

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS

FORTIS salutes its Corona Warriors

Turn to page 7 for more details & pictures...



Fortis Memorial Research Institute, Gurugram



Fortis Escorts Hospital, Okhla Road, New Delhi



Fortis Hospital, Shalimar Bagh, New Delhi



Fortis Escorts Hospital, Faridabad



Fortis Hospital, Noida



Hiranandani Hospital, Vashi (A Fortis Network Hospital)



Fortis Hospital, Mulund, Mumbai



SL Raheja Hospital, Mahim, A Fortis Associate



Fortis Hospital, Kalyan



Fortis Hospital, Mohali



Fortis Escorts Hospital, Amritsar



Fortis Hospital, B.G. Road, Bengaluru



Fortis Hospital, C.G. Road, Bengaluru



Fortis Escorts Hospital, Jaipur



Fortis Malar Hospital, Chennai



Fortis Hospital, Ludhiana



Fortis Hospital, Anandapur





Message from the MD & CEO

Dear Colleagues,

As I write to you this note, my heart goes out to our clinicians, nurses and other staff members who are selflessly taking care of all our patients amid the raging Covid-19 pandemic, which has affected many parts of our country by now. I salute those fellow healthcare professionals who continue to shoulder their responsibilities with untiring dedication.

During this testing time, the leadership team at Fortis stands with you. We are leaving no stones unturned to ensure that you stay protected. Apart from invoking special infection control protocols, we have also made arrangements to make adequate supplies available. To keep our clinicians safe, we have taken initiatives like procuring 12 Video Laryngoscopes. The situation is being monitored at the apex level and decisions are being taken with agility and vigour. I assure you the continuance of every possible support as you diligently and courageously perform your duties. I congratulate you for your efforts thus far and encourage you to continue to give your best.

At the same time, I urge all of you to take the utmost care of yourselves. Please scrupulously follow the hygiene and sanitation guidelines shared with you. Please do take care of your family members. I am sure that this will pass soon and we will emerge stronger as an organisation.

With warm regards,

Dr. A. Raghuvanshi
MD & CEO

New Beginnings & Launches

Dr Ashutosh Raghuvanshi inaugurates Dialysis Centre with Advanced Dialysis Therapies at Fortis Hospital Vasant Kunj, New Delhi

Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj (FHVK), New Delhi, in collaboration with an associate Fresenius Medical Care India Pvt. Ltd, launched a state-of-the-art dialysis centre recently. The facility was inaugurated by Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare. Mr Mahipal Bhanot, Zonal Director; Dr Rajeev Nayyar, Facility Director - FHVK, Dr Sanjeev Gulati, Director & HOD - Dept of Nephrology, FHVK and Mr Punit Kohli, Managing Director - Fresenius Medical Care India, were present on the occasion. The new dialysis centre consists of 16 dialysis stations offering advanced dialysis therapies to help meet the needs of renal patients.

The centre will offer a range of advanced dialysis options including high-flux haemodialysis and online haemodiafiltration (HDF). Online HDF allows better removal of waste products from the blood, which may contribute to improved survival for patients compared with those receiving standard haemodialysis. The centre will also offer holiday dialysis, allowing patients travelling from other regions or from overseas to receive uninterrupted treatment.



(R-L): Dr Ashutosh Raghuvanshi, MD & CEO – Fortis Healthcare, Mr Punit Kohli, MD - Fresenius Medical Care India Pvt. Ltd, Dr Rajeev Nayyar, Facility Director – Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi and Mr Mahipal Bhanot, Zonal Director – Fortis Healthcare, at the inauguration

Department of Physiotherapy inaugurated at Fortis Escorts, Okhla, New Delhi

The Department of Physiotherapy was inaugurated recently at Fortis Escorts Hospital, Okhla, New Delhi, by Dr Ashok Seth – Chairman, Fortis Escorts Hospital, Dr Harshavardhan Hegde – HOD & Executive Director, Department of Bone & Joint, Dr Anil Karlekar – Executive Director, Dr Vishal Rastogi – Additional Director, Dr Vijay Kumar – Additional Director, Dr Pranav Shankar – Medical Superintendent, Dr Narottam Puri – HOD, ENT and Mr Bidesh Chandra Paul – Zonal Director, Fortis Hospital, Okhla.

The department is led by Dr Kanchan Anand – HOD, Department of Physiotherapy.



Dr Ashok Seth – Chairman, Fortis Escorts Hospital, Dr Harshavardhan Hegde – HOD & Executive Director, Department of Bone & Joints, Dr Anil Karlekar – Executive Director, Dr Vishal Rastogi – Additional Director, Dr Vijay Kumar – Additional Director, Dr Pranav Shankar – Medical Superintendent, Dr Narottam Puri – HOD, ENT, Mr Bidesh Chandra Paul – Zonal Director, Fortis Hospital, Okhla and Dr Kanchan Anand – HOD, Department of Physiotherapy



The Physiotherapy Team with Dr Kanchan Anand, HOD, Department of Physiotherapy

Fortis Hospital, Noida, inaugurates its new day-care wing

Fortis Hospital, Noida, inaugurated its day-care wing recently. The new wing has eight beds dedicated to ensure focused care and smoother processes. This centre will function from 8 a.m. to 8 p.m. and will undertake all day-care procedures covered under surgical and medical specialities. The facility was inaugurated by Sister Limsy Jacob, Day Care in-charge and Sister Mary Panoose, Chief of Nursing, Fortis Noida, along with members of the Nursing Team, including the staff members who had put in lots of efforts to set up the centre. A small prayer ceremony was also held as part of the inauguration.



The day-care centre being inaugurated

Clinical Excellence

South India's first Hyperthermic Intra-Vesical Chemotherapy (HIVEC) procedure performed on 58-year-old cancer patient at Fortis BG Road, Bengaluru

A team of doctors at Fortis Hospital, B. G. Road, Bengaluru, led by Dr Mohan Keshavamurthy, Director Urology, Uro-oncology, Andrology, Transplant & Robotic Surgery, successfully performed South India's first Hyperthermic Intra-Vesical Chemotherapy (HIVEC) technique on a 58-year-old male suffering from bladder cancer. Explaining the advantages of this procedure, Dr Keshavamurthy said, "Bladder cancer is a common urological cancer and its incidence seems to be increasing. In high grade or muscle invasive cancer bladder, removal of the bladder is the treatment of choice that has a social and psychological impact on the patient. Also, there is significant probability of cancer recurrences for patients with bladder cancer in case of Bacillus Calmette-Guérin (BCG) therapy (an immunotherapy used to treat bladder cancer). With HIVEC, the chances of recurrences of the cancer becomes minimal along with good success rates."

Currently, high grade bladder cancer in India is treated with BCG intravesical immunotherapy. However, a large proportion of patients experience a recurrence. If BCG becomes unresponsive, then a cystectomy (removal of the bladder) has to be performed. Some patients may not be considered for this option due to side effects. Approximately 50% of patients with bladder cancer develop recurrence after BCG therapy. HIVEC helps in bladder preservation strategy for such patients.



Dr Mohan Keshavamurthy

Milestone

Institute of Blood Disorders at Fortis Memorial, Gurugram, completes 300 Bone Marrow Transplant procedures

The Institute of Blood Disorders at Fortis Memorial Research Institute (FMRI), Gurugram, under the leadership of Dr Rahul Bhargava, Director & HOD, Haematologist, Haemato Oncologist and Bone Marrow Transplant (BMT), has crossed the 300 bone marrow transplants milestone. The unit, also comprising of Dr Vikas Dua, Additional Director & HOD, Paediatric Haematology Oncology & BMT and other members of the BMT Unit, had commenced the programme in December 2016. The team completed 138 BMTs in the calendar year 2019, which is path breaking in itself for any BMT Unit across India. The team has performed BMT on patients as young as two years old and as old as 68 years.

The Institute of Blood Disorders at FMRI has a state-of-the-art 20 bedded Bone Marrow Transplant Unit. The unit offers both autologous as well as allogeneic transplants. It is capable of performing matched-related and matched-unrelated bone marrow transplants, and cord blood transplants. For patients who do not have donors, mismatched-related and half-matched (haplo-identical from parents) related donors are also done.



Bone Marrow Transplant Team of FMRI



Dr Rahul Bhargava, Director & HOD,
Haematologist, Haemato Oncologist and
Bone Marrow Transplant (BMT)

Fortis Hospital, Mulund, celebrates completion of 70 robotic surgeries in just seven months

Fortis Hospital, Mulund, the first hospital in Central Mumbai to acquire the most advanced fourth generation surgical robot – Da Vinci Xi, has completed 70 robotic surgeries in just seven months. The momentous occasion was celebrated in the presence of Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare Ltd, who was the Chief Guest, and Dr Percy Chibber, Director–Urology, of a prominent Hospital in Mumbai, who was the Guest of Honour. Dr S. Narayani, Zonal Director, Fortis Hospital, Mulund, felicitated Dr Anil Heroor, HOD & Senior Consultant–Surgical Oncology, Dr Pankaj Maheshwari, Chief & Senior Consultant–Urology, Dr Saurabh Patil, Consultant–Urology & Robotic Surgery, Dr Vijay Shetty, HOD–Anesthesiology, Dr Atul Ganatra, Senior Consultant–Gynecology & Obstetrics, Dr Sonal Kumta, Consultant–Gynecology & Obstetrics, Dr Suresh Bhagat, Senior Consultant–Urology, Dr Ramesh Mahajan, Senior Consultant–Urology, Dr Jignesh Gandhi, Consultant–General & Laparoscopic Surgery and Dr Gaurav Gupta, Consultant–Liver Transplant & HPB Surgery, for driving the robotic surgery program.

The event was attended by senior doctors, administrative heads and Facility Directors across the zone. Dr S. Narayani, Dr Anil Heroor and Dr Pankaj Maheswari addressed the gathering on the occasion. The grand event concluded with words of encouragement from Dr Raghuvanshi and Dr Chibber.



Dr S. Narayani, Zonal Director, Fortis Hospital, Mulund & Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare Ltd. are joined by the doctors and administrative staff working to further the robotic surgery programme



(L-R) Dr Percy Chibber, Director, Urology, of a prominent hospital in Mumbai, Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare Ltd. with Dr S. Narayani, Zonal Director, Fortis Hospital, Mulund

Over 60 participate in Cancer Support Group activity at Fortis Hospital, Noida

Fortis Hospital, Noida, along with its partner organisation International Oncology Services Pvt. Ltd (IOSPL) recently organised a day-long support group activity for its Cancer survivors. Over 60 participants turned up for the event. Mr Hardeep Singh, Zonal Director, Dr Shalini Bhalla, Medical Director, Dr Jalaj Baxi, Senior Consultant – Surgical Oncology, Dr Kumardeep Dutta, Senior Consultant – Medical Oncology, Dr Manoj Sharma, Senior Consultant – Radiation Oncology, Dr Rajat Bajaj, Medical Oncologist, and other members of the Oncology Team were present on the occasion. Dr P. K. Sharma, Director - Medical Operations and Mr Chandru, Head - Business Strategy of IOSPL also attended the event.

Ms Kamini Sinha, Dietician, delivered a talk on healthy diet for cancer patients. This was followed by a session on music therapy. The patients and their attendants were invited on stage to share their experience and motivate one another. They were later felicitated with mementos and certificates.



Dr Jalaj Baxi felicitating a cancer survivor



Patients and family members at the event



Dr Rajat Bajaj addressing the gathering

Special Feature

Glimpses of preparedness of Fortis front-line team during Covid 19 outbreak across Fortis facilities



Fortis Memorial Research Institute, Gurugram



Fortis Escorts Hospital, New Delhi



Fortis Escorts Hospital, Faridabad



Fortis Hospital, Shalimar Bagh, New Delhi



Fortis Hospital, Mulund



Hiranandani Hospital, Vashi (A Fortis Network Hospital)



Fortis Hospital, Noida



SL Raheja Hospital, Mahim-A Fortis Associate



Fortis Hospital, Kalyan



Fortis Malar Hospital, Chennai



Fortis Hospital, Mohali



Fortis Hospital, Ludhiana



Fortis Escorts Hospital, Amritsar



Fortis Hospital, Anandapur



Fortis Escorts Hospital, Jaipur



Fortis Hospital, CG Road, Bengaluru



Fortis Hospital, Rajajinagar, Bengaluru



Fortis Hospital, B.G. Road, Bengaluru



Fortis Hospital, Nagarbhavi, Bengaluru

Events

Over 400 senior citizens participate in 'Basant Mela' at Fortis Escorts, Okhla, New Delhi

Fortis Escorts Hospital, Okhla Road, New Delhi, in association with Age Friends India Initiative organised the first ever Elder's 'Basant Mela' for senior citizens on March 1, 2020. More than 400 senior citizens from 20 localities near the vicinity of the hospital participated in this activity. The event was graced by of Dr Ashok Seth, Chairman - Fortis Escorts Heart Institute, Dr Aparna Jaswal, Additional Director - Cardiology, Dr Rakesh Mattoo, Director – Bone & Joint, Dr Nishant Nagpal, Senior Consultant – Gastroenterology & Hepatology and Dr Ashish Sabharwal, Senior Consultant – Urology & Andrology, Dr Peeyush Jain, Director & HOD Preventive Health Check. Dr G. S. Grewal, Senior Consultant, Elder's OPD, conducted the entire event and felicitated the Golden Couples (those who completed 50 years of their married life) and Seniors who crossed 85 years of age. Enthusiastic elders gave performances – singing, dancing, reciting poems and sharing jokes. This was followed by lunch. The event was appreciated by all the participants.



Dr Ashok Seth – Chairman, Fortis Escorts Heart Institute addressing the crowd during Basant Mela Pic 2 - Walkathon Flag off from the hospital



Dr Ashok Seth, Chairman - Fortis Escorts Heart Institute, Dr. Aparna Jaswal, Additional Director - Cardiology, Dr Rakesh Mattoo, Director – Bone & Joint, Dr Nishant Nagpal, Senior Consultant – Gastroenterology & Hepatology and Dr Ashish Sabharwal, Senior Consultant – Urology/Andrology, Dr Peeyush Jain, Director & HOD PHC



More than 400 senior citizens from 20 nearby RWAs participated in the event

Fortis Escorts Heart Institute, New Delhi, organises workshop on Arrhythmia Management

Fortis Escorts Heart Institute (FEHI), New Delhi, organised a workshop on Arrhythmia Management from January 27 to February 2, 2020. More than 100 eminent clinicians from in and around Delhi participated in the event, including about 50 clinicians from FEHI. The scientific programme explored a wide array of topics related to the management of Arrhythmia and many eminent doctors and a foreign faculty, Ms Carol Laskowski delivered thought provoking lectures. The participants wholeheartedly appreciated the event.



Team of doctors and other professionals during the Arrhythmia Management workshop with foreign faculty, Ms Carol Laskowski

Over 150 delegates participate in 'Stroke CME cum Training & Vestibular Rehabilitation' event at Fortis Memorial, Gurugram

The Department of Neurology, Fortis Memorial Research Institute (FMRI), Gurugram, in association with the Physiotherapy Association of India, Haryana Chapter, organised a 'Stroke CME cum Training & Vestibular Rehabilitation,' recently. The event was organised by Dr Biplab Das, Consultant - Neurology, under the guidance of Dr Praveen Gupta, Director & HOD - Neurology, and Dr V. K. Dixit, Director - Interventional Neuroradiology. More than 150 delegates attended the event and participated in intense academic discussions.



Delegates attending the CME cum training session at FMRI, Gurugram

Fortis Escorts Hospital, Jaipur, organises cancer awareness rally, 'Run for a Cause,' to mark World Cancer Day

As cancer prevalence is increasing in both rural and urban population, Fortis Escorts Hospital, Jaipur, organised a cancer awareness rally, 'Ride for Cause.' More than 300 cycle and bike riders along with volunteers from renowned Tiger Group and Avenger Group of Ahmedabad, and Pink Paddles Group participated in this rally. The ride started from Fortis Escorts Hospital, Jaipur and finished at the hospital premises itself after completing a distance of 9 km on Jawahar Lal Nehru Marg, Jaipur. Mr Neerav Bansal, Zonal Director, Fortis Escorts Hospital, Jaipur, along with Dr Divesh Goyal, Senior Consultant - Medical Oncology, Dr Narersh Soni, Senior Consultant- Medical Oncology, Dr Sandeep Gupta, Additional Director - Urology & Kidney Transplant, Dr Kapileshwar Vijay, Additional Director – Gastrointestinal Surgery, flagged off the rally.



Snapshots from the event

Fortis Kalyan & Mulund come together for 'Maharashtra Police Raising Day' celebrations

On the occasion of 'Maharashtra Police Raising Day', Maharashtra Police joined hands with Fortis Hospital Kalyan and Mulund to jointly host a comprehensive health check-up camp for the guardians of the city. Hosted as a token of gratitude and appreciation of their tireless efforts to safeguard the city under severe conditions, the health camp aimed at helping the police officers identify and understand their health status and look after themselves better. The initiative was graced by Dr Suresh Kumar Mekala, Joint Commissioner of Police, Thane, Shri Dattatray Karale, Additional Commissioner of Police (East Region), Thane City and Dr Supriya Amey, Facility Director, Fortis Hospital Kalyan. The event was also graced by Dr Vivek Pansare, Deputy Commissioner of Police-Zone III, Thane, Shri Dr Pramod Shewale, Deputy Commissioner of Police-Zone IV, Ulhasnagar and Dr Zakia Khan, Senior Interventional Cardiologist, Fortis Hospital, Kalyan.

Over 400 police officers underwent Blood Pressure check, Body Mass Index, Electrocardiogram (ECG), Lipid Profile, eye check-up and general health consultation. Policewomen also underwent cancer assessment through iBreast examination and Pap Smear test. The day-long event began with a demonstration of Cardio-Pulmonary Resuscitation (CPR), conducted by Community Education expert Dr Manjit Singh, a Senior Physician at Fortis Hospital, Mulund. The activity aimed at equipping the officers with lifesaving skills. This session was followed by an engaging talk about stress management.



Police officers attending the training on Cardio-Pulmonary Resuscitation during the health check-up camp organized on the occasion of Maharashtra Police Raising Day



Police officers performing Cardio-Pulmonary Resuscitation on a dummy. Fortis Hospital, Mulund's Dr Manjit Singh, General Physician, hosting the session



Dr Manjit Singh, General Physician, Fortis Hospital, Mulund, Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan, Dr Suresh Kumar Mekala, Joint Commissioner of Police, Thane, Shri Dattatray Karale, Addl. Commissioner of Police, East Region, Thane City, Dr Pramod Shewale, Dy. Commissioner of Police-Zone IV, Ulhasnagar and Dr Vivek Pansare, Dy. Commissioner of Police-Zone III, Thane

Fortis BG Road, Bengaluru, launches Drug Reference Manual

A Drug Reference Manual prepared by the Clinical Pharmacy Team at Fortis BG Road, Bengaluru, was launched recently. The launch was done during the Pharmacy and Therapeutic Committee (PTC) meeting by Dr Vivek Jawali, Dr Padmakumar AV, Dr A Nagasubramaniam, Dr Sunay Mahesh and Clinical Pharmacy Department. The Drug Reference Manual provides a quick reference of drugs to Nurses and Doctors and plays a significant role in achieving medication safety goals for better patient care.



(R-L): Dr Vivek Jawali, Dr A Nagasubramaniam, Dr Padmakumar AV, Dr Sunay Mahesh and Clinical Pharmacy Department during the Launch of Drug Reference Manual.

Dr Nalini Bansal of SRL, Fortis Escorts, New Delhi, organises first successful Telepathology Gastrohepatopathology Workshop from India

The first Telepathology Gastrohepatopathology Workshop from India, TEL – GHW 2019, was organised by the Department of Histopathology SRL Ltd, Fortis Escorts Hospital, Okhla, New Delhi recently. The workshop was conducted successfully from the Telemedicine Room at Fortis Escorts. Remote real-time viewing of scanned histopathology slides were made available to all delegates and cases were discussed online through live webinar sessions with the faculty. The Delhi Medical Council accredited the workshop and granted 6 hours and 30 minutes of credit hours. The workshop was attended by over 110 delegates across India.



Inaugural ceremony by Mr Bidesh Chandra Paul, Facility Director, and Dr Abha Sabhikhi – Technical Director, SRL



Successful completion of the meeting – Dr Deepa Goel, Dr Ayushi Agarwal and Dr Nalini Bansal

Fortis Rajajinagar, Bengaluru, conducts Modified Early Warning Score (MEWS) Certification programme for Nurses

Fortis Hospital, Rajajinagar, Bengaluru, conducted a Modified Early Warning Score (MEWS) Certification Programme recently. The programme was attended by 25 participants, including three Chief Nursing Officers from 10 neighbourhood nursing homes. The day-long programme was led by the Marketing Team and facilitated by Mrs Shashikala G. E., Chief Nursing Officer, with support of Dr Thejaswini, Facility Director, Fortis Rajajinagar.

MEWS is a physiological scoring system calculated at the patient's bedside by using agreed parameters. It is a tool that alerts healthcare practitioners to identify abnormal physiological parameters and triggers an escalation of care to review the patient. The training program mainly focused on escalation matrix to save the precious human life with 'track and trigger system' implementation.



Participants and the faculty during the certification programme

Year-long Nursing Leadership Programme (Jan 2019-Feb 2020) concludes at Fortis Mumbai

A unique year-long Nursing Leadership Programme (NLP) concluded successfully at Fortis Hospital, Mulund, for Team Mumbai - churning out 14 Nurse Leaders. The programme was designed to identify and train potential nurse leaders with key competencies, with a scope to be future leaders within Fortis. It was conducted in four phases with five full days of training in each phase, thereby having them go through 2,464 hours of rigorous training to achieve their graduation. The participants underwent cross-functional training, conducted by subject matter experts along with live projects to enhance leadership skills apart from the Learning & Development Team.

The NLP comprehensive curriculum covered Effective Communication, Leadership, Finance, Administration, Supply Chain Management, Patient Experience, Quality, Clinical Performance Management, MS Office, Emotional Intelligence, Human Resources, Medico-Legal, Nursing Sensitive Quality indicator, Feedback and its impact, Methods of teaching, Nursing Documentation, Leadership Ethics & Leadership Principles, Change Management & Management Best Practices with regard to Organisational Behaviour & Focus on being a solution provider. They were ably tutored by Dr S Narayani, Zonal Director, Fortis Hospital, Mulund, Dr Hiren Ambegaokar, CEO, SL Raheja Hospital, Mahim-A Fortis Associate, Sandeep Guduru, Facility Director, Hiranandani Hospital, Vashi-A Fortis Network Hospital, Ms Minimole Varghese, Chief Nursing Officer, Fortis Hospital, Mulund, Ms Mohini Chandrasekhar, Chief Nursing Officer, Hiranandani Hospital, Vashi-A Fortis Network Hospital along with Ms Lavina Lall, Manager Administration & Head-Quality & Patient Experience, Fortis Hospital, Mulund, Ms Ashwini P Kavadiatti, AGM-Legal, Ms Archana Gupta, Head-Customer Relationship Management, Ms Joy Kezia, Chief Nursing Officer, Fortis Malar, Mr Sunil Omanwar, Head-Learning and & Development (Pan Fortis), Ms Tanaya Bandkar, Cluster Trainer – Mumbai, Fortis Hospital, Mulund, Ms Pooja Sen, Unit Training Head, Hiranandani Hospital, Vashi-A Fortis Network Hospital and Ms Jalaja S Mehta, Business Partner – Learning and Development.

The graduation ceremony was attended by Dr S Narayani, Dr Hiren Ambegaokar, Sandeep Guduru, Dr Supriya Amey, Facility Director, Fortis Hospital, Kalyan, Capt. Sandhya Shankar Pandey, Corporate Chief of Nursing, Mr Sunil Omanwar, along with Sr Minimole Varghese, Sr Mohini Chandrasekhar, and Sr Valsamma Joseph, Chief Nursing Officer, Fortis Kalyan and team members from other units and departments.



Nurse Leaders at the Nursing Leadership Programme - Jan 2019-Feb 2020

On World Cancer Day, Fortis Cancer Institute, Bengaluru, honours cancer survivors and their caregivers

To acknowledge the contribution of the caregivers in fighting cancer, Fortis Cancer Institute, Bengaluru, conducted a series of events on World Cancer Day. Around 15 cancer survivors and their family along with doctors and support group team came forward to share their journey of battling cancer. The event, #I thank my family circle, provided cancer survivors an opportunity to acknowledge the support and contribution of family members who helped them overcome cancer. To help the survivors and

their caregivers improve their mental wellbeing, an art therapy workshop was conducted on the theme of 'Family Against Cancer.' Two cancer survivors delivered motivational speeches to encourage the patients and their attendees who are currently undergoing cancer treatment. As part of the event, a support group was also launched for the cancer patients that would provide integrated sessions for patients and their attendants on yoga, nutrition and counselling.



Cancer survivor displaying his painting during the art therapy



The cancer survivors and their caregivers painting their imaginations on the canvas during the art therapy conducted by Fortis Cancer Institute, Bangalore



The team of doctors at Fortis Cancer Institute felicitating the care givers and the cancer survivors during the interactive session held on the account of Women

More than 70 gynaecologists attend live workshop on Colposcopy at Fortis Faridabad

The Department of Obstetrics and Gynaecology at Fortis Escorts Hospital, Faridabad, conducted a live workshop on Colposcopy followed by a scientific session recently. More than 70 eminent gynaecologists from Faridabad and adjoining areas attended the event. The participants were updated on advancements in colposcopy by the legend of Preventive Oncology, Dr Priya Ganesh Kumar, Director - Sai Niwas Hospital, Thane. All the participant appreciated the event and expressed their desire for more such event in future.



Clinicians and Fortis leadership team members with the guest faculty, Dr Priya Ganesh Kumar



Dr Priya Ganesh Kumar conducting the session

Nursing Department of Fortis Memorial, Gurugram, raises awareness on World Cancer Day

On the occasion of World Cancer Day, the Department of Nursing, Fortis Memorial Research Institute (FMRI), Gurugram, conducted a campaign to build awareness about cancer and its prevention. The day began with the distribution of pink ribbons to FMRI family members to create awareness among them. A 'Flash Mob Group Dance' was performed and educational pamphlets on the theme 'I am – I will' were distributed among the patients and visitors at the hospital. The campaign ended with an interaction with the visitors, patients and their attendants on cancer, its causes, warning signs and preventive measures. Patients and their attendants participated in the interactive session with zeal and enthusiasm.



Interactive session with the visitors



Nursing team distributing educational flyers



Flash mob group dance



FMRI family wearing pink ribbons to raise awareness on cancer



First of its kind 'long period of indwelling cannula' project culminates at Fortis Vasant Kunj, New Delhi

As part of its effort to emphasise on patient safety, the Nursing Department of Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, completed a six-month project, 'Long period of indwelling cannula - One patient, One Cannula, One Prick,' in February 2020. The project was led by Ms Marriamma David, Infection Control Nurse, under the guidance of Ms Leelamma CA, Chief of Nursing at Fortis Vasant Kunj. Dr Anita Arora, Director – Medical Strategy and Operations Group (MSOG) and Capt Sandhya Shankar Pandey, Corporate Chief of Nursing and Dr Rajeev Nayyar, Facility Director, Fortis Vasant Kunj, gave their full support and guided the project.

As per earlier guidelines, a cannula had to be changed within 72 hours but now there is no time limit and a cannula can be used till it is safe to do so. Close to 320 nurses were trained and audited as part of the project. Based on the audit results, the staff nurses and teams were recognised under various categories such as Best Flushing Practice (Clear Lines), Maximum Smart Site Clave Connector (Closed Lines), Best Hand Hygiene, Best Cannulation and Best Unit. The project was applauded and awarded at the 'Nurse Leaders' Meet held in Delhi recently.



Nursing staff members with their trophies along with senior clinicians and leaders

Fortis La Femme, Richmond Road, Bengaluru, celebrates Quality Week

Fortis La Femme, Richmond Road, Bengaluru, celebrated Quality Week recently. The theme of the event was 'Love For Quality.' The programme was inaugurated by Mr Srikant Subudhi, Facility Director. He also shared his views on continuous quality improvement on the occasion. An audit and training programme spanning three days on International Patient Safety Goals (IPSG) as well as Infection Control and Documentation, were conducted. The event included various awareness building activities such as bio-medical waste segregation demonstration, hand hygiene 'glove paint' activity and educational video screening on how to improve quality, among others.



Dr Chandra Mohan Reddy volunteering for bio-medical waste segregation activity



Volunteers performing hand hygiene 'glove paint' activity

The staff members enthusiastically participated in poster and slogan competition on topics such as IPSPG, infection control and the importance of quality in healthcare. Mr Srikant Subudhi felicitated the winners, including Dr Sreenath Manikanti, Dr Chandra Mohan, Dr Monika Minocha and Dr Aarti Kamble. Prizes were distributed for all categories, including the 'Best Department' based on the quality audit results. Appreciation for participation was also conveyed to all the participants.



Quality Week celebration by Fortis La femme Team



Mr Srikant Subudhi, Facility Director, addressing the team on importance of continuous quality improvement

Fortis Noida conducts Basic Life Support training at Noida shopping malls

Fortis Hospital, Noida, organised a Basic Life Support (BLS) activity at the busy Great India Place and Shipra shopping malls in Noida recently. The Emergency Response Team, led by Dr Dina Shah, Head – Emergency, Fortis Noida, engaged with the visitors. The importance of BLS was shared through a flash mob, which also grabbed the attention of the visitors in an entertaining way. People were invited to have a hands-on experience of Cardiopulmonary resuscitation (CPR) on dummies. The visitors also participated in an engaging question-and-answer session. Refrigerator magnets with the Fortis Noida's Emergency number were distributed as part of the activity.



Glimpses of the activity

Fortis La Femme conducts Baby Shower for Expecting Mothers

Fortis La Femme recently conducted a baby shower for moms-to-be to celebrate their journey into motherhood. Around 34 Moms-to-be with 28 weeks of pregnancy participated in various interactive games and was also given gift hampers. As part of the event, an educative session on the importance of mental wellbeing during pregnancy was conducted for the participants. They were also trained on few exercise regimes that needs to be followed during pregnancy.

Expectant mothers also heard from Fortis La Femme health professionals about available resources, and what to expect before, during, and after delivery. The event also included breastfeeding session, mental wellbeing session, quiz, couple exercises, lucky draw and an exclusive one-of-its-kind fashion show by moms-to-be walking the red carpet.

Total 34 expecting mothers attended the event out of which 17 are from different hospitals.



Participants walking the ramp during the baby shower event



The participants cutting the cake to celebrate their journey to motherhood

Fortis Hospital, Mulund & Mid Yorkshire NHS Trust Hospitals, England, jointly host 'Emergency Update 2020'

Fortis Hospital, Mulund, recently joined hands with Mid Yorkshire NHS Trust Hospitals, West Yorkshire, England to host 'Emergency Update 2020.' The initiative witnessed participation from The Mid Yorkshire NHS Trust team comprising of Dr David Hall, Consultant - Emergency Medicine, Dr Sara Robertshaw, Consultant - Emergency Medicine, Head of Clinical Service, Dr Richard Robinson, Consultant Radiologist, Head of Service Radiology and Dr Mark Freeman, Divisional Clinical Director, Consultant - Diabetes & Endocrinology. The team was joined by Dr Sandeep Gore, Head - Emergency Medicine, Fortis Hospital, Mulund, to host discussions on Resuscitation, Diabetic Emergencies, Emergency Radiology, pre-hospital medical care during trauma, Mechanical Thrombectomy update and challenges of Coronavirus. Dr Gore was the organising chairperson of this summit. Dr S Narayani, Zonal Director, Fortis Hospital, Mulund was the chief guest for this academic event.

The event also comprised of panel discussion about 'Challenges in Emergency Care – India & UK Perspective' by Dr Amit Nabar, Head-Emergency Medicine, SL Raheja Hospital, Mahim, and external experts - Dr Sameer Rathi, Dr Shweta Tyagi and Dr Kishore Sathe. This session was chaired by Dr Nitin Jagasia. Emergency Medicine experts across Mumbai and Maharashtra joined the summit with vigour and enthusiasm.



(L-R) Dr Sara Robertshaw, Consultant-Emergency Medicine, Head of Clinical Service & Dr S Narayani, Zonal Director, Fortis Hospital, Mulund at the lamp lighting ceremony



(L-R) Dr David Hall, Consultant, Emergency Medicine with Organizing Chairperson of the summit & Head-Emergency Medicine, Fortis Hospital, Mulund, Dr Sandeep Gore at Emergency Update 2020



Emergency Medicine experts from Fortis Hospital, Mulund & SL Raheja Hospital, Mahim are joined by the team from Mid Yorkshire NHS Trust Hospitals & the participants

Team Bengaluru & Chennai get 19 new Nurse Leaders on completion of year-long (Jan 2019–Feb 2020) Nursing Leadership Programme

'Yet another, unique year-long Nursing Leadership Programme (NLP) concluded successfully at Fortis Hospital, Banerghatta, For Team South (Bengaluru and Chennai) - churning out 19 Nurse Leaders!'

Bengaluru (17 Nurse Leaders) & Chennai (2 Nurse Leaders)

This programme, like in the West, was designed with an aim to identify and train potential nurse leaders with key competencies, with a scope to be future leaders within Fortis. It was conducted in four phases with five full days of training in each phase, thereby having the participants go through 3,336 hours of rigorous training to achieve their graduation! Apart from sessions conducted by the L&D Team, the participants also underwent cross-functional training conducted by subject

matter experts (SMEs). The training included live projects to enhance leadership skills.

The Nursing Leadership Programme's comprehensive curriculum had Behavioral and Functional topics which were ably taught by our SMEs - Dr Manish Mattoo – Zonal Director – Fortis Bengaluru, Dr Priya Goutham – Facility Director – with QI NLP Project Assessments, Latha Nonis - Chief Nursing Officer, Fortis Banerghatta, Jermin Roshini – Chief Nursing Officer, Fortis Cunningham, Joy Kezia - Chief Nursing Officer, Fortis Malar, Minimole Varghese - Chief Nursing Officer, Fortis Mulund as Visiting Faculty, and team members from other units and departments : Umesh Sharda – Unit Finance Controller – Fortis Banerghatta and Keshav Koparde – Unit Finance Controller – Fortis Cunningham with QII of NLP Finance Projects, Komala C Naik, Head-Quality and Medical Administration, Fortis Bangalore, Ashwini P Kavadimatti, AGM-Legal, Archana Gupta, Head-Customer Relationship Management, Nilesh Mehta – Business Partner SCM – for South, Dr Aparna B Subbaraya – Medical Superintendent – Fortis Cunningham Sunil Omanwar - Head Learning and Organizational Development – Pan Fortis, Fortis Malar, Praveen Jayasimha – Unit Training Head, Fortis Hospital, Cunningham, Selvam T - Unit HR Head – Fortis Malar, Balaji Babu – Cluster HR Head Fortis South, Venu Menon – Business Partner – HR (Pan Fortis), and Jalaja S Mehta, Business Partner – Learning and Development.

The programme ended with a powerful note by Mr Ashish Bhatia – Chief Operating Officer - ROI, who emphasized the need to practice Leadership with Empathy to the graduated nurses and to the attending audience.



The new Nurse Leaders at the graduation ceremony

Fortis CG Road, Bengaluru, and Bengaluru Traffic Police unveil statue of heroic cop; spread road safety awareness

Fortis Hospitals, Cunningham Road, Bengaluru, collaborated with the Bengaluru Traffic Police to unveil a statue of braveheart Head Constable (Traffic), Marichikkaiah Thimmaiah, at the city's Police Thimmaiah Circle, recently. Shri Basavaraj Bommai, Honourable Home Minister of Karnataka, along with Shri Bhaskar Rao, Commissioner of Police, Dr B. R. Ravikanthe Gowda, Additional Commissioner, Traffic, Bengaluru and Dr Priya Sreedharan, Facility Director, Fortis Cunningham Road, unveiled the statue. The family members of late Mr Thimmaiah were also invited and felicitated during this event. As part of the event, a booklet on road safety measures was also launched by the hospital to educate people on the importance of following the traffic rules in order to avoid and prevent road accidents.



Shri Basavaraj Bommai, Home Minister, Karnataka, unveiling the statue of the deceased head constable, Meese Thimmaiah



Shri Basavaraj Bommai, Dr Priya Sreedharan, Facility Director, Mr Praveen Wali, Hospital Administrator, Fortis Hospital, Cunningham Road, felicitating late Thimmaiah's family members



Shri Basavaraj Bommai, Home Minister, Karnataka, along with Dr Priya Sreedharan, Facility Director, Fortis Hospital, Cunningham Road, launching a booklet on road safety measures

Fortis Hospital, Mohali, launches Young Nurse Leaders Training programme

Fortis Hospital, Mohali, has launched the Young Nurse Leaders Training (YNLT) programme at Mohali with 22 participants. The first learning session on Communication has also been completed. The YNLT programme has been designed by the Learning & Development Team based out of the Corporate Office, led by Mr Sunil Omanwar. The programme duration is over 6 months with 8 learning sessions focused on building Communication, Technical and Managerial skills.

The launch was attended by Captain Sandhya Shankar, Chief Nursing Officer - Corporate, Mr Abhijit Singh - Zonal Director, Dr Subhash Chander Varma - Director Internal Medicine & Hematology and Chairman - Quality Steering Committee, Dr A K Mandal - Director Pulmonology, Sleep and Critical Care, Dr Gurbir Singh - Director - Medical Operations, Dr G B S Kang - Medical Director, Dr Bhavna Ahuja - Medical Superintendent and Ms Jalaja S Mehta - Business Partner – L&D: Rest of India, who also facilitated the session on Communication.



Lamp lighting in progress



Capt Sandhya Shankar, Corporate Chief of Nursing, with NLP Participantspic

Inspiring Story

Ms Kajal, Staff Nurse, Fortis Kangra, saves bus driver who suffered heart attack mid-way

Ms Kajal, Staff Nurse, Fortis Hospital, Kangra, proved to be an angel for a bus driver of Himachal Road Transport Corporation (HRTC) when he suffered a heart attack. Nurse Kajal, who was travelling in the same bus, rescued him using her Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR) techniques.

Ms Kajal had boarded the HRTC bus which was travelling from Dharamshala towards Kangra. She got a seat behind the bus driver. On the way, the driver stopped suddenly and complained of breathing difficulty. Ms Kajal acted immediately, losing no time. With the help of a few fellow passengers, she laid the driver on the floor of the bus. When she checked him, she found that the pulse had slowed down and he had stopped breathing. It did not take long for Kajal to understand that the matter was serious and that it was important to intervene immediately. Kajal showed great presence of mind and without any delay, she began giving CPR. She continued the process for about 15 minutes. The hard work of Kajal bore fruit and the heartbeat of the bus driver was revived. The driver was then immediately taken to a hospital on Kajal's advice.

Col H. S. Bhagat, Facility Director, Fortis Kangra, said that it is a matter of pride for the hospital that the courageous efforts of staff nurse Kajal enabled the patient to get primary and necessary treatment immediately. Col Bhagat also praised the courage and understanding of the bus driver, adding that if the driver had not applied the brakes it could have resulted in a serious mishap. The incident highlights the need for everyone to be trained in BLS and CPR, he added.



Ms Kajal, Staff Nurse, Fortis Kangra

Awards and Accolades

Blood Bank at Fortis Memorial, Gurugram, receives NABH Blood Bank accreditation for third consecutive time

The Blood Bank of Fortis Memorial Research Institute (FMRI), Gurugram, has received accreditation of the National Accreditation Board for Hospitals and Healthcare Providers (NABH) for the third consecutive time. The accreditation validates the processes and quality of the Blood Bank, which is managed by the Department of Transfusion team headed by Dr Sangeeta Agarwal, In-charge and HOD. The Blood Bank processes were audited by a team of expert assessors from NABH for two days. NABH Blood Bank standards are formulated to provide a platform for better governance and improvement by assessing the quality of the blood bank services that are provided by healthcare organisations across India.



Team Blood Bank with the NABH accreditation certificates

Fortis wins 'Best Hospital Chain, 'Best Hospital for Patient Care' titles at Economic Times Healthworld Hospital Awards '20

Fortis BG Road, Bengaluru, named 'Best Hospital – Urology' and Fortis Memorial, Gurugram, recognised as 'Best Hospital – Oncology' regionally

In a massive victory underscoring Fortis Healthcare's laser-sharp focus on patient centricity, the Fortis Group has won four awards in various categories at the Economic Times Healthworld Hospital Awards '20. While Fortis won the 'Best Hospital Chain' and the 'Best Hospital for Patient Care' titles nationally, Fortis Hospital, Bannerghatta Road, Bengaluru, was named the 'Best Hospital – Urology' and Fortis Memorial Research Institute, Gurugram, was recognised as the 'Best Hospital – Oncology' in their respective regions. The awards were announced at a glittering event in New Delhi recently. The winners were adjudged by an eminent jury and the competition was stiff as most top healthcare providers across India participated in the event.



Cardiology team at Fortis Vasant Kunj, New Delhi, wins second prize at 72nd Annual Conference of Cardiology Society of India

A joint paper presented by the Cardiology Team of Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, comprising of Dr Tapan Ghose, Director & HOD, Dr Rajan Kachru, Additional Director and Dr Jaideep Dey, Associate Consultant, at 72nd Annual Conference of Cardiology Society of India won the second prize for its original work. The paper titled, 'Vasant Kunj Left Distal Transradial Artery approach study (VKLITE) for Coronary Artery Bypass Surgery' advocates a new route for coronary intervention that spares the right radial for future use in haemodialysis and as a conduit for coronary artery bypass surgery. The study was based on patients treated at Fortis Vasant Kunj.

The procedure and medication involved in performing angiographies, whether it is through the wrist, groin or finger, is the same. When it is performed through the artery at the base of thumbs, it is known as 'Left Distal Radial Route for Angiography'

or 'the anatomical snuff box approach'. The benefit of choosing this route over traditional procedures is that it is less time consuming, less painful and more patient friendly. Also, loss of radial pulse is rare, left radial artery is available for future use, bleeding is negligible and does not require blood transfusion.



Front (L-R): Dr Jaideep Dey, Dr Ranjan Kachru and Dr Tapan Ghose with the team of doctors, nurses and technicians

Fortis Escorts Heart Institute, New Delhi, receives NABH Ethics Committee accreditation

Fortis Escorts Heart Institute (FEHI), Okhla Road, New Delhi, has received the Ethics Committee Accreditation from the National Accreditation Board for Hospitals and Healthcare Providers (NABH) recently. This accreditation is a validation of standards being followed for the functioning of the Ethics Committee at FEHI. It was a proud moment for the Member Secretary, Dr Z. S. Meharwal who has been working dedicatedly for the Ethics Committee for the past seven years. The accreditation is a motivation to improve the capability of the Ethics Committee, which has now been registered to conduct ethical research of new as well as ongoing drug trials.



Dr Z. S. Meharwal, Member Secretary, Department of Clinical Research, Fortis Escorts Heart Institute, Okhla Road, New Delhi, Ms Nungshijungla, Operational Manager, Ms. Thounaojam Indira Devi, Senior Clinical Research Coordinator, Ms Bhawna Gondwal, Ethics Committee Coordinator, Ms Oinam Meneka Devi, Clinical Research Coordinator, Ms Neha Saini, Feasibility Coordinator, Ms Shaikh Rani Gulfsha, Clinical Research Coordinator, Clinical Research Department with the certificatepic



Dr Sameer Shrivastava, Head - Department of Clinical Research, Fortis Escorts Heart Institute, Okhla Road, New Delhi, Ms Nungshijungla, Operational Manager, Ms Thounaojam Indira Devi, Senior Clinical Research Coordinator, Ms Bhawna Gondwal, Ethics Committee Coordinator, Ms Saloni Arora, Clinical Research Coordinator, Ms Oinam Meneka Devi, Clinical Research Coordinator, Ms Neha Saini, Feasibility Coordinator, Ms Neha Kamble, Clinical Research Coordinator, Ms Shaikh Rani Gulfsha, Clinical Research Coordinator, Clinical Research Department with the certificate

Fortis BG Road, Bengaluru, receives JCI accreditation for the fifth time; the only hospital in Karnataka to do so

Fortis Hospitals, Bannerghatta Road, Bengaluru, added yet another feather to its cap by receiving accreditation from Joint Commission International (JCI), for the fifth time. Through this achievement, Fortis BG Road has become the only hospital in the state of Karnataka to be granted status of accredited five times by JCI.

Congratulating the team at the hospital, Dr Manish Mattoo, Zonal Director, Fortis Hospitals, Bangalore, said, "This accreditation is a testimony to our continuous effort to deliver the best in the world of medicine to our patients. Patient centricity is one of our core values and in all aspects, the patients' needs are given utmost priority as reflected in this

accreditation. Our hospital's patient care standards are at par with International standards and we are proud of the team of expert clinicians and the staff and salute their leadership in their respective areas. We are perhaps the only hospital in the city to be accredited 5 times by JCI."



Glimpses of the assessment process

Fortis Hospital & Kidney Institute, Kolkata, named 'Best Hospital to Work For' for the 3rd time in a row

Fortis Hospital & Kidney Institute (FHKI), Kolkata, has been recognised as the 'Best Hospital to Work For' by the Association of Healthcare Providers – India (AHPI). This is the third consecutive year when FHKI has won the honour. The Certificate was presented to Mr Jaiprakash Gupta, Head – Human Resources, FHKI, by Shri D. V. Sadananda, Hon'ble Union Minister for Chemicals & Fertilizers, at a conclave in Bengaluru.

FHKI was selected from among hundreds of public and private hospitals in India after a rigorous scrutiny, which included a detailed presentation followed by a physical audit.



Mr Jaiprakash Gupta, Head – HR, FHKI, receiving the award from Shri D. V. Sadananda, Hon'ble Union Minister for Chemicals & Fertilizers



Team FHKI celebrating the win

Fortis Mohali receives AHPI Award 2020 for Nursing Excellence

Fortis Hospital, Mohali, has received the Association of Healthcare Providers – India (AHPI) Award 2020 for Nursing Excellence. The award was presented at an event held in Bengaluru by the Hon'ble Union Minister of Chemicals and Fertilizers, Shri Sadananda Gowda. The event was attended by several dignitaries. The shortlisted hospitals were judged on specific parameters, including nursing resource management, nursing care and patient safety, management of medication, education, communication and guidance, infection control practices, empowerment and governance, and nursing quality indicators. The award is a true reflection of the team's commitment, compassion and care for excellent patient experience.



Capt Neelam Deshwal, Chief of Nursing – Fortis Mohali and Capt Sandhya Shankar Pandey, Corporate Chief of Nursing, receiving the award

Dr Ramesh Agarwalla of Fortis Anandapur, Kolkata, invited as a faculty at Annual Conference of Endoscopic and Laparoscopic Society of Asia (ELSA) at Chiang Mai, Thailand



Dr Ramesh Agarwalla, Director – Department of Gastrointestinal and Minimal Access Surgery, Fortis Hospital, Anandapur, Kolkata

Dr Ramesh Agarwalla, Director – Department of Gastrointestinal and Minimal Access Surgery, Fortis Hospital, Anandapur, Kolkata was invited as faculty at the Annual Conference of Endoscopic and Laparoscopic Society of Asia (ELSA) at Chiang Mai, Thailand. Dr Agarwalla delivered two speeches and chaired a session as well. He also had the honor of attending the Board of Governors meeting, representing India.

The conference was organised by National Centre for Collaboration in Indigenous Education (NCCIE). On this occasion,

Dr Agarwalla said, "It was a pleasure to be invited as faculty at such a prestigious conference. The conference was very well organised with unmatched Thai Hospitality."

Dr (Brig) A. V. Ramesh of Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, conferred Vishisht Seva Medal



Dr (Brig) A. V. Ramesh, Senior Consultant - ENT/ Otorhinolaryngologist at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi

Dr (Brig) A. V. Ramesh, Senior Consultant - ENT at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, was conferred the prestigious Vishisht Seva Medal (VSM) by the Hon'ble President of India. The award was announced by the Ministry of Defence on January 26, 2020, in recognition of his distinguished service to nation while in the Army. Dr (Brig) A. V. Ramesh established a state-of-the-art 50 bedded de-addiction centre and a 15 bedded Palliative Care Centre in a hospital in the eastern sector. The award, consisting of a medal and a citation, will be given in an Army Investiture Ceremony soon.

Dr Niti Kautish of Fortis Faridabad receives prestigious Fellowship

Dr Niti Kautish, Senior Consultant – Obstetrics & Gynaecology, Fortis Escorts Hospital, Faridabad, had received the prestigious 'Fellow of Indian College of Obstetricians and Gynaecologists (FICOG)' recognition at the recently concluded annual conclave of the organisation. Dr Kautish was lauded for her exemplary academic and clinical skills, research publications and advancing the standards of care in the discipline of Obstetrics and Gynaecology. Dr Kautish was also recently named as a Fellow of Academy of Medical Subspecialty (FAMS), underscoring her spirit of care and compassion fortified by cutting edge academic excellence.



Dr Niti Kautish with the Fellowship certificate



Dr Niti Kautish, Senior Consultant – Obstetrics & Gynaecology, Fortis Escorts Hospital, Faridabad, receiving the Fellowship

Dr Ramesh Agarwalla of Fortis Anandapur, Kolkata, contributes chapter to 'Contemporary Surgeries – Vol IV'

The fourth volume of 'Contemporary Surgery' has been recently published. The book provides a comprehensive update on the practical side of managing common clinical problems. The book is meant for all surgeons, including Postgraduates, Trainees, Residents as well as practicing surgeons.

Dr Ramesh Agarwalla, Director – Department of Gastrointestinal and Minimal Access Surgery, Fortis Hospital, Anandapur, Kolkata, has received the honour of being one of

the contributors. Dr Agarwalla has written a chapter on 'Calculous Cholecystitis', which he has defined as the inflammation of the gall bladder with stones present in it.



Dr Ramesh Agarwalla, Director – Department of Gastrointestinal and Minimal Access Surgery, Fortis Hospital, Anandapur, Kolkata



The cover of the book

Deepak Negi of Corporate Office, Gurugram, wins 2 Golds and a Silver at All India Masters Athletics Championships 2020, Panchkula, Punjab

Deepak Negi of the Corporate Office Finance Team has won two Golds and a Silver at the All India Masters Athletics Championships 2020, held at Panchkula, Punjab. Deepak won a gold medal each in long jump and in 110 meters hurdle, while he claimed a silver in triple jump. He achieved a long jump distance of 6.01 meters, breaking his own record of 5.73 meters while completed the 110 meters hurdle in a commendable 19.15 seconds. Deepak's 11.49-meter triple jump gave him a Silver.

The championship attracted over 3,000 athletes from over 17 states across the country. Over the past few years, Deepak has won international medals at the Masters Games held in Japan, Australia, New Zealand, Malaysia and Thailand among others. He is now preparing for the International Masters Athletics Championships to be held in Singapore in April and the Pan America Masters Games, Rio, Brazil, in September 2020.



Deepak Negi at the All India Masters Athletics Championships 2020, held at Panchkula, Punjab

Conversation

Meet Mrs. Doli Biswas, Chief Nursing Officer, Fortis Hospitals, Anandapur, Kolkata

Tell us something about yourself?

The journey of my life started from a very small place in India called Andaman Island. I completed my higher secondary schooling from there. I am the eldest daughter of my parents and have a younger sister. I completed B.Sc Nursing Course from Indore College of Nursing, Madhya Pradesh. Soon thereafter, I travelled to Kolkata to pursue Cardiovascular Thoracic Nursing specialization from B. M. Birla Heart Research Centre and after completion I started my career there. Thereafter, I pursued M. Sc Nursing and M.Phil Nursing and also completed successfully the Young Leadership Training from IIM Ahmedabad. Nursing is very close to my heart. I am passionate with my work. Self-motivated and self-driven and enjoy patient care with no compromise. I love to share knowledge. I believe in thoroughness, daily practice, involvement and hand holding.

What do you like the most about your work?

I like to make everyday round to my patients as a Chief Nursing Officer. Understanding the ground reality and detailing of each aspect. I interact more with Advanced Beginner and Novice Nurses to make them get adjusted with the environment and set with Fortis Culture. I also like to encourage Nurses to learn new things, motivate staff to take up various projects to improve quality of work and also gain knowledge in multiple fields.



Who inspired you to be a nurse?

My father inspired me to be a Nurse, though I got Seat in Engineering and BDS but I always respected my father's aspiration and took up Nursing as a profession. I am extremely happy and satisfied with my decision.

How has Fortis helped you grow professionally?

Fortis is an extremely professional and healthy organization. I joined Fortis on 1st September 2011. This organization tremendously encourages to learn and practice. Everyday there is something new. The leadership is extremely approachable and dedicated to patient care. The organisation values innovation and is patient centric. The top management understands and listens to the need and take actions accordingly. The clinicians are wonderful.

Any memorable moment with Fortis that you would like to cherish?

My nine-year journey with Fortis has given me plenty of memorable moments. Our grand celebration of Nurses Week every year in the month of May, Bengali New Year, Christmas, Onam celebration, Picnic, Gala Night of Fortis Anniversary and appreciation mails from seniors are very close to my heart. But the most cherishable moment in my life as a Fortisian was the moment when I received the Nurse Influencer Award in the recognition of the Best Nurse Leader Identity Statement in 2012.

Know our Clinicians



Dr Rahul Pandit
 Director,
 Critical Care Medicine,
 Fortis Hospital, Mulund

Born in a small town in Madhya Pradesh, Dr Rahul Pandit's journey has been one of simple upbringing and values which form the basis of most Indian households. Born in a Maharashtrian family, his father was a Government employee and mother a school teacher. The ethos of the house was hard work, honesty and emphasis on education. His initial schooling was in Sangli, a small town in Maharashtra's interiors. He then moved to Mumbai where he completed his schooling and college from Chembur, a suburb of Mumbai. He graduated from Dr D Y Patil Medical College and completed his Masters in Medicine (MD) in Anesthesiology from Grant Medical College, Mumbai University.

He developed a passion for Intensive Care during his residency at Grant Medical College and with no place offering structured training in intensive care in India, he decided to pursue his passion for Intensive Care in Sydney, Australia, which is considered to be one of the world's best Intensive Care Training Program. He worked at Nepean

Hospital and St. George Hospitals in Sydney and completed the prestigious fellowship for College of Intensive Care Medicine (CICM) of Australia and New Zealand. He was conferred 'best clinical support' award during his residency program. He acquired skills for Critical Care Ultrasound during his training. He was appointed as a Consultant in Critical Care at St. George Hospital and Conjoint Lecturer at University of New South Wales. He was also the supervisor of training for College of Critical Care Medicine and helped in developing training program. With his clinical and ICU echo skills he quickly became popular amongst peers and colleagues.



With a strong desire to serve patients in India, Dr Pandit and his family migrated back to Mumbai in 2010. After a short stint at a Mumbai hospital, he joined the Fortis family in 2012, working as senior consultant and then as Director of Critical Care Medicine at Fortis Hospital, Mulund. He has been instrumental in the growth and positioning of Critical Care at Fortis Hospital, Mulund. The department has grown strongly under his leadership, with expanding beds, creating a system for saving lives, and been acknowledged and applauded for it on several platforms. The department continues to excel, and apart from clinical work, is one of the few units been recognized for College of Intensive Care Medicine (CICM) training outside Australia, also has DNB and Indian Society of Critical Care Medicine (ISCCM) Training programs. The department takes pride in producing more than 5-6 Intensivists every year.

To continue his passion for growth and learning, he is attached as a Visiting Consultant to two hospitals in Australia and tries to spend two weeks in a year there to keep up with newer things in Intensive Care.

Dr Pandit is considered as pioneer in Critical Care Echocardiography in India. He is an acclaimed national and





international speaker. Invited to more than 500 seminars and talks in last 10 years, he has also authored more than 25 scientific publications and book chapters. He is considered as a clinician and a teacher to his core.

Dr Pandit's accomplishments and journey would not have been possible without the support of his better half, Sonali, and their two kids, Aaryan and Janhavi. Sonali is an ENT surgeon, with a Masters in Hearing Research from Sydney and has special interest in Vertigo and Allergy. She has a busy practice in Mumbai and is attached to Fortis Hospital, Mulund and a few other hospitals. Aaryan has grown into a fine young man. He is pursuing Law at University of Sydney, Australia and

Janhavi (daddy's little girl) is now in year 11, and wants to pursue Psychology in Sydney as well.

Dr Pandit is a movie buff and enjoys his time watching movies. He spends his free time with the family, reading books, playing chess and at times visiting an Air Gun Range to pursue his hobby of non-professional Air Rifle shooting.

Dr Rahul Pandit is currently leading the COVID-19 Task Force at Fortis Hospital, Mulund, and is also a Member for Maharashtra Government Task Force for combating COVID-19.

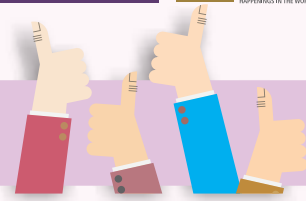


Whenever I drink coffee, I have this sharp, excruciating pain.

Try to remember to remove the spoon from the cup before drinking



Pravash



Wall of Fame

Fortis Hospital, Ludhiana

Dr. Rinkle Batra and others provided great emotional support to my son, Lakshay & played with him. Dr. Rinkle allowed him 30 min outside walk in Sun & meeting a child friend which positively effected recovery of my son & brought smiles on his face.

Thank you for offering us help in our vulnerable times. That really touched my heart.

Thank you everyone for making my tough days easy.

Appreciated by : **Lakshay Mittal**

Appreciation for : **Dr Rinkle Batra**



Dr Rinkle Batra



Dr Gursimran

Doctor and staff of your hospital are very well cooperative. Dr Gursimran Kaur is so understandable when I came to hospital with less fetal heart beat issue. She guided me properly about the next step and planned everything for well-being of my baby and for me. My baby is premature but baby is absolutely fine. Staff of MCH Ward and NICU also helped a lot, specially Madam Seema, Kulwant, Kuldeep and Vijay are very understanding. Housekeeping staff is also good, mainly GDA Seema.

Appreciated by : **Silky Beri**

Appreciation for : **Dr Gursimran, MCH, NICU and Housekeeping staff**

Fortis Escorts Hospital, Amritsar

I am writing to thank you for your excellent work. It is hard for me to get over my son illness. Your treatment coupled with the caring attitude of the hospital staff has helped my son attain fast recovery. You have always been kind and offered us the moral support when I was down with his health problems. It is not just the treatment, but the care and empathy shown by doctors like you which makes the world a better place to live in. Thanks to Dr Tarsem Singh and caring staff James, Gurpreet, Harpreet, Navpreet, Priya, Sunaina, Rupinder, Kamal, Aman, Shubham for giving him the best medical care, you all helped ease him pain. I want to say Thank You for mentoring great patient care.

Appreciated by : **Daniel Jerry**

Appreciation for : **Entire team of Fortis**



Fortis Malar Hospital, Chennai

We came to Fortis Malar Hospital to rectify my mother's gynecological problems. We met Dr.R.V. Thenmozhi, which was a divine blessing for my mother and us. The doctor had a ground to earth attitude, respectful to the patient and always reachable. We are happy with her treatment and tons of thanks Dr. Thenmozhi amazing doctor I would recommend in future. The entire team of Doctors, attendants and staff whose names I have mention their names below were excellent. They all took good care of my mother and there was all around coordination.

The team and Hospital deserve a special note on senior citizen care - there is lot of personal touch.

Once again many thanks to Dr. R.V.Thenmozhi. Dr.Tamil Selvi & the team for the best care and wonderful experience. Sisters Rupa, Mahalakshmi, Sneha, Jenifa. Doctor's Dr. Kaviya, Dr. Ravina. Ward Secretary Regina Mary, Dietician Ashwini, Admin Muthuselvam. V, Welfare Department Stella, Food Service Kanmani and Behrathi. GDA Mrs. Gajalakshmi. Thanks to All

Appreciated by : **Mrs. Saradha Sundaram**

Doctors : **Dr. Thenmozhi**, Senior Consultant,
Obstetrics & Gynecology
Dr. Tamilselvi Duty Medical Officer
Dr. Kaviya Duty Medical Officer
Dr. Ravina Duty Medical Officer

Ward Secretary : **Ms. Regina Mary**

Nurses : **Rupa, Mahalakshmi, Sneha, Jenifa**
Dietitian : **Ms. Ashwini**
Patient Experience : **Ms. Stella**
SLM : **Mr. Muthu Selvan**
F&B : **Kanmani & Behrathi**
GDA : **Gajalakshmi**

Things we know about Novel Coronavirus

The Novel Coronavirus was first identified in Chinese city Wuhan in December 2019.

The Coronavirus is scientifically known as an outcome of SARS-CoV-2.

The World Health Organisation (WHO) has named the virus as 'COVID-19'

The outbreak of Coronavirus has been declared as 'Pandemic' by the WHO.

The virus belongs to the family of viruses causing cold and severe illness such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads through physical contact with the infected person or through the droplets of the infected person when he or she coughs or sneezes. The virus is highly contagious.

As per the WHO, the most common symptoms of Coronavirus are fever, tiredness, dry cough, nasal congestion, sore throat, runny nose or diarrhea. These symptoms begin gradually and are mild at the beginning.

Almost 80% of people recover from the virus without special treatment or cure; 1 out of every 6 people infected with the virus becomes seriously ill and faces difficulty in breathing.

People can protect themselves against the COVID-19 by taking precautionary measures such as washing of hands with soap or sanitizer at regular intervals, stopping the practice of touching face or mouth, social distancing, avoiding handshakes and hugs, avoiding non-essential travels, etc.



Photo feature

Glimpses of celebrations across Fortis facilities

International Women's Day celebration by Fortis Hospital, Mohali & Noida



World Cancer Day celebration by Fortis Hospital, Mulund



World Kidney Day celebration by Fortis Hospital, Mohali



Trivia

Quiz :

Feb - Mar 2020



1. In which hospital was a Department of Physiotherapy inaugurated recently?
2. What is the full form of HIVEC?
3. Which hospital recently a cancer awareness rally, 'Ride for Cause'?
4. What is the full form of MEWS?
5. Fortis Hospital, Mulund, recently joined hands with Mid Yorkshire NHS Trust Hospitals, West Yorkshire, England, to host which event?
6. Name the staff nurse of Fortis Kangra who saved a bus driver who had suffered heart attack mid-way.
7. Name the awards function where Fortis won the 'Best Hospital Chain' and 'Best Hospital for Patient Care' titles?
8. When is World Cancer Day observed every year?
9. On which date is National Science Day observed?
10. When is World Kidney Day observed?



Answers to last month's quiz- Dec 2019 & Jan 2020

1. Parkinson's disease
2. Shockwave Coronary Lithotripsy
3. 5.5 kgs.
4. Dr P. S. Sandhu, Additional Director, Department of Cardiology
5. 'Pink Purple Run and Walkathon'
6. 'Rashtriya Premadoot Award'
7. FICCI Medical Travel Value Awards 2019
8. 3 - two Golds and a Silver
9. Sourav Ganguli
10. Since 2017

Send in your answers to corporate.communications@fortishealthcare.com by May 15th, 2020. Do mention your full name, designation, phone number and location. The subject line of your e-mail should mention "Answers to Quiz - (Month and Year)." **Five LUCKY winners amongst the all correct entries will be selected through draw of lots. Hurry!!**



And the Winners are...



Aastha Bhatia

Head- Human Resources Dept.
Fortis Escorts Hospital, Amritsar

Sonia. M

Quality Coordinator
Fortis Hospital, Cunningham Road, Bengaluru

Susan Sebastian

Deputy Chief of Nursing FEHI
Fortis Escorts Heart Institute, New Delhi

Renju Raji Mathew

Nurse Educator
Fortis Hospital, Mulund

Mahendra Jat

Senior Assistant
Supply Chain Management
Fortis Escorts Hospital, Jaipur



Split a side - Have a laugh



A man went to see his doctor because he was suffering from a miserable cold.

His doctor prescribed some pills, but they didn't help.

On his next visit the doctor gave him a shot, but that didn't do any good.

On his third visit the doctor told the man, "Go home and take a hot bath.

As soon as you finish bathing throw open all the windows and stand in the draft."

"But doc," protested the patient, "if I do that, I'll get pneumonia."

"I know," said the doctor, "I can cure pneumonia."



Do you have a hilarious personal anecdote to share? Send a brief write-up (150-200 words) to corporate.communications@fortishealthcare.com along with your name, designation, location and contact number by the 15th of next month. You could win a prize if your entry is selected for publication.



Congratulations!



Baby of Dr. Varun Gurjar
- Jaipur



Baby of Khilaree Bairwa
- Jaipur



Baby of Nisha Parachani
- Jaipur



Baby of Pallaby Giri
- FHKI



Baby of Rubi Tomar
- Shalimar Bagh



Baby of Kapil Ahuja
- Faridabad



Baby of Mudit Garg
- La Femme GK



Baby of Paramesh M,
- Rajajimagar



Baby of Pooja Gupta
- Faridabad



Baby of Udia Kumari B
- La Femme Bangalore



HAPPY WEDDING



Asha Khinchi - Jaipur



Nalin Sharma - Jaipur



Rajeev R - FHKI



Pushpender Vyas - Fortis C-DOC



Samuel Bajaj - Corporate Office



Richa Sharma - Mohali