



ST. STEPHEN'S NEWS

SERVING HUMANITY IN THE SERVICE OF CHRIST

An official newsletter of St. Stephen's Hospital
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From the Director's Desk

Recently, a gentleman I know well who attends the same church, approached me after Sunday morning worship, for a medical problem one of his family members was facing. He was extremely worried as he had already visited a couple of hospitals and the possibility of cancer had also been raised after some expensive tests. I asked him to bring the patient to our hospital the next day. Once he reached here he asked how expensive the further tests suggested by the physicians he had seen previously would be. I told him to first let our physicians see him before I could answer his questions. He was then seen by our doctors and a simple X-ray costing Rs.230/- was advised. Following this, which was done in all of 10 - 15 minutes, the diagnosis was clear. There was no cancer and actually

the medical condition required no treatment at all as it was only a mild anatomical variation of the normal. The patient found it difficult to understand how such a simple diagnosis was missed by others and took opinions from at least 2 other very senior physicians from All India Institute of Medical Sciences, both of whom concurred with what our doctors had told him. Last Sunday when I met him in Church, he was full of praise and gratitude for our staff and said - 'I didn't know that St. Stephen's Hospital has doctors of such high caliber!'. I asked him why he had such doubts and he said - 'Well you are a charitable hospital and not known for high-end care'.

This is the dilemma that patients face today. On the one hand they see the glittering glass and steel facades of the newer hospitals, read their advertisements in the newspapers and convince themselves that these hospitals are the best equipped and up-to-date to treat them. On the other hand they see the queues of financially poorer patients in our hospital where the outside look is not very appealing and form snap judgments that the quality of medical care could not be of the same standard. How wrong they are! St. Stephen's has medical personnel who are second to none in the city. Their clinical acumen and management is excellent. The departments also are well equipped and modern. Besides this, we do not have the all-pervasive 'cut' system and no unnecessary tests or procedures are ever carried out. The emphasis is on ethical medical practice and there are no undue pressures of any 'targets' on our staff. It is worth noting that month after month our patients rate their satisfaction levels at over 90%. The old adage still rings true - 'Do not judge a book by its cover'.

So, the next time you have a health problem, please do come to us. We can assure you of our dedication to provide excellent medical care at an affordable cost.

Wish You All A Happy Easter!



Dr. Sudhir Joseph
Director

My journey at St. Stephen's Hospital

Respiratory Medicine is a branch which deals with diseases of Respiratory system, namely tuberculosis, asthma, COPD, Interstitial lung disease, pulmonary vascular disease and lung cancer.

A decade ago it was called TB & chest diseases with very few takers of this branch as a specialty. Even in the year 2001 when I appeared for my Post-graduate entrance exams and could not manage to get my choice of Internal medicine, I reluctantly opted for TB & chest. During my Post Graduation I never had access to Bronchoscopy, Thoracoscopy & Sleep Lab.

The specialty has made considerable progress in the last decade and in today's medical world it seems almost impossible for a major hospital or Institute to be without a trained



Pulmonologist. This specialty has seen the light of day due to the immense need & demand for interventions like

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Bronchoscopy, Thoracoscopy and advances in ICU care. So in a span of a decade the branch has evolved from a sub-specialty to a super specialty. Thus the scope for practicing Respiratory Medicine is huge in our country.

I was working with a corporate hospital as a junior consultant when my boss after a meeting with their management, explained to me regarding 'targets', which I had never heard of in medical practice. Very soon I realized that the place was not meant for a person like me and I started searching for options when I got a call from my old colleague Dr. Nikunj Aggarwal who was pursuing DNB in Orthopaedics at St. Stephen's hospital. I shared my feelings with him and he told me about a vacancy in Respiratory Medicine. Next morning I knocked at Director's office & met Mr. Surjeet who guided me to Dr. Grace Cherian, the then Dy. Director. The first question in the interview was why did I want to join at 30% less salary to which I had no valid answer. I said probably its God's will. I accepted the offer and was attached to Medicine department under Dr. Paljor. She was very happy to meet me and offered me all help & support that I needed to begin as a specialist in Respiratory Medicine.



I still remember the day when the department was being run from a small room, currently the Social worker room. There was a PFT machine with frequent break downs, Sleep lab was in a dilapidated state & the bronchoscope had poor optics. My first day in general OPD had some 15 odd patients and didn't have single patient in private OPD for nearly one month. At times I used to think if I had made a hasty decision. One day I met Dr. Nittin Parkhe in Radiology, whom I respect a lot and he appreciated my work and offered me all support and encouragement. In subsequent days I had meetings with Dr. Grace Cherian and Dr. John Punnose and slowly things started moving. The bronchoscope was repaired and I did few procedures in minor OT. Sleep lab was restarted with some repair work. Slowly OPD & IPD started picking up. One fine day Director sir called me and expressed



appreciation of my work. I got a real boost & started working harder. I made a request to provide me a helping hand and a part time JR. Next year I got full time JR & subsequently, with increase in work, I had a senior resident. Since then the department has progressed in leaps & bounds and presently by the grace of Almighty, the department has grown into a fully fledged specialty with two consultants, two Senior resident, two Junior Residents, two technicians, two AHP students.

The department of respiratory medicine is currently offering a wide range of facilities to the patients with

1. Diagnostic & therapeutic Bronchoscopy- We have state-of-the-art 150 series Olympus video bronchoscope and a Ohuafiber optic bronchoscope. We perform 150- 200 bronchoscopies per year with BAL , TBNA, TBLB & Sclerotherapy
2. Philips Alice 6 sleep lab: The latest state of art sleep lab was set up in June 2016 is offering services like Polysomnography, split night studies, MSLT etc.
3. Pulmonary function lab: We have a portable spirometry Easy pro NDD and perform 120-150 PFT per month. We are in process of getting a new state of art PFT with Diffusion.
4. Allergy testing : We are performing skin prick test to diagnose allergies & we have set of 80 standardized allergens from Allegro Pharma. We are in process of starting a full-fledged allergy & immunotherapy programme. I have been selected for a Master class & Certificate course in allergy and applied immunology at one of the world's leading allergy centre at Munster Germany.
5. Pulmonary Rehabilitation: We are running a successful rehab programme for chronic lung disease in collaboration with the department of Physical medicine.
6. In addition, department organizes regular CME's for DNB student and faculty members.
7. I was awarded the prestigious fellowship of American college of Chest Physicians in 2014.



Future endeavors: This year we have applied for DNB accreditation and also plan to have a separate Respiratory and Tuberculosis ward. My ultimate goal is to develop this department into a centre of holistic Lung care where we have an integrated Respiratory care program that will include Interventional Pulmonology, Respiratory ICU, Allergy clinic, Advanced respiratory lab and Rehabilitation clinic.

It is indeed an honor to be a part of this esteemed organization. I want to thank our Director, Dr. Sudhir Joseph & Associate Director, Dr. John Punnose who have always supported me. I thank all my team members especially Dr. Madhu Kanodia for helping me to achieve this milestone. Finally all thanks and praises to God Almighty for giving me strength and guiding me.

Dr. Shamim Akhtar
Head of Dept. of Respiratory Medicine

An Inspiring Life

Few amongst us can imagine the hardships faced by a child growing up with virtually no resources in a most difficult situation! And even fewer of us can claim to have triumphed in life when all the odds were stacked against us! This is the rare and inspiring story of our own dear colleague, Dr. Manmohan Singh Grover. And believe me when I tell you that he was so very hesitant to have this put in print. He would be the last person to blow his own trumpet. I had to literally beg his permission to publish this. I am writing this because there is simply so much inspiration that we can all get from hearing about this remarkable soul.

Dr. Grover was born as the 6th and youngest son to a large but very poor family who had migrated from Pakistan after partition. In those harsh days when families fled for their lives in the brutal aftermath of partition, there was nowhere to find safety. There was no place to call home. They fled with only the clothes on their backs, not knowing where the next morsel of food would come from or where they would lay down for the night. In their desperation for survival, they reached Delhi and found a small spot across the railway line just behind our hospital.

The elders of their family put together a fragile hut made of bamboo sticks and wooden planks with a temporary roof at Tokariwallan, behind Azad market, just a stone's throw away from our hospital. Our dear friend grew up in this hut with his brothers and sisters. Their respected father struggled to sustain his family by selling fruits at Pul Mithai. To help out, the elder brothers used to sell some sweets in running trains next to the very tracks where they lived in such hardship. Despite unimaginably limited resources, their father, though

himself uneducated, vowed to educate all his sons and especially his daughter. Though there wasn't electricity or water in the house, there was zeal and zest to study and get educated. All of the children would sit till late in the night, under a street lamp, to study. They attended a Government school which was run in a tent near DCM, Bara Hindu Rao.

Then it started happening! - This young man's life started blossoming and his personal story of triumph took root out of the very grey & desolate situation that he grew up in. As he said to me, it was by the grace of God that he got admission to the prestigious Maulana Azad Medical College in Delhi and graduated from there as a bright young doctor. Later he went on to complete his Post Graduation from Tata Memorial Center, Mumbai, in the field of Radiotherapy. He then worked in various Government Hospitals and Institutions including the WHO. He spread his expertise in the field of Public Health as well. He has been a pioneering force in developing 'Scalpel-less Vasectomy' and has trained many other doctors in this technique. He has also been a most dedicated leader in the Polio Eradication program since its very inception.

As he puts it, he has spent the maximum number of years of his life in this prestigious institution and he owes a lot to it. He feels it is because of our hospital that he has gained much recognition and was awarded 'Life time achievement Award' by Delhi Government last year. He does not hesitate to add that he is extremely proud to be a part of St. Stephen's Hospital family!

To this very humble, soft-spoken, multi-faceted gentleman we say: St. Stephen's hospital salutes you Sir!

Dr. Nittin R. Parkhe
Editor

Of Bits & Bytes - Mobile phone Etiquette

Mobile phones have certainly become ubiquitous. Nearly everyone has one, if not two of them. Earlier, life went along at a leisurely pace and, only when absolutely necessary, would we reach for that ugly black monster - the land-line phone. When we wanted to call our favourite uncle in another town, we would have to book a trunk-call and wait for our turn to be connected. And then, of course each call was carefully timed because we were billed by the second.

How things have changed! Now we carry that sleek gadget called a 'Smart phone' which actually costs more than we would

have spent on the old land-line phone in a year. The consolation, we tell ourselves, is that we can reach anyone, anywhere in the world, at any time of the day or night. Ah.....but that is really where the problems begin! We have already sacrificed our private time and privacy completely because now anyone, anywhere can reach us anytime of the day or night. Add to this, social networks like Facebook and Whatsapp, eat into our family time and also actually destroy the quality time we would have spent with friends socially. Every post on these networks demands to be read and replied to, as if the world would end if we did not attend to it immediately.

Be that as it may, we have to accept that these gadgets have become an integral and maybe, even an indispensable part of our lives. But with the use of the mobile phone, comes a certain responsibility. Although most users think they have good mobile manners, many people report being irritated or annoyed by the use of the phones in public places. Clearly there's a lack of understanding of what is and isn't acceptable in terms of mobile phone etiquette.

Here are some guidelines to help us all become polite and responsible users of the mobile phone:

- Isn't it irksome when someone calls us and the first thing we hear is "Where are you?" That is invasion of privacy! It would be so much more polite to say, "Is it possible to meet you?"
- When in a meeting or engaged in a conversation, do respect those who are with you and give them your complete and undivided attention. Avoid texting or taking calls. If a call is important, apologise and ask to be excused before accepting it. Otherwise it's a good idea to let voicemail do its job and handle non-urgent calls.
- Don't yell. When speaking on the mobile speak softly.
- Do be a good dining companion. It is very awkward to be a captive audience to a private phone conversation.
- Avoid making calls while driving, shopping, banking, waiting in line, or doing almost anything that involves interacting with another person. In some situations it puts your life and the lives of others in danger, and in other situations it can bother the other person. Making others wait for you to finish a personal phone call is never acceptable. If the call is important, step away or get out of line.
- Never use the mobile or text while driving. Everyone knows the immense imminent danger in doing this. There is no message that is so important as to put your own life and that of others in danger.
- Move away from others while talking on the phone. Most people do not want to hear what you're talking about and would be annoyed to be forced to just sit there and listen to your conversation.
- Do not talk about personal details in public. Personal is just that: personal. It is polite to tell your caller that you will call them back later, move someplace where you can have some privacy, or switch to text messaging.
- Know where not to use your phone. Some places are inappropriate for cell phone usage. Some examples would be at meetings, lectures, places of worship, live performances and funerals.
- Avoid sending text messages containing anything that you would not say in real life. It is very hard to convey tones and sarcasm in texting and email. Some things may come across as sounding unusual or offensive. Never send a message with sexual overtones, or one that could be construed as a threat.
- Remember that an office phone is only for official purposes. Don't circulate your official number amongst all your friends and relatives. Keep a separate phone for personal use. Making personal calls from an official phone is simply not expected out of a professional.
- In meetings, avoid "reading under the table." It's not the occasional phone ringing that's so annoying. It's the people

who scroll through their emails or Facebook/Whatsapp page, text, tweet in their lap. People notice this more than you think. It's not only distracting and discourteous to the speaker, but also to those around you.

- If someone shows you a picture on their phone, it is polite to look at the one photo shown to you. No scrolling!
- Finally - Rude cell phone users are anywhere that there's a cell phone signal. Most people who are being impolite don't even realize what they're doing. It is not other people's responsibility to cope with your mobile phone use; it is your responsibility to use your mobile phone inoffensively. Ignore this principle, and you are sure to be rude.

Compiled by **Dr. Nittin R. Parkhe**

Editor

Welcome

Brig. Jacintha Fernandez, *Principal cum Professor, College of Nursing*

Dr. Anu Mathew, *Jr. Specialist, Endocrinology Dept.*

Dr. Dhawal Patel, *Jr. Specialist, Neurosurgery Dept.*

Dr. Deepak Goel, *Consultant, SSHHF*

Ms. Deepti Damodaran, *Asstt. Professor, College of Nursing*

Ms. Shelly Shajan, *Asstt. Professor, College of Nursing*

Ms. Shabdita Ritu Sarmah, *Clinical Psychologist, Psychiatry Dept.*

We also welcome all the other staff who have joined the St. Stephen's Hospital family in various departments.

Wedding Bells

Ms. Savita Dogra (Nursing) with Mr. Dheeraj

Ms. Roniya Varghese (Nursing) with Mr. Augustine K.J.

Ms. Deepika (Nursing) with Mr. Mandeep

Ms. Sweta Kori (Nursing) with Mr. Sandeep Kumar

Ms. Upasana Rawat (Nursing) with Mr. Kundan

Ms. Shweta (Nursing) with Mr. Abhimaan

Ms. Anita Bara (Nursing) with Mr. Prince William

Mr. Jittumon Sunny (Accounts) with Ms. Babily

Mr. Sandeep Saini (Radiology) with Ms. Preeti

Mr. Jai Prakash (Community Health- NandNagri Dept.)

with Ms. Paridhi

Demise



Mr. Rajinder, Safaiwala in Housekeeping Dept. passed away on 17.3.17 due to illness. He had served the institution for 32 years. May his soul Rest in Peace!

Retirement



Mr. Prasanta Kumar Chaki, Assistant Internal Auditor in Accounts Dept. retired on 31.01.2017 after 35 years of meritorious service.



Ms. Daya, Safaiwala Gr.I in House Keeping Dept. retired on 31.01.2017 after 31 years of meritorious service.



Ms. Sunita, Safaiwala Gr.I in House Keeping Dept. retired on 28.02.2017 after 39 years of meritorious service.