government healthcare organisations in Delhi NCR, Jaipur and Chandigarh attended the session. The attendees received hands-on training and participated in interactive sessions on comprehensive neurological patient care.

Fortis Anandapur organises 'F.A.C.E 2.0 (Phase 1)' series of CME programs



Inauguration of F.A.C.E 2.0 (Phase 1) and session on 'How to approach patient with Stroke'

Fortis Hospital, Anandapur, Kolkata, conducted F.A.C.E. 2.0 (Fortis Academics & Continuous Education) Phase 1, a series of CME programs aimed at continuous academic improvement. The clinical leaders from Neurosciences, Cardiac Sciences, Critical Care Medicine, Internal Medicine and Pulmonology participated to put forward their views on the best clinical care practices. Dr Amit Halder, Dr Aparajita Chatterjee and Dr Manoj Mataho spoke on the occasion.

The well-planned academic program was designed to facilitate optimum coverage of diverse topics. Inspired by the grand success of Phase 1, Fortis Anandapur is aiming to conduct its Phase 2 to continue academic enrichment.

Fortis Mulund hosts MAHAPEDICON 2023 workshop on Acute Paediatric Care Nursing



Workshop participants with faculties

On October 12, 2023, Fortis Hospital, Mulund, along with the Indian Academy of Paediatrics, Maharashtra chapter, Thane division, hosted a pre-conference workshop on Acute Paediatric Care Nursing. The session aimed at enhancing the knowledge and skills of nurses, enabling them to handle various emergencies while caring for paediatric patients. More than 100 participants attended the workshop from all over Mumbai, Navi Mumbai, Thane, Pune and Gujarat. The workshop was organised under the leadership of Dr Jesal Sheth, Consultant-Paediatrics, Dr Sameer Sadawarte, Consultant-Paediatrics and Ms Tito Anu Mathews, Nurse In-charge, NICU/PICU, Fortis Hospital Mulund.

The event also had several external speakers.

The workshop included lectures on nursing assessment of patients, introduction to Paediatric Early Warning Score and common hospital policies in paediatric wards. Four workstations on CPR, Nursing Care Plan on hemodynamically unstable child, care of peri-operative child, ISBAR and Nursing assessment of child with respiratory problem were conducted. Roleplays, group activities along with games and quiz provided an opportunity for the participants to learn and interact actively. The day's activities reached a conclusion with the participants appreciating the practical knowledge they received during the workshop.

Fortis Ludhiana observes Breast Cancer Awareness Month with Cancer Survivors Meet



Fortis Hospital, Ludhiana, celebrated Breast Cancer Awareness Month by organising a special event for cancer survivors, on October 28, 2023. More than 35 cancer survivors, who had undergone treatment at the hospital, participated in the event. The meet began with a welcome note from Dr Harish Matta, Additional Director - Onco Surgery. Thereafter, health talks were delivered by Dr Davinder Paul, Senior Consultant – Oncology, Dr Parveen Kaur, Additional Director - Radiation Oncology and Dr Anish Bhatia, Associate Consultant - Surgical Oncology. Dr Ravinder Sidhu, Consultant - Nuclear Medicine, shared his thoughts as well. The event concluded with a vote of thanks delivered by Dr Vishavdeep Goyal, Head SBU – Ludhiana & Amritsar.

Fortis Escorts Hospital, Faridabad, observes World Arthritis Day



Fortis Escorts Hospital, Faridabad, observed World Arthritis Day on October 12, 2023, by organising a training camp to address the importance of timely treatment. More than 30 persons participated in the camp. A 'Chair Yoga' session was organised to improve the range of motion through the movement of joints and gentle tugs on fascial and muscular lines. More than 55 employees, patients and attendants participated in the event. The event concluded with a musical chair contest, following which the winners were applauded and rewarded.

Fortis Ludhiana marks World Physiotherapy Day with knowledge sharing meet



On World Physiotherapy Day, Fortis Hospital Ludhiana hosted an in-house Physiotherapy meet to enhance awareness and knowledge sharing. Dr Som Gupta, Head - Physiotherapy, delivered a welcome address, emphasising the pivotal role of physiotherapy in healthcare. The event's highlight was a talk by Dr H. S. Pannu, Director - Internal Medicine, who provided insights on 'Approach to Inflammatory Arthritis,' sparking engaging discussions. Dr Vishavdeep Goyal, Head SBU – Ludhiana & Amritsar, delivered a vote of thanks. The event saw active participation from 70 physiotherapists.

Fortis Memorial Research Institute, Gurugram, observes Pain Awareness Month



The Department of Pain & Palliative Medicine at Fortis Memorial Research Institute, Gurugram, took various initiatives in September 2023, which is globally observed as Pain Awareness Month, to raise awareness among patients and caregivers, in keeping with the theme 'Pain Gone, Life On.' The activities received enthusiastic participation from the community. A quiz was held for two weeks, from September 1-14, 2023. The questions were designed to educate, inform, create curiosity, and build awareness among the participants. On September 26, a support group event was conducted, bringing together patients, caregivers, and staff members. Participants engaged in therapeutic art activities. The event concluded with a prize distribution ceremony for the winners of the Quiz.

Engagement

Fortis organises two-day IHH Clinical Exchange program on 'Robotic-assisted Surgery'



Fortis organised the fourth IHH Clinical Exchange programme on December 8-9, 2023 at Gurugram. The theme of the event was 'Robotic-assisted Surgery' (RAS) for soft tissues. The event was addressed by Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare; Dr Bishnu Panigrahi, Group Head-MSOG and Dr Keith Lim, Group Head-MAQ, IHH Healthcare and witnessed the participation of leading Robotic surgeons from IHH Singapore; Malaysia, Hong Kong, Gleneagles and Fortis.

The sessions focussed on key Robotic specialties such as Gynaecological Oncology; Urology; General and Gastrointestinal Surgery; Colorectal Surgery, Head and Neck Surgery and Cardio Thoracic Surgeries. The Fortis Scientific Committee, set up by the Robotic Specialty Council with MSOG and eminent clinicians, carefully crafted an Agenda which featured a mix of topics to engage all participants and allow active sharing of insights on practices, innovations and advancements in the field of Robotic-assisted Surgery. The interactive scientific sessions included Video Workshops; Podium Presentations and Panel discussions on key topics. The thought provoking scientific sessions were followed by some fun and frolic. Guests were entertained at the Dance and Musical Evening celebrating rich cultural heritage of India, followed by a day-trip to the Taj Mahal – an architectural wonder and a UNESCO World Heritage Site.

IHH Clinical Exchange programs aim at providing opportunities for clinicians across the IHH Network to connect, network, grow and share knowledge and experiences with each other. The previous three such symposiums were organised by Gleneagles (India), Acibadem (Turkey) and Singapore business units.

Team ESG organises training on 'Technologies to enhance energy efficiency in HVAC and water systems' for ESG champions across Fortis units



An online training session was organised by Team ESG at Corporate Office on 'Technologies to enhance energy efficiency in HVAC and water systems' on December 20, 2023. Training was provided by an external trainer from a multi-national company headquartered in Denmark, specialising in energy efficient pumping solutions. Participants included the ESG champions at all the Fortis units. Passionate members from the engineering teams at multiple Fortis units joined in too.

Session highlights included an engaging discussion on various cutting-edge solutions for air conditioning as well as water pumping, aiming to maximise energy efficiency and bringing down operational costs in a hospital setup.

Team MSOG conducts on-site Medical SOP training workshops for all Fortis Hospitals in a cluster wise manner



Two full-day Clinical Governance Training Sessions were conducted by Dr Akash Sud & Dr Geetika Jassal from the Medical Strategy & Operations Group (MSOG) Team at each location with multiple interactive sessions. The detailed training schedule included discussion on Clinical Governance Framework, key MSOG SOPs including Transplant Safety, Informed Consent, Narcotics, MTP, End of Life Care, Privileging, etc. along with discussion on Management Control Framework, Analytical Clinical Excellence & MOS Dashboards, FOS and Patient Experience. Step-wise explanation on methodology for consistent operationalization of each SOP was provided through relevant examples and case scenarios.

Director Medical Operations, Hospital Medical Heads, Nursing Heads & Quality Heads along with their team members participated in all the sessions. Functional heads, Clinicians from various departments like Transplant, OBGY, Anaesthesia, Critical Care & Emergency from various hospitals also joined sessions relevant to them, with interesting & meaningful discussions, making it an enriching experience.

The trainings were kept interactive giving the participants an opportunity to give inputs, clarify doubts, share their day to day experience and learnings. The training sessions were well appreciated and saw huge participation from all the units.

Yoga session for staff members held at Fortis Escorts, Amritsar



In a dedicated effort to prioritise the holistic well-being of its staff members and doctors, Fortis Escorts Hospital, Amritsar, hosted an invigorating yoga session on December 2, 2023. The hospital premises resonated with tranquillity as participants delved into a rejuvenating blend of physical postures, mindful breathing and relaxation techniques, led by expert yoga instructors.

Fortis Hospital, Cunningham Road, Bengaluru observes World Radiography Day



The Department of Radiology & Imaging at Fortis Cunningham, led by Dr Prakash Naik, Head of the Department, celebrated World Radiography Day on November 8, 2023. The day commenced with a lamp lighting ceremony, graced by the leadership team. The department was adorned with a diverse collection of

"Old to New Imaging Technology Poster Cards," showcasing the evolution of Radiation Safety and the growth of Radiology departments worldwide. To commemorate the occasion, Radiology staff donned yellow attire, symbolizing unity. The team received well-deserved accolades for their unwavering dedication and significant contributions to hospital operations.

Dr Aparna Bogadi, Medical Superintendent and Ms Jermin Roshini, Chief of Nursing, addressed the team, extending heartfelt congratulations for their outstanding contributions. The celebration included the participation of leadership team members, including Mr Vittal, Head - Finance, Mr Narendra, Head - Non-Medical and Mr Vinod, Head - Human Resources. The day concluded with a cake-cutting ceremony, marking a successful and memorable observance of World Radiography Day.

Valedictory event for 'Critical Care Nursing Specialty Certification Program - Enhancing Nursing Capabilities' held at Fortis Escorts, Okhla Road



Fortis Escorts, Okhla Road, New Delhi, celebrated the conclusion of the Critical Care Certification Program for ICU Nurses on October 30, 2023. The program, led by Dr Rajat Agarwal, Director & Head - Critical Care Unit, Dr Shoaib, Head - GLICU and the Nursing Team, aimed at enhancing the bedside clinical skills of nurses. The ceremony commenced with a welcome address by Dr Rajat Agarwal, post which the course toppers were awarded with trophies and the participants received certificates and badges.

Through pre and post-practice skills assessments of ICU nurses, a significant improvement (51%) was observed in 30 ICU nurses. The journey is ongoing, with a continued focus on developing clinical skills on-site. Periodic reassessment by clinicians, along with continuous feedback, will be conducted to evaluate sustainability. Nurses received constant guidance and supervision from clinicians, educators, and the multidisciplinary team.

Hiranandani Hospital, Vashi promotes environmental consciousness among employees with 'Green Growth Competition'



Teams at Hiranandani Hospital, Vashi celebrating ecofriendly Diwali

Hiranandani Hospital, Vashi – A Fortis Network Fortis, organised 'Green Growth Competition' on November 9, 2023, as part of Diwali celebrations. The initiative was aimed at promoting environmental consciousness and sustainability by encouraging participants to plant and decorate their pots. Over 200 saplings were planted at this initiative, reflecting the hospital's dedication to environmental responsibility. The initiative not only involved the participation of the administrative teams but also included doctors, nurses and other non-administrative departments too. This competition, led by the Cultural & Administration team, not only added a touch of eco-friendliness to the festive season but also exemplified the hospital's commitment to the environment. The event served as a positive and meaningful way for the employees to come together and contribute to a greener and more sustainable future.

Fortis Hospital, Shalimar Bagh, New Delhi, organises 'Advanced Cardiac Life Support' course



ACLS Batch group photos

Fortis Hospital, Shalimar Bagh, organised five batches of Advanced Cardiac Life Support (ACLS) for nurses working in all critical care areas, from September 25 to October 30, 2023. The training was conducted by the Nursing Education Team in collaboration with Dr Amit Prakash Associate Director & HOD, Cardiac Anesthesia and Dr Vishal Garg Senior Consultant, Paediatric Cardiac Anaesthesia. 139 nurses successfully completed the course. The goal of Advanced Cardiac Life Support is to achieve the best possible outcome for individuals who are experiencing cardiac arrest. The programme is aimed at providing extensive insights and skills by teaching a systemic approach to patient assessment, airway management, effective team communication, and ACLS algorithms.

21 Area Sales Managers undergo 'Enhancing Sales Capability' training at Fortis Escorts, New Delhi



Group photograph

As a step towards addressing the unit-based training need, Fortis Escorts, New Delhi, organised 'Enhancing Sales Capabilities' training for 21 Area Sales Manager covering Fortis Escorts, Okhla, Fortis CDOC & Fortis La Femme on October 28, 2023. The session was co-facilitated by Mr Harpreet Singh, Business Partner – Sales (FEHI, CDOC & La Femme), Ms Raakhee Mahi, DGM - Design & Content and Ms Shivangi Vashisht, SBU L&D Lead - FEHI, CDOC & La Femme.

The interactive session focused on to enhance the know-how to prepare for a sales call; enhance the ability of building rapport with clinicians (referral, corporate & PSU doctors); enhance the ability of inquiring about and understanding clinicians needs; improving the skills to communicate Fortis advantages/specialties effectively and enhance the knowledge about medical specialties and selected key procedures. The experiential workshop received an overall feedback score of 4.99 out of 5 with an address by Mr Dakshna Moorthy, Head - Domestic Sales & Collections, Mr Bidesh Chandra Paul, Head - SBU Head and Mr Pradeep Singh, SBU HR Head.

15 Area Sales Managers undergo 'Enhancing Sales Capability' training at Fortis Escorts Hospital, Faridabad



Group Photograph

As a step towards, addressing the unit-based training need, Fortis Escorts Hospital Faridabad organised 'Enhancing Sales Capability' training for 15 Area Sales Manager covering Noida, Faridabad & Greater Noida on November 23, 2023. The session was co-facilitated by Mr Piyush Barjatya-Business Partner Sales (Noida, Faridabad & Greater Noida), Mr Tabish Jamshed-Unit Head (Sales & Marketing) Faridabad , Ms Raakhee Mahi (DGM-Design & Content), Ms Priyanka Sharma-SBU L&D Lead-Noida, Faridabad & Greater Noida.

The interactive session focused on to enhance the know-how to prepare for a sales call, enhance the ability of building rapport with clinicians (referral, corporate & PSU Doctors), enhance the ability of inquiring about and understanding clinicians needs, improving the skills to communicate Fortis advantages/specialities effectively and enhance the knowledge about medical specialities and selected key procedures. The experiential workshop received an overall feedback score of 4.9 out of 5 in which Dr Sanjay Kumar(HOD & Director-Cardiology) shared insights about latest developments in field of cardiology & leadership address by Mr Yogendra Nath Awadhya-Facility Director(Faridabad).

15 Fortis Noida nurses enroll for 3-month 'Ward to ICU Nursing' training module



Lamp Lighting by Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad, Dr Shanu, Medical Superintendent, Capt Neelam, CNO, Dr Anurag, HOD - Emergency Medicine, Dr Varun, Principal Consultant – Neuro-anesthesia and Dr Mrinal Sircar, Director - Pulmonology and Critical Care

Fortis Hospital, Noida, launched the 'Ward to ICU Nursing Module' on October 4, 2023. The training module is a three-month certified program designed to equip nurses with the skills necessary to navigate the complexities of the ICU, transitioning them from a general nursing role to specialised ICU nursing. The event was inaugurated by Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad in the presence of Dr Shanu, Medical Superintendent, Captain Neelam Deshwal, Chief of Nursing, Dr Anurag Aggarwal, HOD - Emergency Medicine, Dr Varun Jain, Principal Consultant - Neuro Anesthesia, Dr Mrinal Sircar, Director - Pulmonology and Critical Care, and the Education Team, represented by Ms Ancy Abraham, Head Educator, Ms Marina, Ms

Athira and Ms Pratiksha. Fifteen candidates have enrolled for the course and they were motivated and inspired by the insightful words of the leaders during the launch event.

Events



Fortis Celebrates

International Infection Prevention Control Week

Fortis Hospital, Cunningham Road, Bengaluru observed International Infection Prevention Control Week



Fortis Cunningham Road, Bengaluru, marked International Infection Prevention Control Week with a series of impactful events from October 16-20, 2023. The week commenced with a ceremonial lamp lighting by the leadership team, featuring insights from Dr Harish Kumar Ambedkar, HIC Chairperson, who emphasised the significance of incorporating infection control practices into daily routines. An engaging activity promoting Global Hand Washing awareness highlighted the importance of hand hygiene for patients and attendants. Mr Anand Angadi, Facility Director, actively participated and staff across the unit

engaged in various competitions designed to raise awareness of Infection Control Prevention principles.

The ICN Team, in collaboration with Dr Shilpa K, Microbiologist, organised enlightening talks by Dr Divya Joshi, IPD Physician, from Fortis Bannerghatta, and Dr Ganesh Veerabadraiah, Neurosurgeon, from Fortis Cunningham. The topics covered included 'Carbapenem Sparing Strategies and the Importance of Basic Infection Prevention' and 'Infection Prevention in Surgical Cases: From Admission to Discharge and Challenges Faced.' The week concluded with rewards and recognitions for outstanding staff, including special awards for Best Hand Hygiene Link Nurse 2022-23 and Hand Hygiene Champion 2022-23 presented to Ms Prema John, Diabetic Educator and Ms Lakshamma, SICU Nursing In-charge, respectively. Dialysis Department and General Ward received Best Department of the Year 2022-23 awards in their respective categories. Ms Jayashree and Dr Shilpa delivered heartfelt thanks. As part of the Infection Control Week, Fortis Cunningham also completed a successful Tetanus vaccination drive for all eligible Fortis Cunningham employees, achieving a 100% vaccination rate.

Fortis Kalyan celebrates of Infection Prevention and Awareness Week 2023

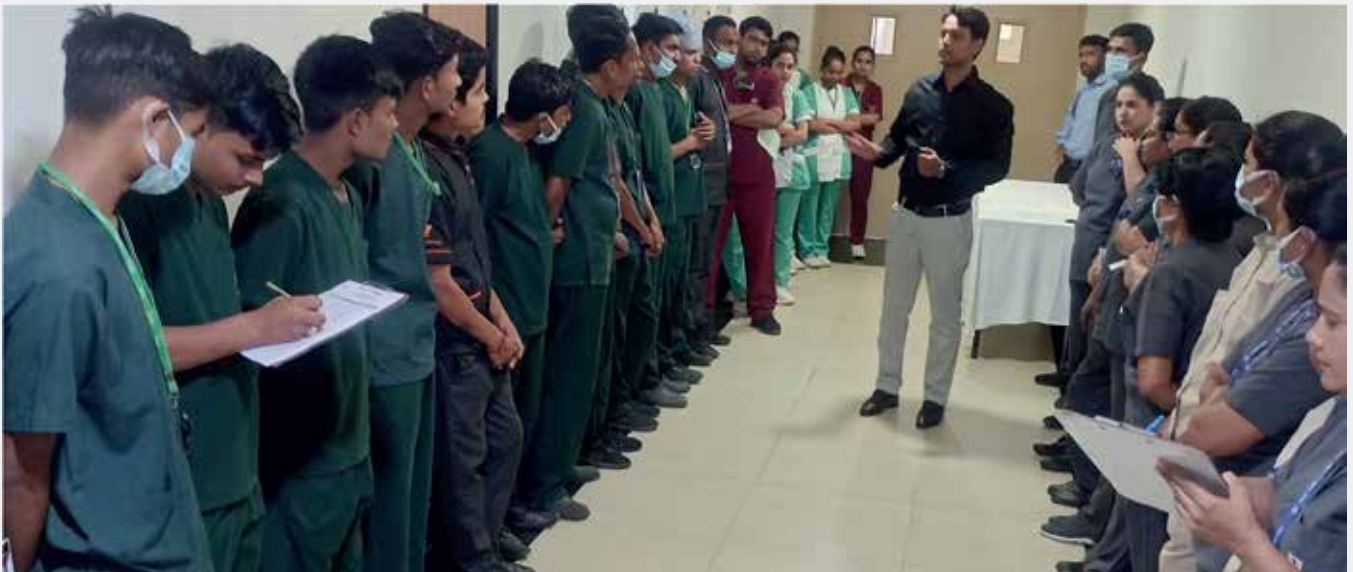


Session on HAPI prevention is underway

Fortis Hospital, Kalyan, celebrated Infection Prevention and Awareness Week from November 6-10, 2023. The event commenced with lamp lighting by Dr Supriya Amey, Facility Director, Dr Sandeep Patil, Chief Intensivist, Ms Madhavi Varik, Unit Head-Marketing and Ms Ruby Lobo, Chief Nursing

Officer, followed by Crossword competition and a quiz on infection control. A session on Hospital-Acquired Pressure Injury (HAPI) prevention was conducted for the nursing staff by an external speaker. Model presentation was organised on fundamentals of infection control, which witnessed eager participation from all departments. Topics for model presentation including hand hygiene, cough etiquettes, disinfection, safe infusion practices and many more; a total of 10 models were displayed for the competition. The week concluded with a prize distribution and felicitation ceremony for all participants.

Fortis Shalimar Bagh, New Delhi, celebrates International Infection Prevention Week



Training on cleaning, disinfection and vaccination

International Infection Prevention Week was celebrated at Fortis Hospital, Shalimar Bagh, New Delhi, from October 23-28, 2023. The theme of the event was 'Celebrating the Fundamentals of Infection Prevention.' The celebration began with an activity to promote hand hygiene. A UV Glow Box kit was used to explain hand hygiene practices to the staff members. Several group activities were conducted around Healthcare Associated Infection (HAI), Sharp Injury Prevention, Donning & Doffing of Personal Protective Equipment (PPE) and Vaccination Policy. An awareness building session on cleanliness and disinfection protocols was conducted for the support staff by an external partner.

An engaging hand hygiene-related public awareness activity was conducted, which received the active participation of visitors. This apart, an interactive session was conducted by Clinical Pharmacists on awareness of 'restricted antibiotics.' The event concluded with prize distribution and a pledge to ensure infection prevention and control.

Fortis Anandapur, Kolkata, observes Infection Control Week



Workshop on various IPC equipment and products

Fortis Hospital, Anandapur, Kolkata, celebrated International Infection Prevention Week from September 25-30, 2023, with a host of activities. The celebrations, led by the Hospital Infection Control Team, commenced with the lighting of the ceremonial lamp by the senior leaders, followed by the release of an information booklet on infection prevention practices. To raise awareness, various events such as road show, extempore speech

competition, hands-on training on various infection prevention and control equipment and devices and other activities were conducted. Healthcare providers from different departments were involved actively for making the events meaningful and inclusive. An informative panel discussion on Antimicrobial Resistance and Antibiotic Stewardship was organised. The event ended with the distribution of prizes and the felicitation of judges and panellists.

Fortis Mohali celebrates International Infection Prevention Week



The Infection Control Team at Fortis Hospital Mohali along with Infection Control nurses organised a series of events to mark International Infection Prevention Week from October 15-21, 2023. The theme of this year's event was 'Celebrating the fundamentals of infection prevention.' The week began with a poster competition for the newly inducted nurses on the Global Handwashing Day theme of 'Cleans hands are within reach'. Informative session for attendants was also organised on the occasion. A panel discussion by the Nursing team on the 'Challenges & solutions in implementing the basic infection prevention practices' provided some invaluable insights. A refresher session on infection prevention and biomedical waste management was organised for the housekeeping and general duty attendants. The week concluded with an award ceremony for the IP&C Champions along with fun activities like role play, ramp walk and hand hygiene.

Fortis Escorts, Okhla, observes Infection Prevention Week



Fortis Escorts, Okhla Road, New Delhi, observed Infection Prevention Week from October 16-20, 2023, focusing on the theme 'Honouring the Essentials of Infection Control.' The Infection Control Team led a variety of initiatives designed to heighten awareness among both healthcare professionals and patients, underscoring the pivotal role they play in upholding infection control protocols within the hospital. The week-long program encompassed informative training sessions and hands-on activities covering topics such as hand hygiene, cleaning and disinfection, preventing Central Line-Associated Bloodstream Infections (CLABSI), minimizing sharp injuries, promoting vaccination awareness, as well as an engaging quiz centered around infection prevention practices.

Fortis Escorts Hospital, Jaipur, spreads awareness about Infection Control with special event



The Infection Control Team of Fortis Escorts Hospital, Jaipur, organised an Infection Control Mela on September 4, 2023, by showcasing various hands-on infection control practices and conducting engaging activities for hospital nursing staff. Six stalls were created, focusing on hand hygiene, catheter care, central line care, urine culture sampling from catheter, blood culture sampling from central line and instrument cleaning. Dr Riya Bhargava, Consultant Microbiologist & Infection Control Officer, Fortis Jaipur, delivered a talk on the importance of infection control practices.

The event received an enthusiastic response with over 60 nurses in attendance along with Dr Mala Airun, Director - Medical operations, Mr Neerav Bansal, Head - SBU, Dr Nimi Thadeshwar, Deputy Medical Superintended and Ms Jijimol James, CNO.

Fortis Hospital, Greater Noida, celebrates Hand Hygiene Week



Training being imparted to patients and their attendants

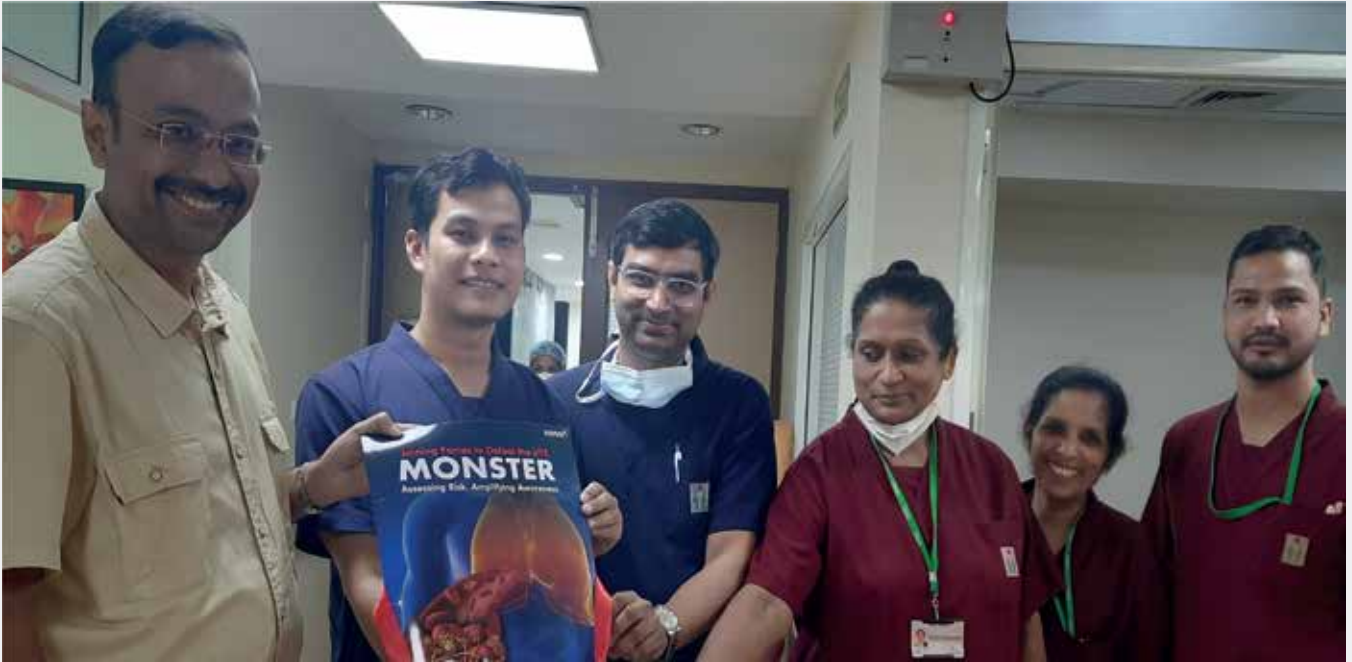
Fortis Hospital, Greater Noida, celebrated Hand Hygiene Week from November 20-25, 2023, renewing its commitment towards patient safety. Several engaging sessions highlighting the theme 'Engaging Patients & Staff for Awareness of Hand Hygiene,' were conducted. These included awareness building sessions, keynote speeches by the senior clinicians, quiz competitions and poster making competitions. The six steps of hand washing and hand rubbing were also demonstrated to ensure 100% compliance with safe processes and target 'zero infection'.

Fortis International Sales Team engages with healthcare facilitators and clinicians on International Men's Day



The Fortis International Sales Team celebrated International Men's Day with healthcare facilitators and clinicians on November 30, 2023. The event recognised the contribution of men to society and raised awareness about their health issues. Keynote addresses by Dr Ritu Garg, Chief Growth & Innovation Officer, Fortis Healthcare and Mr Mahipal Singh Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj, were followed by insightful sessions and engaging activities.

Fortis Escorts, New Delhi, celebrates World Thrombosis Day



On October 13, 2023, Fortis Escorts, Okhla Road, New Delhi, celebrated World Thrombosis Day, aligning with the theme 'Move against Thrombosis.' Team Nursing Quality organised awareness initiatives within the In-Patient Department (IPD) areas, where more than 50 participants made a commitment to combat thrombosis. This was followed by an in-service session for nurses, emphasizing their crucial role in preventing thrombosis.

The event concluded with an address by Dr Rajat Agarwal, Director - Critical Care, who emphasised the importance of using VTE (Venous Thromboembolism) risk assessment forms appropriately and initiating early prophylaxis in patients.

Fortis Rajajinagar, Bengaluru, is medical partner for 'Run for Corporate Excellence' half marathon



Fortis Hospital, Rajajinagar, Bengaluru, was the Medical Partner for the inaugural 'Run For Corporate Excellence' half marathon, organised by Institute of Company Secretaries of India (ICSI), Bangalore Chapter, on October 15, 2023. The hospital deployed medical teams, ambulances and mobile units strategically throughout the route. The marathon commenced with a flag-off by

Chief Guest Mr Ranganath, a renowned TV anchor. Addressing the audience, Mr Ranganath highlighted the distinction between normal and overly aggressive exercises, advising participants to avoid the latter. ICSI Chairman, Mr Parameshwara Bhat, acknowledged the efforts of the organisers, praised the support from the Fortis medical team. Dr (Wg Cdr) Nagasubramaniam, Facility Director, Fortis Rajajinagar, emphasised the importance of preventive health screening in the post-COVID scenario. Arm Wrestling Champion Ms Nayandeep Kaur was the special guest.

The marathon attracted over 350 participants. Fortis offered the participants a one-year Privilege Card and a time-bound discounted Health Check-up package card. As a run-up to the marathon, a health screening camp was organised for all the participants.

Team Corporate Office organises Medication Safety Summit on the backdrop of World Patient Safety Day and World Pharmacists Day



A Medication Safety Summit was organised on September 29, 2023, as part of World Patient Safety Day (September 17, 2023) and World Pharmacist Day (September 25, 2023). The highlight of the event was a panel discussion on 'From Medication to Solution - Pharmacists as Key Players in Healthcare.' The panelists included Dr Narayan Pendse, Vice President – MSOG; Dr Anita Arora, DMO & Group Head-Infection Prevention & Control-MSOG; Dr Rajeev Nayyar, DMO- MSOG; Dr Gurvinder Kaur, FD - FMRI and Ms Nandini Gokhale, Business Partner - SCM Operations and Governance-CBU, with Dr Shivani Juneja, Associate Consultant - Clinical Pharmacology, Fortis Mohali, as the

moderator. This panel discussion shed light on various aspects of medication management, including patient safety, antimicrobial stewardship, supply chain management, Central Pharmacotherapeutics Committee (CPTC) functions and the role of pharmacists and supporting staff in hospital formulary management and patient safety.

An online quiz competition on the theme 'Caring for Patients by Ensuring Medication Safety' was also conducted during the summit. Ms. Ashlin Thomas – Quality (Mulund) won the quiz while Dr. Ansu Samuel – Clinical Pharmacist (CG Road) and Dr Farmin Majeed– Clinical Pharmacist (Mulund) were the first runner-up and second runner-up respectively. Another highlight was the 1-minute video contest titled 'Pharmacy Spotlight: Lights, Camera, Contribution!' wherein eight hospitals participated. Dr Akash Sud, Head - Clinical Governance, Quality, Patient Safety and Captain Sandhya Shankar Pandey, Chief Nursing Officer – MSOG judged the videos. Team Mohali won the contest while Team Kalyan and Team Mulund were the first and second runners-up respectively. The entire event, which was helmed by Mr Dheeraj Jain, GM - Business Head (OP Pharmacy) and supported by Dr Gaurav Mahindra, Dr Bhaskar Bhowmik and Dr Sukriti Sud from MSOG, received a participation from more than 300 employees from across Fortis.

Fortis Mohali holds two-day workshop on Diagnostic Stewardship



Fortis Hospital Mohali organised a two-day on-site workshop on Diagnostic Stewardship at the facility from October 14-15, 2023. More than 160 participants, including clinicians and microbiologists, from Chandigarh, Punjab, Haryana, and other peripheral areas attended the event to enhance their skills on appropriate use of antimicrobials. Team AMS of Fortis Mohali spearheaded the workshop in collaboration with the Delhi Society for Promotion of Rational Use of Drugs (DSPRUD) and the Chandigarh Physician's Forum. The workshop highlighted the concepts of Diagnostic Stewardship and syndromic approach to the diagnosis of common clinical presentations on Day 1. Finer nuances of interpretation of lab reports and newer advances related to antimicrobial stewardship were discussed on Day 2. The faculty included accomplished clinicians and microbiologists from across the country. The workshop was awarded 8 credit hours by the Punjab Medical Council.

Fortis Hospital, Cunningham Road, Bengaluru observes Patient Safety Week 2023



Fortis Hospital Cunningham Road, Bengaluru observed Patient Safety Week from September 17-25, 2023. Aligned with this year's theme 'Engaging patients for patient safety' various activities were conducted with an aim to create safety awareness culture in the organisation and to enlighten the staff and patients on safety protocols and IPSP Rules. The week-long celebrations included events such as workshops and poster competition wherein various departments such as Security, Engineering and Maintenance, House Keeping, Nursing, Paramedical and Pharmacy Teams participated enthusiastically. The celebrations concluded with leadership team addressing the gathering and distributing gifts to the participants.

Fortis Escorts, Okhla Road, promotes healthy eating as part of National Nutrition Month



National Nutrition Month was observed at Fortis Escorts, Okhla Road, New Delhi, in September 2023. A wide array of activities were conducted by Ms Daljit Kaur, Head - Dietetics and her team to create awareness about mindful eating and the importance of selecting healthier food options. In line with the ongoing International Year of Millets, the majority of these events were dedicated to promoting millet consumption.

The competitions held among the staff and patients' attendants at FEHI included My Plate Concept, Crossword, Identify the Millets, Reels on Nutrition, A skit was performed for the attendants, and a nutritious millet breakfast was served to all the patients. The celebration concluded with a prize distribution and closing ceremony featuring delectable refreshments based on millets.

Fortis Hospitals Mumbai collaborates with Amazon Prime's Mumbai Diaries



Administrative teams and consultants with the cast of Mumbai Diaries

Fortis Hospitals, Mumbai collaborated with Amazon Prime's 'Mumbai Diaries' Season 2 recently. The association comprised of two key initiatives, a screening for Fortis Mumbai's doctors and a teaser that focused on the lifesaving and lifechanging work done by caregivers. The leading actors, Mohit Raina and Konkana Sen Sharma, in a teaser video emphasized the steadfast dedication of Fortis Hospitals Mumbai. An exclusive screening was held on October 5, 2023, for the doctors of Fortis Hospitals Mumbai. During the screening, the Mumbai Diaries production team and actors took a moment to honour doctors. At the end of the screening, attended by Mohit Raina, Natasha Bharadwaj, Satyajee Dube, Mrunmayee Deshpande and Tina Desai, the actors (reel doctors) received appreciation from the doctors in attendance. The Mumbai Diaries web series revolves around the lives of the doctors, poignantly depicting the busy and demanding lives of caregivers working in the hospital.

Patient interaction session marks World Anaesthesia Day at Fortis Mohali



An educational patient interaction session was organised by the Anaesthesia Team at Fortis Hospital Mohali on the occasion of World Anaesthesia Day on October 16, 2023. Dr Amit Kumar, Head -Anaesthesia, sensitised the gathering on the crucial role of anaesthesiologists in keeping the patients safe and pain-free during the surgeries. He also explained how anaesthesiologists play a crucial role in ICUs as critical care experts, and in peripheral areas like pain clinics, cath labs for cardiac and neuro-interventional procedures, labour rooms for painless delivery and CT, MRI and endoscopy suites. Doctors from the Anaesthesia Team, including Dr Anjana Sharma, Senior Consultant and Dr Preeti Adhlakha, Associate Consultant, also briefed the patient attendants about the history of evolution of anaesthesia. Dr Amit Kumar later distributed gifts to the OT technicians in his team as a token of appreciation.

Awards & Accolades

Fortis hospitals put up a grand show at 'The Week-HANSA Research Survey 2023'

Best Multispeciality Hospitals - All India	Rank	Best Multispeciality Hospitals - Private	Rank
Fortis Memorial Research Institute	24	Fortis Memorial Research Institute	19
Best Multispeciality Hospitals - North	Rank	Best Multispeciality Hospitals - Emerging	Rank
Fortis Memorial Research Institute	9	Fortis Memorial Research Institute	2
Best Multispeciality Hospitals - North (Private)	Rank	Best Multispeciality Hospitals - East	Rank
Fortis Memorial Research Institute	6	Fortis Hospital, Anandapur	7
Best Multispeciality Hospitals - Chennai	Rank	Best Multispeciality Hospitals - Chennai (Private)	Rank
Fortis Malar Hospital	10	Fortis Malar Hospital	9
Best Multispeciality Hospitals - Bengaluru	Rank	Best Multispeciality Hospitals - East (Private)	Rank
Fortis Hospital, Bannerghatta Road	3	Fortis Hospital, Anandapur	5
Fortis Hospital, Cunnigham Road	10	Best Multispeciality Hospitals - Chandigarh	Rank
Best Multispeciality Hospital - Mumbai	Rank	Fortis Hospital, Mohali	3
Fortis Hospital, Mulund	8	Best Multispeciality Hospitals - Delhi	Rank
SL Raheja Hospital, Mahim - A Fortis Associate	16	Fortis Hospital, Shalimar Bagh	9
Fortis Hiranandani Hospital, Vashi	17	Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj	12
Best Multispeciality Hospitals - NCR (Excluding Delhi)	Rank	Best Multispeciality Hospitals - Jaipur	Rank
Fortis Memorial Research Institute	2	Fortis Escorts Hospital, Jaipur	5
Fortis Hospital, Noida	5	Best Multispeciality Hospitals - Bengaluru (Private)	Rank
Fortis Escorts Hospital, Faridabad	7	Fortis Hospital, Bannerghatta Road	3
Best Multispeciality Hospitals - Kolkata	Rank	Fortis Hospital, Cunnigham Road	10
Fortis Hospital, Anandapur	5	Best Multispeciality Hospitals - Mumbai (Private)	Rank
Best Multispeciality Hospitals - Chandigarh (Private)	Rank	Fortis Hospital, Mulund	7
Fortis Hospital, Mohali	1	SL Raheja Hospital, Mahim - A Fortis Associate	12
Best Multispeciality Hospitals - Delhi (Private)	Rank	Fortis Hiranandani Hospital, Vashi	13
Fortis Hospital, Shalimar Bagh	7	Best Multispeciality Hospitals - NCR Private (Excluding Delhi)	Rank
Fortis Ft. Lt. Rajan Dhall Hospital, Vasant Kunj	9	Fortis Memorial Research Institute	2
Best Multispeciality Hospitals - Jaipur (Private)	Rank	Fortis Hospital, Noida	5
Fortis Escorts Hospital, Jaipur	4	Fortis Escorts Hospital, Faridabad	7
Best Hospital - Cardiology	Rank	Best Multispeciality Hospitals - Kolkata (Private)	Rank
Fortis Escorts Heart Institute & Research Centre, Okhla	4	Fortis Hospital, Anandapur	4
Best Hospital - Cardiology (by Specialisation - North)	Rank	Best Hospital - Diabetes Care (West)	Rank
Fortis Escorts Heart Institute & Research Centre, Okhla	3	SL Raheja Hospital, Mahim - A Fortis Associate	2
Best Hospital - Diabetes Care	Rank		
SL Raheja Hospital, Mahim - A Fortis Associate	15		

Team from Fortis Mulund bags first prize for poster presentation at National Quality Conclave



(L-R) Award recipients Ms Minimole Varghese and Ms Bincy Thomas

Fortis Hospital, Mulund, bagged the first prize for poster presentation at the National Healthcare Quality Conclave 2023 hosted by a city hospital, in collaboration with Consortium of Accredited Healthcare Organizations (CAHO). The poster was shortlisted from 35 entries and 15 presentations made at the conclave. The poster presentation was done by Ms Bincy Thomas, Nurse Educator (author) on the topic: Creation of Tracheostomy Bay & Process Standardisation in the Unit; spearheaded by Ms Minimole Varghese, Chief Nursing Officer (co-author) and Dr Hitesh Singhavi, Senior Consultant, Head & Neck Oncosurgery, Fortis Hospital, Mulund. The event, held on November 24, 2023, witnessed a gathering of industry leaders, innovators, quality enthusiasts and approximately 300 participants.

Fortis BG Road, Bengaluru honoured by World Alliance for Breastfeeding Action (WABA) and Breastfeeding Promotion Network of India (BPNI)



Fortis Hospital, Bannerghatta Road, Bengaluru was honoured by the World Alliance for Breastfeeding Action (WABA) as well as Breastfeeding Promotion Network of India (BPNI) on November 7 & 10, 2023 respectively, for its breastfeeding promotion initiatives undertaken during the World Breastfeeding Week (August 1-7, 2023). Fortis BG Road was among the 10 hospitals selected out of 77 contestants from across the country. Fortis BG Road's team of Obstetricians and Gynaecologists along with Paediatricians, the Nursing team, the Nest team, the Nutrition Department and the Lactation Clinic conducted 14 programs during the week, with participation from nearly 750 people, which included a IYCF (Optimal Infant and Young Child Feeding) certification training program, poster and quiz competitions for staff and patients and webinars on various topics related to breastfeeding. An inaugural ceremony to kick off the week long activities was organised which was graced by Mr Akshay Oleti, Business Head - Bengaluru, HODs, doctors and nurses at Fortis Hospital, Bannerghatta Road. The program was further amplified through medical colleges, nursing colleges and non-governmental organisations.

Team Nursing at Fortis Anandapur, Kolkata, bags two awards at Infusion Nurses Society meet



Maumita receiving her award for 2nd position in QIP presentation



T. Sharmee and Dwipta receiving 1st runners-up in poster competition

Team Nursing at Fortis Hospital, Anandapur, Kolkata, participated in the 11th Annual Conference of Infusion Nurses Society of India, held on December 1-2, 2023 in Kolkata. The theme of the conference was 'Invest in Infusion Nursing: Advancing Global Mission through Leadership, Empowerment.' Ms Maumita Saha, Quality Nurse, bagged the second position for her paper, titled 'An evidence based approach on reduction and prevention of MARSII after cardiac catheterization patients admitted in coronary care unit.' Ms Dwipta Dey and Ms Takhellambam Sharmee Devi, IPCN, bagged the 1st Runners up position for their poster, 'Thrombophlebitis - Early identification in reducing advancement of its complications.' The conference was attended by more than 1,000 participants, including senior professionals.

Team representing Fortis Mulund wins inter-hospital quiz competition on 'Quality & Safety in Healthcare'



Team representing Fortis Mulund participating in the quiz



The dignitaries handing over the award to Ms Bincy Thomas and Ms Jisha Binoy

A team consisting of Ms Jisha Binoy and Ms Bincy Thomas, Nurse Educators from Fortis Hospital, Mulund, won an inter-hospital (inter-disciplinary) quiz competition organised by a prominent Mumbai-based hospital. The event was held on November 22, 2023, as part of Quality & Safety Week. The quiz was based

on the theme 'Decoding the Genome of Quality & Safety in Healthcare.' Eight teams from various hospitals across the city participated in the event and included doctors, nurses, pharmacists, microbiologists and Quality personnel. Of the initial eight teams, six were selected for the qualifier round. Three teams eventually made it to the final round. The winning team was felicitated in the presence of distinguished guests and dignitaries.

Dr Bishnu Panigrahi, Group Head – MSOG, honoured with FICCI's 'Chairman's Award for Outstanding Leadership in Healthcare'



Dr Bishnu Panigrahi, Group Head, Medical Strategy & Operations, Fortis Healthcare, was conferred with the prestigious 'Chairman's Award for Outstanding Leadership in Healthcare 2023' by the Federation of Indian Chambers of Commerce & Industry (FICCI) for his exceptional and transformative contributions to the healthcare ecosystem in India. The award felicitation ceremony was held as part of the 15th FICCI Healthcare Excellence Awards 2023, in New Delhi, on October 26, 2023.

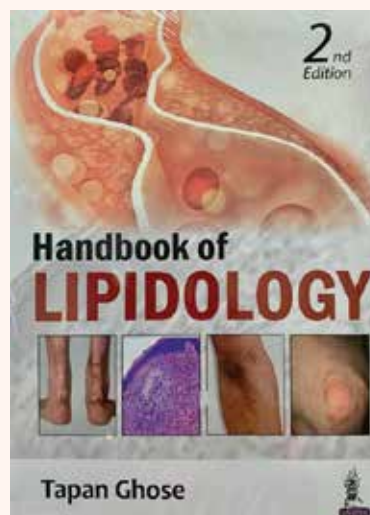
The award recognises individuals who have made exceptional and transformative contributions to the healthcare sector and the winners are selected by an august panel of juries. Speaking at the award ceremony, Dr Panigrahi said, "I am deeply honoured to receive the Chairman's Award for Outstanding Leadership in Healthcare. I come from a small town, Sambalpur in Odisha, where an achievement of this nature serves as an inspiration for youth. Healthcare is not just about

treating illnesses but is a concerted effort to improve the quality of life for the community. Our commitment to innovation, excellence, and compassionate care is unwavering, and this accolade only strengthens our resolve to continue pushing the boundaries of what is possible in healthcare. I extend my heartfelt thanks to the esteemed jury, my peers, and every member of the Fortis family who has been instrumental in our journey towards transforming healthcare delivery in India."

Dr Tapan Ghose of Fortis Vasant Kunj contributes article on Dyslipidaemia, publishes book on Lipidology



Dr Tapan Ghose



Dr Tapan Ghose, Director - Cardiology has co-authored an article titled CSI Clinical Practice Guidelines for Dyslipidaemia Management: Executive Summary, published in the Indian Heart Journal (available online December 4, 2023). In addition, the second edition of 'The Handbook of Lipidology' edited by Dr Ghose was published recently. This handbook is a comprehensive document covering all aspects of Dyslipidemia. The book is a result of three years of writing, editing, and re-writing work.

Dr RK Jaswal of Fortis Mohali shares most challenging case of TAVR at London conference



Dr R. K. Jaswal, Head of Department and Director of Cardiology and Director - Cathlabs, Fortis Hospital Mohali, attended a three-day course 'PCR London Valves, The Heart Team Course - focus on transcatheter therapies for valvular heart disease #PCRLV' in London from November 19-21, 2023. Dr Jaswal, who has conducted more than 40,000 cardiac interventions, made a presentation on the most challenging case of Transcatheter Aortic Valve Replacement (TAVR) and complex left main imaging-guided PCI in a patient, who had been bedridden with multiple co-morbidities along with his cardiac debility. The life-saving high-risk cardiac intervention was successfully done by Dr Jaswal and his team of doctors. Fortis Mohali is the Centre of Excellence for Rotational Atherectomy in North India and has certified Dr Jaswal as the exclusive Proctor to teach this technique to interventional cardiologists in the region.

Dr Sanjith Saseedharan of SL Raheja Hospital, Mahim, takes charge as President of ISPEN



(R) Dr Sanjith Saseedharan being honoured with the presidency medallion by the outgoing president, Dr Ravinder Reddy, a Hyderabad-based Onco-surgeon

Dr Sanjith Saseedharan, Consultant & Head – Critical Care, SL Raheja Hospital, Mahim – A Fortis Associate took charge as the President of the Indian Society for Parenteral and Enteral Nutrition (ISPEN) on November 24, 2023. ISPEN is the largest Indian society that focuses on nutrition in all aspects of medicine, surgery, community and preventive health. Dr Sanjith Saseedharan's unwavering dedication to nutritional science has propelled him and his team at SL Raheja Hospital, Mahim, to achieve remarkable outcomes. He is the only clinician in the country who has been performing 'Indirect Calorimetry' and 'Personalised Nutrition.' He has also patented a software on nutrition that is being deployed across many healthcare institutions. With the new presidency announcement, he now joins the ranks of leaders around the world who are responsible for creating guidelines, leading meaningful research, conducting courses and fellowships, governing various nutrition societies and lending advisory guidance to government authorities. Dr Saseedharan's appointment is a prestigious honour for both him and SL Raheja Hospital, Mahim

Dr (Prof) Kameshwar Prasad of Fortis Vasant Kunj appointed as Emeritus Professor in AIIMS, New Delhi



Mr Yash Rawat FD, Fortis Hospital, Vasant Kunj congratulating Dr Kameshwar Prasad

Dr (Prof) Kameshwar Prasad, Director - Neurology at Fortis Hospital, Vasant Kunj, has been appointed as Emeritus Professor in the Department of Neurology at AIIMS, New Delhi. Dr (Prof) Prasad had joined Fortis Vasant Kunj on June 1, 2023. Prior to that, he was the Director of RIIMS, Ranchi. He has also held the position of Chief & HOD of Neurosciences of AIIMS in the past.

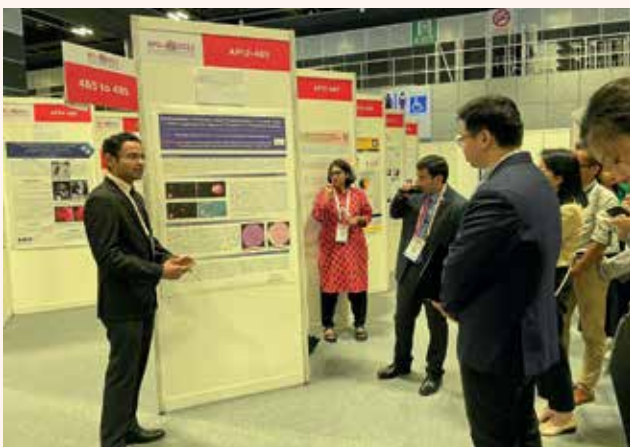
Dr (Prof) Vivek Gupta of Fortis Mohali raises awareness about stroke at state-level meet



Dr Vivek Gupta

To raise awareness about stroke and its related complications, Dr Vivek Gupta, Additional Director - Interventional Neuroradiology, Fortis Hospital, Mohali, was a keynote speaker at an event on stroke awareness in Patiala on November 4, 2023. The event was organised by the Directorate of Medical Education and Research, Punjab, in collaboration with a medical technology company and Government Medical College, Patiala. Dr Balbir Singh, Hon'ble Health Minister of Punjab, was the chief guest at the function. Dr Gupta shed light on the recent Health Ministry guidelines recognising mechanical thrombectomy as a major technological breakthrough in the treatment of ischemic stroke.

Case series by Dr Pravin Panditrao Kalyankar of Fortis Escorts Faridabad presented at Asian Pacific Society of Respirology



A case series on 'EBUS guided Trans-bronchial Cryo-nodal Biopsy: Novel Approach for improved Diagnosis of Mediastinal Diseases' presented by Dr Pravin Panditrao Kalyankar, PGY-2 DNB Internal Medicine Resident at Fortis Escorts Hospital, Faridabad, was published in Respirology Journal under the guidance of Dr Ravi Shekhar Jha, Director – Pulmonology & Sleep Medicine. Dr Kalyankar presented this paper at 27th congress of Asian Pacific Society of Respirology (APSR 2023) in Singapore, unveiling a ground breaking approach to diagnosing mediastinal diseases through Lymph node cryo-biopsy. This novel approach addresses the limitation of sub-optimal tissue samples encountered with trans-bronchial needle aspiration allowing for improved histopathological examination.

Dr Prashant Saxena of Fortis Hospital, Vasant Kunj, honoured with 'DMA Ratan Award'



Dr Prashant Saxena, Director & HOD - Pulmonology, Critical Care & Sleep Medicine at Fortis Hospital, Vasant Kunj, was honoured with the prestigious 'DMA Ratan Award' at the 64th Annual Conference of Delhi Medical Association, MEDICON-23, held on November 26, 2023. Dr Saxena received the award for his outstanding contribution to the field of medicine and service to mankind.

Dr Kunal Bahrani of Fortis Escorts Hospital, Faridabad, receives 'Best Neurology Trailblazer Award of the Year'



(L-R): Dr Kunal Bahrani, Dr Anand Alurkar - ISA (Indian Stroke Association) President

Dr Kunal Bahrani, Director & Head – Neurology, Fortis Escorts Hospital, Faridabad, has been honoured with the prestigious 'Best Neurology Trailblazer Award of the Year 2023' on the eve of World Stroke Day at the Voice of Healthcare (VOH) National Stroke Conclave 2023, organised by the Indian Stroke Association (ISA), reaffirming his unwavering commitment to top-notch healthcare and patient well-being. Dr Kunal Bahrani was among 14 neurologists from across India to receive the award. Dr Bahrani received the award from Dr Anand Alurkar, ISA President, Dr Naveen Nischal, CEO VOH and Shri Rajeev Arora, Chairperson - Quality Assurance Authority (QAA).

Ms Athira Hareendran of Fortis Noida receives 'Best Stroke Care Provider Award of the Year'



(L-R) Mr Naveen Nishtal, CEO - VOH, Shri Rushikesh Patel, Hon'ble Health Minister of Gujarat, Mr Naveen Nishtal, CEO – VOH and Mr Rajeev Arora, Chairperson - Quality Assurance Authority (QAA) presenting the award to Ms Athira Hareendran

Ms Athira Hareendran, Neuro Rehabilitation Nurse Counsellor at Fortis Hospital, Noida, has been honoured with the prestigious 'Certificate of Distinction for Best Stroke Care Provider of the Year.' The award was presented on the eve of World Stroke Day at the Voice of Healthcare (VOH) National Stroke Conclave 2023, organised by Indian Stroke Association (ISA) on October 27, 2023, at Ahmedabad. She received the award from the Shri Rushikesh Patel, Hon'ble Health Minister of Gujarat, Mr Naveen Nishtal, CEO – VOH and Mr Rajeev Arora, Chairperson - Quality Assurance Authority (QAA). Ms Athira was also a speaker in the panel discussion on the topic 'Empowering collaboration and strengthening multidisciplinary approaches to stroke care.'

Photo Feature



Fortis Hospital, Mulund



Fortis Hospital, Kalyan



Fortis Hospital, Vasant Kunj



Fortis Hospital, Kolkata



Fortis Hospital, Shalimar Bagh



Corporate Office



Fortis SL Raheja, Mahim



Fortis Escorts Hospital, Faridabad



Fortis Hospital, CG Road, Bangalore



Fortis La Femme, Greater Kailash II, New Delhi



Fortis Escorts Hospital, Jaipur



Hiranandani Fortis Hospital, Vashi



Fortis Escorts Heart Institute, Okhla, New Delhi



Fortis Hospital & Kidney Institute, Kolkata



Fortis Memorial Research Institute, Gurugram



Fortis Hospital, BG Road, Bangalore



Fortis Hospital, Richmond Road, Bangalore

Congratulations

New Additions to the Family



Baby of Mohit Kumar Yadav - Noida



Baby of Rashida Khatoun - Noida



Baby of Suraj Singh - FEHI Okhla



Baby of Sanjay Kumar Suman - Noida



Baby of Ravi Dass - FEHI Okhla



Baby of Nishant Kumar - FEHI Okhla



Baby of Jason Solomon Peter - FEHI Okhla

Newly Weds



Vandana Verma - Noida



Hemant Singh Rawat - FEHI Okhla



Meghna Jain, Noida



Shashank Tyagi - Noida



Dr Shradha Ahluwalia, FEHI Okhla



Sayeeduddin, FEHI Okhla