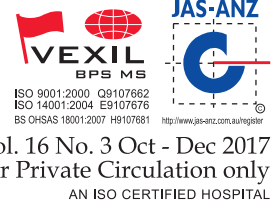




ST. STEPHEN'S NEWS

SERVING HUMANITY IN THE SERVICE OF CHRIST

An official newsletter of St. Stephen's Hospital
Tis Hazari, Delhi 110054 Phone: 23966021-27 Fax: 23932412
Web: ststephenshospital.org E-Mail: sshdelhi@gmail.com



From the Director's Desk

This Christmas I find myself in a pensive mood. The usual unbridled feeling of cheer and brotherhood is submerged by so many different thoughts arising out of such diverse happenings. The institution has experienced more than its fair share of highs and lows and this has, at times, affected its morale. Usually, the St. Stephen's family has had good shock absorbers and has been able to bounce back to its buoyant self with ease. This time the tragedy in August has unsettled all of us as we never thought such a thing could happen within our institutional family. We have seen the face of evil at very close quarters and this has left us distrustful and has scarred our psyche.

Today, as I write this, I realize that the only way to go forward is to imbibe deeply from the Christmas 'fountain'. The most significant emotion out of the many we feel at Christmas is Hope. This is what we need in large quantities this Yuletide and this is what the coming of God's Son promises to each of us. The hope I seek is not only that I may find joy again. The hope I would like to have is that there is good in all of us and it will come forward to ensure the victory of right versus wrong, of good over evil. If we shut our hearts to this hope, we cannot talk of love and peace, for then we would not truly believe in them. It is only through hope that we can dream of setting aside our petty differences and our personal desires and work towards a society that is strong enough to withstand evil in any form. In these troubling times when the commonest words we hear are rape, murder and hatred between races and castes and creeds, we have to hold steadfast to the hope that the Christ child may enter each of our hearts and we may perceive a new dawn of true brotherhood and the universality of mankind. I wish all of you a very blessed and meaningful Christmas and a Happy New year.

Dr. Sudhir Joseph
Director

"Is anything too hard for the LORD?" (Genesis 18:14)

The department of Neurology at St. Stephens's Hospital has a story and a testimony which continues to unfold in a fresh way every year right before our eyes. By narrating this story, I seek to exalt the Lord God who brought me into this land to prove His goodness and faithfulness towards those who trust in Him. Even as I walked into this great institution, God promised me that one day, you will have an entire wing of the hospital dedicated to Neurological services.

The first 6 months were a struggle between the dream and the ground realities which resulted in many a fruitless endeavour on my part to change mind-sets through force and untamed energy. Finally with the help of God and very encouraging people in the management, like Director Dr. Sudhir Joseph, Dr. John Punnose, Dr. Ras Bage and Mr. Thampi Matthews, we slowly initiated the process of building what seemed to be a very farfetched plan of making this department the best in the city.

The first bold step was the development of Acute Stroke thrombolysis, for which the Radiology, Emergency and Medical departments and Nursing staff came together by our side. Then we focussed on development of inpatient services, neuordiagnostic capabilities, staff structure, academics, bed side teaching, conferences, publications and workshops, one step at a time. We ventured slowly into the field of epilepsy



monitoring, sleep medicine, neurosonology and interventional neurology in the subsequent years. Finally, now we have a separate Neurology ward, dedicated stroke and epilepsy units, a research wing, along with a Neurology ICU and two neurodiagnostic labs.

Let me take you all on a guided tour of this growing and vibrant department, its beautiful inner rooms and unbelievably competent, compassionate and energetic workforce.

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The Neurology Ward

The brand new addition to our department is the new neurology ward with 15 beds, of which three are dedicated to Acute Stroke care (also called the Stroke Unit). We also have 6 male and female beds in the ward. It also incorporates the neurodiagnostic services. This allows a very smooth performance of the various neurological test batteries without needing to shift the patient elsewhere. Sister Bexy and her team of nurses are efficiently trained to manage all neurological illnesses with 24-hour assistance from the duty resident as well as consultants. We also have a Neurology Whatsapp group where the nursing staff and junior doctors are enriched with neurology teaching videos and other resources. This ward is a fully air-conditioned, state-of-the-art facility - the brain child of Dr. Sudhir Joseph, Dr. John Punnose and Mr. Alok James. Our special thanks to Mr. Alex and his team who have brilliantly embellished the rooms with wood work.

Intensive Care Services

The intensive management of neurological emergencies is one thing that has set us apart from other facilities in the last few years. We cater to emergencies like status epilepticus, acute stroke, sub arachnoid hemorrhage, meningo-encephalitis, neuromuscular emergencies and the like. We have Transcranial Doppler, bed side EEG and other monitoring facilities along with round-the-clock Neurosurgical and Neurovascular intervention support, enabling us to follow a very aggressive and streamlined approach to treat these challenging ailments. We share a 7 bedded ICU with our colleagues in Neurosurgery with the help of a highly efficient group of nurses under the leadership of Sister Sophiamma Mathews.

Neurodiagnostic Services

We have neurodiagnostic capabilities at par with the best centres in the country. These include:

- **Epilepsy Monitoring unit**

This is a two bedded facility which can be used for monitoring of seizures through simultaneous recording of EEG and video visuals (video EEG). This is a very vital investigation which can prove or disprove the epileptic origin of paroxysmal events, help classify seizures and epilepsies and most importantly, helps to localize the epileptic focus or network in surgically remediable intractable epilepsies. Most of the credit for this advancement in our department goes to Dr. Dinesh Nayak, my teacher and renowned epileptologist from Chennai.

- **Nerve conduction and EMG**

We have recently acquired a Nicolet Viking quest NCV/EMG machine in addition to the existing Exaltek machine which enables us to perform a host of nerve conduction and EMG studies.

- **Evoked Potentials**

We have a sound proof room specially made for performance of brainstem auditory evoked and visually evoked potentials. We also perform pediatric BAERs and somatosensory evoked potentials.

- **Transcranial Doppler**

In all likelihood, we perform more TCDs than any other centre in Delhi. We use TCDs for detection of intracranial atherosclerosis, emboli monitoring, PFO detection and assessment of vasospasm. Our special thanks to Dr. Vijay Sharma, NUH Singapore who trained me in this remarkable investigative method.



- **Polysomnography**

Again we are one of the few Neurological centres with a robust and meticulous approach to sleep disorders and their management. Polysomnographies are performed almost on a daily basis. Again, special thanks to Dr. Manvir Bhatia, my teacher.

Staff and Students

The technical staff of our department is literally a class apart from their peers with very tediously attained expertise and 100% commitment to this extremely versatile part of Neurology. We also run a training programme for the students - where the focus is mainly on hands-on-training.

Comprehensive Stroke Programme

As of this day, we have a stroke programme that boasts of the shortest 'Door to Needle time' of 10-15 minutes with administration of IV tPA in the CT room - a model which many centres are keen to emulate. We are also the most cost efficient and stroke-ready centre for endovascular procedures like mechanical thrombectomy and aneurysm coiling under the leadership of Dr. Amit Aslam Khan, a neurovascular interventionist with specialised training from renowned institutes in India. We have a fully equipped stroke unit and availability of all manner of stroke services including Carotid Stenting spearheading us into the future. This would not have been possible without the support of Dr. J P Gupta (Chief CMO) and his emergency team, Dr. Nittin Parkhe (Radiology HOD) and his entire staff, Dr. N S Ahluwalia, (Cardiology HOD) and the Cath lab staff.



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TALENT NITE 2017



SPORTS DAY 2017



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Comprehensive Epilepsy Programme

We have generated a lot of infrastructure and developed expertise in the area of Epileptology during the last two years. We get a lot of support from the Paediatric department, enabling us to labour with them in the management of difficult to treat pediatric epilepsies. With the availability of competent Psychiatry, Dietary and Neurosurgery departments, we are in the process of developing a comprehensive programme for epilepsies which incorporates epilepsy surgeries, invasive monitoring, stereo EEG and ketogenic diet.

Movement Disorders

All our consultants have had extensive experience in treating various movement disorders like Parkinsonism and related disorders as well as hyperkinetic disorders and ataxias. We regularly administer botulinum toxin for hemifacial spasm, blepharospasm and various dystonias. In coordination with the neurosurgery department, we are planning to launch a deep brain stimulation protocol for Parkinson's disease with motor complications.



We have a good number of patients with multiple sclerosis, neuromyelitis optical spectrum disorders, autoimmune encephalitis on regular follow up. We have also published several articles on this newly emerging class of diagnostically challenging disorders. We are one of the centres in the city which is able to provide all the diagnostic and therapeutic options in this eminently treatable but potentially disabling group of neurological illnesses.

Research and Publications

We are part of various multicenter trials like ENCHANTED, ATTEND AND SPRINT coordinated by Mrs. Shilpa Shekhar. We have contributed more than 40 publications to various peer reviewed journals in the past 3 years.

We need your prayers and support to apprehend and step into all the plans and purposes which God has for us in the coming year and beyond. (*Jeremiah 29:11*)

Dr. Sachin Sureshbabu. MD, DNB, DM (AIIMS)
Head of department of Neurology

Welcome

We welcome all staff members who have joined the College of Nursing, Medical Services, Nursing Services and various other departments of our hospital.

जाने कहाँ गये वो दिन

बचपन की मस्ती
वो कागज़ की कश्ती,
दोस्तों का साथ
बिना उनके, ना पूरी
होती थी कोई बात

पानी पर अपने भी
जहाज़ चला करते थे,
अपना भी वो ज़माना था
डॉक्टर, इंजीनियर
शायर बन जाना था

पिताजी की डाँट से बचना
माँ के आँचल में छिपना,
ना कोई फिक्र कमाने की
ना ज़माने की

उस बेफिक्र जीवन को
दिल आज भी तरसता है,
आँखों से आँसू बरसते हैं
क्यों हम बढ़े हो गये
जाने वो दिन कहाँ खो गये।

श्रीमति प्रीति वंजारी
मेडिकल सोशल वर्कर, डिपार्टमेंट ऑफ कम्प्युनिटी हेल्थ

Retirement



Ms. Phool Kali, Ayah, retired on 29.09.2017 after rendering 34 years of service.



Mr. Ramesh Kumar, Plumber, retired on 30.09.2017 after rendering over 38 years of service.



Ms. Mariamma Varghese, Assistant Nursing Superintendent in Nursing Department, retired on 31.10.2017 after rendering 24 years of service.



Ms. Meena Kumari, Accounts Department, retired on 31.10.2017 after rendering 38 years of service.



Ms. Percis Tara Chand, Nursing Department, retired on 31.10.2017 after rendering over 34 years of service.



Ms. Savitri, House Keeping Department, retired on 18.11.2017 after rendering over 37 years of service.



Ms. S. Luka, Ward Clerk retired on 30.11.2017 after rendering over 31 years of service.

We wish them the very best in their lives ahead.

Wedding Bells

Ms. Neetu Kumari (Laboratory) with Mr. Satender
Ms. Jina Thomas (Nursing) with Mr. Shibin
Ms. Neelam (Nursing) with Mr. Harish
Mr. Tarun Kumar (Pharmacy) with Ms. Anmol
Ms. Manju Joshi (Dietary) with Mr. Harish
Mr. Shakti Singh (Community Health-Nand Nagri) with Ms. Tanuja
Ms. Rinu R. Prasad (Nursing) with Mr. Vipin
Ms. Shivani Sharma (Nursing) with Mr. Mohit
Ms. Jyoti Peter (Nursing) with Mr. Manish

We wish them abundant happiness in their lives.