



# ST. STEPHEN'S NEWS

## SERVING HUMANITY IN THE SERVICE OF CHRIST

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### From the Director's Desk

It was 8 years ago that we started the construction of the first branch of St. Stephen's Hospital in Gurgaon, an effort that culminated in the inauguration of the new hospital in 2012. For a long time, the need to extend our work beyond our boundaries in Tis Hazari had been felt, and the new city of Gurugram - as it is now called - was the obvious choice. Establishing our presence there signaled that St. Stephen's was willing to reach out to people who could not reach us. Today, in this newsletter, we give you a glimpse of the growth of this venture.

Breaking new ground in an area saturated with advanced medical care is not easy. We have tried to build each area of medical expertise in a different way. We have placed a premium on ethical care, without compromising on quality. The most sacred bond between a patient and a Doctor is trust. The patient entrusts his health into our care and places a special onus on us. Our response to this trust is what defines our ethics. For trust to flourish there has to be complete transparency and truthfulness between the professional and the person whose health is in his charge. It is with these qualities in mind that we have chosen each member of the team in Gurugram, as is the practice in the main hospital. For this reason, the growth of the branch has been gradual but sustained. We have endeavored to build an institution with strong foundations and our efforts are bearing fruit. With many departments now showing stability, the number of patients and procedures increasing, a better in-patient occupancy recently, our hospital is now ready for the next step. To offer better services and meet the demands of those availing our services, we need to expand. The first 6 years have been spent in establishing our presence. Over the next few years we have to fulfill our promise to offer the best healthcare in Gurugram.

**Dr. Sudhir Joseph**  
Director

### At the Turning Point to "CROSS"- The Intersection

The Nathupur village, near Guru Dronacharya Metro Station in Gurgaon, has a recent new landmark in the form of a modern and elegantly-designed building bearing a large sign - "St. Stephen's Hospital Healthcare Facility".

As we enter the hospital premises, on the right is a beautifully manicured lawn with an exuberance of flowering plants including hibiscus, canna, roses and sunflowers. During winters, this area is ablaze with chrysanthemums, begonias and flocks. But, more significantly, on the left-hand side is a Cross made of marble stone cladding which many may not notice at first. However, one definitely gets a glimpse of this Cross on the way out. What is the significance of having a 'Cross' at our hospital? Many of us may not have given it a thought, but it carries a message - a silent but powerful message, to all. Jesus' instructions to his disciples on 'How to live as a true



Christian' were - *"If anyone desires to come after Me, let him deny himself and take up his cross daily and follow Me."* The Cross depicts our life as a living sacrifice, which is the only appropriate response to the greatest gift ever given to all of mankind - God's sacrifice of His Own Son for the redemption of our sins at the cross. **There can be no greater love!** This translates into the motto of our hospital, 'In Love Serve One Another'.

Since the turn of the century, the management of St. Stephen's Hospital observed a steady rise in patient visits from South Delhi and Gurgaon areas. The idea of St. Stephen's Hospital Healthcare Facility was conceived for offering affordable health care to the underprivileged, in the millennium city of Gurgaon, now rechristened as Gurugram.

*continued on page 2 ...*





This transformed into a vision in the mind of Dr. Sudhir Joseph, who had taken over as the Director of the hospital, to extend the wings of our hospital to the south of Delhi. He felt that its presence would definitely benefit the down-trodden, who find it nearly impossible to approach private hospitals, which are often beyond their means. Through his initiative, this site was selected, and the dream started to become a reality when we procured the land from DLF in the year 2009.

The foundation stone of St. Stephen's Hospital Healthcare Facility (SSHHF) was laid on 26th February 2009 and construction of the hospital commenced right after. As soon as the building became ready for operation, it was dedicated on 25th April 2012 by the then Bishop of Delhi and OPD services kick-started the very next day. The centre was formally inaugurated on 30th November 2012 by the Honorable Health Minister of Haryana (in the absence of the then Chief Minister, Mr. Bhupender Singh Hooda).



The beautiful and artistically designed Chapel of the hospital was consecrated on 29th October 2013 by the Bishop of Delhi. Briefly, this is the story of the birth of St. Stephen's Hospital Healthcare Facility at Gurgaon, and there has been no looking back ever since.

With a few in-house Medical Officers and Specialty Consultants from the St. Stephen's Hospital at Tis Hazari, we managed to run the OPDs for the whole of 2012. In the year 2013, we started absorbing consultants from the Gurgaon area as it suited us more than the logistics of locating specialists from Tis Hazari. The addition of a 12-bedded in-patient facility and the subsequent commencement of in-patient services on 4th September 2013 has been another major milestone in partially fulfilling the needs of our patients.

More consultants from Gurgaon have subsequently joined the center to add on to the specialty and super-specialty areas like Endocrinology, Gastroenterology and Cardiology etc. Specialties like Medicine, Obstetrics & Gynaecology, Pediatrics and Dermatology are fully-functional now, and we further plan round-the-clock coverage with junior doctors.

Clinics like ENT, Orthopedics, Gastroenterology and Cardiology operate on specific days of the week and we hope to start night services as well. Departments like Ophthalmology and Psychiatry are still covered by the consultants from our hospital at Tis Hazari. Two departments that have done well are the departments of Dental Surgery and Physiotherapy.



The former offers the latest treatment modalities to patients with dental needs, and the latter offers specialized services to a large numbers of very grateful patients. All these clinical departments are backed up by Laboratory, Radiology and Pharmacy services.

Currently, approximately 425 to 450 patients are examined in the OPD and there are 20 to 25 admissions as in-patients



every week. Routine general surgical procedures, orthopaedic surgeries, cataract surgeries, routine deliveries as well as Caesarean sections along with management of the newborn babies are done.

A much-coveted recent addition to the SSHHF family, Dr. Subrat Kumar Raul, Senior Consultant in GI Surgery, who previously served St. Stephen's Hospital, Delhi for more than 15 years, is an added strength to the Department of Surgery. Dr. Raul has additionally taken charge as the Medical Superintendent of this centre, and his expertise and experience will be of further advantage to this hospital and ensure that we progress and achieve greater heights.

This hospital has been appreciated not only for its aesthetic ambience and cleanliness but also for the attitude of concern



and compassion shown by our staff. Very senior and renowned consultants in the fields of Gastrointestinal Surgery, Cardiology, Orthopedics and Gastroenterology have won over the faith of patients with their frank yet honest opinions, offering them only the necessary investigations and procedures, both non-invasive and invasive. Many patients have commented on how this hospital has saved them needless expenditure and heartache through the transparency in dealings that they have experienced here.



Having completed 6 years, we are now in the 7th year of our presence in Gurgaon. Our main strength lies in having our patients' faith in us - even patients who have tested various corporate hospitals of Gurgaon. These patients prefer continuing their association with us, since we offer services at an affordable cost and more importantly, provide ethical care. The majority of our patients come from the middle and lower strata of

**Mr. M. C. George**  
*Chief Executive Officer (SSHFF)*

society. Though progress has been slow, it has been steady for the past 6 years, with a substantial increase in the footfall of OPD patients every subsequent year. Gradually but surely, we have been building a sterling reputation in this area.

With the progress made at this centre, a need is being felt for a larger operation theatre complex, intensive care unit, CT scan facility and a more sophisticated Laboratory / Blood Bank facility round the clock. This may become possible in the next phase of development, in the near future.

Through this journey, SSHHF has certainly made its own very special footprints in Gurgaon, and now we are again at the turning point of 'Cross' - the intersection.

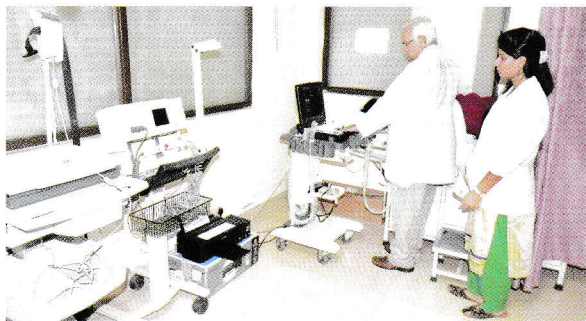


**Dr. Subrat Kumar Raul**  
*Medical Superintendent (SSHFF); Consultant, GI Surgery*

### Progress worthy of mention.....

#### Department of Cardio Vascular Sciences

This department is headed by a stalwart in this field, the leading cardiologist, Dr. B. M. Shahi. His reputation and expertise in this field needs no mention. Under his care is a well-equipped Cardiac consultation center with a MAC computerized 12-channel ECG, MAC 5500 Treadmill system, Color Doppler Echocardiographic machine, 12 Channel Holter and Ambulatory BP monitor system & Stress ECHO. Large number



of cardiac patients from Delhi NCR and outside states visit this centre for secondary & tertiary consultation.

#### Department of Orthopaedic Surgery

The Dept. of Orthopaedics has been treating patients with a variety of conditions ranging from musculoskeletal trauma and cold orthopaedics disorders of the locomotors system. Various surgical procedures have been performed here; to name a few,

closed and open reductions, internal fixation of fractures, Replacement Arthroplasty of Hip, excision of Giant Cell Tumour and Curettage & bone grafting for benign tumours like Chondroblastoma and Enchondroma. Future plans would include high-sterility OT with a C-Arm to expand the surgical scope of this department.

#### Department of Gastroenterology

The Dept. of Gastroenterology and Endoscopy here was set up in 2014 with out-patient consultations and endoscopic procedures and subsequently with inpatient care as well. This department is equipped with state-of-the-art equipment and facilities. Many therapeutic procedures such as endoscopic sclerotherapy, band ligation, polypectomy and removal of foreign bodies have been successfully carried out. We hope to extend our services on a daily basis and add emergency care as well in the near future.





## Inauguration of renovated Pulmonary Medicine Department & Laboratory

The newly renovated Pulmonary Medicine Department & Laboratory, which now boasts of state of the art diagnostic and therapeutic services, was inaugurated on 14th August 2018, by our Director, Dr. Sudhir C. Joseph. The lab houses a new Bronchoscopy Unit, replete with a remote controlled bed and HEPA filter. A new diffusion machine has also been installed for better diagnosis of chronic pulmonary diseases and preoperative analysis of patients. The renovations also include a new reception cum waiting area, OPD area for private patients, a mini-library, and an LED TV for academic purposes for the DNB residents.



## Inauguration of Foot-lab



A new 'Diabetic Foot-Lab' has been added to the Department of Endocrinology. It was inaugurated by our Director, Dr. Sudhir C. Joseph on 14th August 2018. A new therapy room has been added, in which Nerve therapy, namely NEUROSTIN and INFRARED is offered to patients with diabetic foot. An advanced version of the PODIASCAN has also been added.

## Retirement



Ms. Ruth R. Joseph, ANM Gr.I in Nursing Department, retired after 36 years of service



Ms. Thresiakutty Chacko, Night Supervisor in Nursing Department, retired after 22 years



Ms. Shanti Gera, ANM Gr.I in Nursing Department, retired after 30 years



Ms. Tabita Albert, ANM Gr.II in Nursing Department, retired after 27 years

**We wish them all a 'Happy Retired Life!' after years of meritorious service**

## Wedding Bells

Ms Sonam Mahendru (Nursing) with Mr. Kush  
Ms Jamima Massey (Nursing) with Mr. Ankush  
Ms Rachna Vinod (Nursing) with Mr. Rohit Sanadh  
Ms Shilpa Jomy (Nursing) with Mr. Jestin  
Ms Swati (Nursing) with Mr. Kuldeep  
Ms Bincy T. Varghese (Nursing) with Mr. Binu A. Varghese  
Ms. Jyoti Goel (Laboratory) with Mr. Santosh

## SSHHF- Regards from a patient's family

My husband, Mr. D. M. Guha, is a retired United Nations (UN) FAO advisor. He is now 92 years old. He suffered from Chikungunya in 2016 and was admitted in a large corporate hospital in Gurgaon. He continued to deteriorate and developed sepsis and bed sores. At that point we decided to shift him to the Health Care Facility of St. Stephen's Hospital in Gurgaon. Over these last two years we are so grateful to the entire staff here for the care and attention that he has received here. Everything has been done so efficiently for my husband at this facility. He has now recovered to a large extent. The physiotherapy staff have been utterly dedicated in his care. Furthermore, I feel peaceful as I can completely rely on the nursing staff while I am not in the hospital with him. We have been receiving excellent treatment at this facility for two years now and that in itself shows our great regard for this hospital.

**Mrs. Ratana Guha**

## Promotion

Dr. Elisheba Patras as Head of Department, Radiology  
Sr. Lissy Varghese as Deputy Nursing Superintendent

## Welcome

Dr. Rajat Kumar Sharma as Consultant, Radiology Dept.  
Dr. Abhinav Gupta as Consultant, Cardiology Dept.  
Dr. Madhurita Singh as Senior Specialist, Anesthesia Dept.  
Dr. Deepak Chopra as Consultant, Cardiology Dept.  
Dr. Hanish Gupta as Specialist, Nephrology Dept.  
Dr. Megha Tuli as Jr. Specialist, Obs. & Gynae, SSHHF  
Dr. Ruby Rahul as Consultant, Radiology Dept., SSHHF

We also heartily welcome all the new members of the St. Stephen's Hospital family who have joined various other departments of the institution.

## Demise



Mr. Raj Kumar, Housekeeping Supervisor passed away after a chronic illness on 29.04.2018. He had served the institution for 33 years.



Mr. Ram Chander, Driver in Motor Service Department passed away due to illness on 08.06.2018. He had served the institution for 21 years.

**May their souls rest in peace!**