



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



Vol. 17 No. 1 Jan - Mar 2018
For Private Circulation only
AN ISO CERTIFIED HOSPITAL



From the Director's Desk

Recently, I was visiting an institution in a small town. That night I stepped out just to see the stars in the night sky as this is a luxury not available to us in a large metropolis like Delhi.

Even though I could recognise only a few, like Orion the hunter, as my knowledge of Astronomy is non-existent, the beauty of God's universe held me spellbound for a long time.

'Seeing Stars' was not an idiom for me as I was not dazed. Neither was 'star gazing' as I was not daydreaming (or 'night' dreaming at that time of day). I was literally seeing a vista which

I had taken for granted for many years of my early life but now was a rarity. That led me to think of the air pollution surrounding us which has for a long time denied us such a simple and yet important pleasure. Where have all the stars gone? Well, they are still there - just hidden from our sight.

I can't help comparing this to our own hospital. Twenty-three years ago we were celebrating the inauguration of a brand new block. From outside, the view invited people to a modern institution which appeared to compete with the glamour and glitz of the new corporate hospitals which were then starting to dot the map of Delhi. After all these years, since 1995, the view has changed. Time has taken its toll on both the General hospital building and the Mother and Child block and this has been a very visible toll. The Dholpur stone tiles which looked so pretty then, have not weathered well in Delhi's climate, nor have the dainty porcelain 'Jaalis'.

However, step inside and you will see that the hospital continues to provide quality care. The dedication of our staff is evident, from the clean corridors to the commitment of our nursing and technical staff, to the knowledge and expertise of our doctors. These are all stars. Added to these is the modernity of our equipment to aid the clinicians in their management of patients. Do not let the exterior of our buildings, like the smog of Delhi, hide the stars inside. They may not be evident at a superficial glance but they are very much here. So, come to St. Stephen's Hospital for your medical treatment and see stars - literally!

A very Blessed Easter to all of you! May our Risen Saviour continue to lighten our paths and lead us in His way to eternal life!



Dr. Sudhir Joseph
Director

Be Thou my vision, Oh Lord of my heart ...

Black, grey and white, dull and boring, yet fascinating, exciting and daunting visions! - Welcome to the world of Radiology Imaging. Let's walk together through the corridors of our Radiology Department.

My journey with the Department of Radiology at St. Stephen's Hospital started on 01st July, 2006. I had visited this esteemed and age-old institution earlier on few occasions, but never even in my wildest dreams had I ever thought that I would be working here. But the plans and thoughts of the Lord for us are not the same as ours, they are far greater and His ways of doing things are mysterious and marvellous, because He knows what is best for us.

When I joined this hospital nearly 12 years ago, I met a few of my old acquaintances who had already been working here for many years and the friendly and welcoming atmosphere in the department made me feel right at home. Slowly and gradually I became aware of the history of the department - its birth, and its gradual growth.

Our department started in the '60s as far as memory of some of the oldest staff members goes. It was a very humble



department then, with just X-ray facilities and a rather primitive ultrasound machine.

The department has witnessed valuable contribution of many committed and dedicated persons over the passage of many years. Ideas, thoughts, efforts and endeavours of so many of our respected Heads of the Department, Administrators and esteemed senior colleagues have given the desired shape to this department.

continued on page 2 ...

continued from page 1...

We acquired our first Single-slice Computed Tomography Scanner (CT) in October 1990. It was a huge leap in the right direction and was instrumental not only in refining the diagnostic skills of the radiologists but also upgrading the skills of a technologist. More importantly, it added a completely new dimension to assist clinicians in narrowing down complex diagnoses. This was also one of the first CT Scanners in the city. Our present Head of Department, Dr. Nitin Parkhe who had just joined the department then, was sent to the Royal Melbourne Hospital in Australia for specialized training in this modality. This equipment served our hospital for 17 long years.



Following this, in the endeavour to further augment and fine-tune our diagnostic capabilities, we shifted from this Single-slice CT Scan to the present 16-Slice Multi-detector CT Scan in the year 2007. This machine has much more advanced Data Acquisition technology and thus has cut down scanning time. More number of patients and larger anatomic volumes can be scanned in much lesser time with the added advantage of significantly decreasing the radiation dose to the patients. Multi-planar imaging along with facilities of 3-dimensional reconstruction has also improved the diagnostic capabilities to the benefit of our patients.

Our first 1-Tesla Magnetic Resonance Imaging Scanner (MRI) was installed in the year 1999 and for this state of the art imaging technology, a very modern and smart suite was designed in the basement of the MC block. It served its purpose very well for almost 12 years. As medical and surgical specialities in our hospital developed and became more specialized, a much needed upgradation in this field became a necessity to keep up with the times, leading us not only to acquire a 1.5 Tesla MRI machine in 2012 but also to relocate to the ground floor of the General hospital so as to consolidate the department in one location. We are now able to do detailed studies on this machine including angiographies, venography, breast imaging, pituitary studies, perfusion studies, spectroscopy, etc.



In the arena of ultrasound, from a very humble beginning with just one Ultrasound machine we have at present five Ultrasound stations to cater to the needs of the different wards and departments of the hospital and to offer specific services to specific medical needs. We have an Ultrasound machine dedicated only for the Obstetrics and Gynaecology services where we do antenatal scans and also scan patients with gynaecological problems. For private patients from the OPD



and IPD, there is a separate Ultrasound unit within the private OPD area. An Ultrasound machine is dedicated for the rest of the in-patients which is also used for doing various interventional procedures such as Ultrasound guided drainage of abscesses, pleural fluid, ascites, collections; Malecot's insertion; Ultrasound guided FNAC and biopsies. General OPD patients are taken care of at a separate station where we also do scans for patients referred from Casualty.

To keep abreast with the present times, we have recently acquired two new sophisticated Ultrasound machines - ClearVue 850 and Affinity 30 from Philips. These machines will enhance our skills and sharpen our diagnostic capabilities especially in doing Level II scans for antenatal patients and other higher level examinations.

We also have a Full-field Mammography Unit which is operated by dedicated lady technologists well trained in this field. The efficiency of this specialized mammography unit enables us to acquire high-quality images with a lower radiation dose and aids in the early detection and diagnosis of breast diseases in women. Screening mammography is done for patients above the age of 40 years.



Our Dual Energy X-ray Absorptiometry (DEXA Scan) plays an important role in the diagnosis and quantification of osteoporosis by measuring bone mineral density (BMD). It is not only quick and painless, but is also more effective than normal X-rays in identifying low bone-mineral density. This

technique is of immense value in guiding clinicians in the management of osteoporosis as it can guide the treatment course more accurately.

Modern imaging technology such as Digital Radiography and Computed Radiography have been recently incorporated into the department. Digital Radiography System is a high quality imaging technique which provides immediate imaging results and less waiting time for the patients. It also reduces radiation exposure of the patient significantly. The image quality is improved and enhanced thus improving the diagnostic ability. Images can also be shared immediately with the clinicians by transferring the images into the PACS system. With the incorporation of CR and DR the image acquisition as well as image archiving has become much faster, efficient and better thus helping in the treatment of the patients. A big advantage of electronic imaging has proved to be the huge saving for our hospital on wasted films. We have cut down waste films from around 35% with earlier technology to less than 1%.

Our recently acquired Picture Archiving and Communication System (PACS) helps in image transmission from the site of image acquisition to multiple physically-disparate locations. This technology is not only economical but also makes it convenient to access multiple modalities (radiographs, CT, MR, ultrasound, etc.) simultaneously at multiple locations within the hospital. PACS Image archival also saves all imaging records of patients helping to guide treatment protocols, especially where repeated examinations can be drawn up and compared. This image archive is also of immense value for all research activity in our hospital.

We also provide services to critically ill patients who are admitted in various ICUs or are on ventilator support through mobile / portable X-ray units and also portable ultrasound facility.

A team of dedicated, hardworking and diligent technologists, nursing staff, clerical staff, ward ayahs and ward boys and radiologists ensure the smooth and efficient functioning of the department. These personnel provide services round the clock for all clinical departments.

Our teaching programme includes Post-graduation training of DNB (Radiology) course and Allied Health Professional training course for Diploma in Radiography. We enrol two

primary candidates and two secondary candidates for the DNB course each year. For the Diploma in Radiography we enrol 10 students each year. All the students are given excellent hands-on training and our students have demonstrated a good track-record in examinations as well as in finding good placement in their careers.

Since we have already digitalized the department, our future plans are to make the department completely filmless and replace the conventional LASER films with digital paper prints. This will not only be markedly economical but also environment-friendly without compromising the diagnostic quality. This planned move will be introduced after adequate trials this present year.

Another major plan in the near future is to set up a full-fledged Interventional Radiology wing within this department with specialists trained for this sub-speciality as well as the requisite infrastructure and equipment. This is being given a priority as demands for this service are growing.

Recently our department was deeply traumatised by the brutal untimely demise of our dear Dr. Shashwat Pandey who was a final year primary DNB student. This very sad loss was not only shocking but also affected each one of us at a personal level as Dr. Shashwat Pandey had become a dear friend to each of us. He was a person par excellence in character, academics and profession. All those he came in contact with loved him and respected him for his humility, his gentleness and magnanimity. He will remain alive in our hearts. Our grief has been great. I would like to mention here that his loss brought out the strength of character in each of us and brought home what we had not fully realised until then - that we are a family who sticks together through thick and thin and knows how to carry each other's burdens with God's grace being ever-present amongst us.

And through all of this we want to give glory to our God who is the author of our progress and the prosperity of our department.

*....Heart of my own heart, whatever befall,
still be Thou my vision, Oh Ruler of all.*

Dr. Elisheba Patras
Senior Consultant Radiologist

Lamp-lighting & Graduation Ceremony 2018

"Your inner glow comes from the light of God, and your light can never be extinguished or soiled. You are externally bright and beautiful." The traditional and impressive Lamp-lighting ceremony of the 2017 batch of students combined with the Graduation ceremony of the 2013 batch of BSc. and 2014 batch of GNM students was held on 21st Feb 2018 on the old administrative lawn of St. Stephen's hospital. The awardees of the Best-outgoing student award were Ms. Nirmala Kumari of the GNM Batch (2014) and Ms. Somi Anand of the BSc Batch (2013). The renowned Plastic surgeon, Dr. A.G Thomas, Director of CMC Ludhiana, was the Chief Guest to bless their journey. Dr. Sudhir C. Joseph, the pillar of strength for the college, addressed the students with his inspirational talk.



Special Award for Dr. Manmohan S. Grover



Dr. M. S. Grover of our hospital was honoured by the Honourable Chief Minister of Delhi for his valuable contribution in the research and promotion of male family planning programs in NCR, Delhi. This is a unique award given to a doctor of a non-government hospital by Delhi government.

St. Stephen's Hospital is extremely proud of you Sir!

Allied Health Professional Graduation 2018

The Graduation ceremony of the 2015 batch of Allied Health Professional students was held on 20th February 2018. Dr. Joshua Sunil Gokavi, Executive Director, Emmanuel Hospital Association, graced the occasion by his presence as the Chief Guest.



Mr. Nischal Chand, student of the Medical Record Technology course was awarded the accolade of the "Best Outgoing Student". The ceremony was followed by a mesmerizing cultural presentation by the AHP students comprising of songs, dance and a skit which was enjoyed by all.

Farewell



Mr. Koshy Kunju M., HOD & Chief Physiotherapist in Physiotherapy Department, retired in December 2017 after 28 years of invaluable service.



Mrs. Elcy Mathew, HOD Dietary/Chief Dietician in Dietary Department, retired in January 2018, after 42 years of meritorious service.

St. Stephen's Hospital bids them a warm adieu and wishes them the best in life.

Skills Lab



A Skills Lab was inaugurated by the Director on 17th March 2018 in the department of Surgery. It has been set up in collaboration with the Merrill Academy as a Centre of Excellence. This lab will help our DNB residents from various departments to get hands-on training on a laparoscopic endotrainer for which earlier they had to go to other centres. This simulator helps residents to develop hand-eye coordination, depth perception and do exercises like knot tying to develop their laparoscopic skills. This lab also has equipment to learn basic suturing and knot tying for open cases. Further additions will be done at regular intervals to keep the lab up to date.

Welcome

We welcome all staff members who have joined the College of Nursing, various Medical & Nursing services and other departments of our hospital. We also extend a hearty welcome to the following new members of the St. Stephen's Hospital family:

Dr. Vinay Agarwal (Consultant, Neurology)
Dr. Pulukool Sandhya (Specialist, Rheumatology)
Dr. Sumidha Mittal (Consultant, Rheumatology)
Dr. Ajay Asranna (Consultant, Neurology)
Dr. Subrat Kumar Raul (Consultant, G.I. Surgery)
Dr. Priyanka Sharma (Junior Specialist, Anaesthesia)

Wedding Bells

Wedding bells chimed for the following members of our hospital. We wish them a happy married life.

Ms. Rekha (Staff Nurse) with Mr. Sonu
Mr. MojesMakunga (Med. Laboratory Technician) with Ms. Lamthaka Damary
Mr. Vijay Kumar (Accounts Assistant) with Ms. Preethi
Ms. Steffy Joseph (Staff Nurse) with Mr. Binu
Ms. Suma Annamma Varghese (Staff Nurse) with Mr. Nobin
Ms. Pinki Saini (Staff Nurse) with Mr. Mohit
Ms. Asha Baluni (Staff Nurse) with Mr. Harsh Vardhan
Ms. Geeta (Staff Nurse) with Mr. Neeraj
Mr. Rohit Kumar Gupta (O.T. Technician) with Ms. Komal
Ms. Vandana Bhandari (CON) with Mr. Praveen Manral
Ms. Namrta (CON) with Mr. Pankaj
Ms. Manisha (CON) with Mr. Ajay Kumar Singh