



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



ISO 9001:2000 Q9107662
ISO 14001:2004 E9107676
BS OHSAS 18001:2007 H9107681
http://www.jas-anz.com.au/register
Vol. 18 No. 1 Jan - Mar 2019
For Private Circulation only
AN ISO CERTIFIED HOSPITAL



From the Director's Desk

I was in Ludhiana recently to celebrate the start of the Quasiquicentennial celebrations (125 years) of one of the great pioneering institutions in our country - Christian Medical College and Hospital, Ludhiana. While sharing their joy I was very conscious of our own hospital, St. Stephen's, which celebrated 125 years in 2010 and will be 135 years old next year, and also that another pre-eminent institution - Christian Medical College, Vellore - is 119 years old and recently celebrated a century of Medical Education. That led me to reflect on how and why these institutions have survived and grown when so many have shut their doors.

There are many commonalities in these three institutions. The most glaring is that all three were founded by the so-called 'weaker sex'! Dame Edith Mary Brown in Ludhiana, Mrs. Priscilla Winters in Delhi and Dr. Ida Sophia Scudder in Vellore were similar in many aspects. Their devotion to our Lord Jesus Christ and His teachings was a common thread in their character. They were willing to sacrifice everything, even their lives, in His service. In all these ladies this devotion manifested itself in their love for all God's children. They were not content with a religiosity centered around worship in Church on Sundays. Instead their church became their hospitals where they communed with the Lord on a daily basis. The temples they created were places where God's love and presence is evident at all times.

Their inspiration has been passed down to succeeding generations, each of which have strengthened the original foundations. The practice of medicine may have changed over the decades. Modern medicine is a far cry from those fledging years. The armamentarium against disease has markedly increased and diseases have fought back to challenge our knowledge and capability. But this is not the reason why these three institutions have survived.

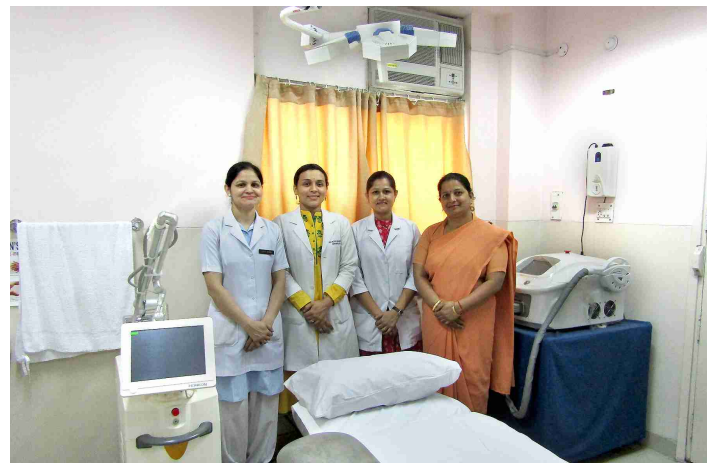
The single reason for longevity has been that the core values of these institutions, which are common, have been preserved. The value and dignity of human beings is very precious in God's eyes and He will always bless the efforts of those who uphold these values. All He asks is for us to stay the course and leave the rest to Him. He will ensure that we survive and thrive.

Dr. Sudhir Joseph
Director

A Chronicle of Dermatology Department Over The Years...

With the zeal of a neophyte and hunger for a good, honest practice, I joined St. Stephen's Hospital 7 years back as a senior resident in the Department of Dermatology, which was then functioning with only one part time consultant. The memory of the first few days is crisp in my mind, when I carried out my OPD at a corner table in the Oncology OPD. Today, we are a bustling team of one full time Consultant (Dr. Nidhi Sharma), Dr. Dipali Vadukul who joined recently as SR, our backbone Sr. Savita and supporting staff Mrs. Neelam, whose tireless support has been an immense help in the functioning of this department. This is a chronicle of the evolution of our department.

The first change that took place was that the OPD became functional 6 days a week compared to two days earlier and a Procedure Room had also been added. In the early years, due to a steadily rising number of patients, there was a long waiting time for patients, and we regularly overshot our working time by an hour or two each day. But our patients always kindly accommodated, and the staff of the entire hospital has been generous, amicable and ever willing to lend a helpful hand, staying true to our motto, "In Love Serve One Another".



This makes me feel very proud to be a part of this prestigious institution.

Today, we see anywhere between 80-110 patients per day. With a rise in footfall, there has been a concomitant increase in the number and types of interventions and procedures carried out. Although this department was already equipped to handle basic dermatologic & aesthetic procedures, many

continued on page 2 ...

continued from page 1 ...

new out-patient procedures have been added to our arsenal. This includes an extensive spectrum of chemical peels, treatment for hyperhidrosis with Iontophoresis, DIF with biopsies for skin conditions. In liaison with the Microbiology department, we carry out SSS (Slit Skin Smear) for leprosy, smears for gonococci, scraping for dermatophytes etc. Our department also now boasts of ASST (Autologous Serum Skin Test) added to the spectrum of tests for urticaria, which is carried out at only a handful of centres across the country.

We have also gradually ventured into advanced Aesthetics, with PRP (Platelet Rich Plasma) procedures for hair loss, scars and dyschromia. We procured CO2 laser with ablative & non-ablative arm for finer surgical procedures for treatment of scars, moles, tags and for skin rejuvenation, and also diode laser for LHR (laser hair reduction). We use IPL for major aesthetic procedures like photo-rejuvenation, telangiectasias, LHR and have recently started vitiligo surgeries. Today we have the skill and armamentarium to diagnose and treat dermatologic emergencies like Stevens Johnson Syndrome, drug rash, skin failure, and disfiguring conditions like psoriasis,

bullous diseases, and infections with excellent results. We have, over the years, also managed several emergencies of brides& grooms-to-be, anxious parents of infants and adolescents, and incessant pruritic rash in the geriatric group.

We are the first department at St. Stephen's Hospital to have a telemedicine portal on the hospital website, which has been a boon for follow up of outstation patients whose blood work needs to be monitored on a regular basis.

In the time to come, we look forward to procuring a Dermatoscope, NBUVB chamber, and envision providing holistic and better quality care with better patient satisfaction. We endeavor to keep moving ahead with the word of mouth publicity we have fortuitously received over the years from numerous satisfied patients and their families. It gives me great professional satisfaction and pride to have never been asked to practice unethically, and in today's world, that is the best type of practice a doctor can ask for, that is, clean practice.

Dr. Nidhi Sharma

Consultant, Department of Dermatology

Lamp Lighting and Graduation Ceremony 2019



importance of a nurse in patient care. Dr. Sudhir C. Joseph, our Director addressed the gathering and inspired the students with his words of wisdom. The Best Outgoing Student Award was given to Ms. Aman Malik and Ms. Varshi Bhardwaj of B.Sc (Hons.) Nursing and GNM respectively. The meritorious students were also recognized and awarded certificates and medals by Mr. Alwan Masih, Vice Chairman, St. Stephen's Hospital Society.



The College of Nursing Lamp Lighting Ceremony- 2018 batch students and Graduation Ceremony of B.Sc (Hons.) Nursing- 2014 batch& GNM- 2015 batch was held on 6th February 2019 at the Old Administrative Block Lawn of St. Stephen's Hospital. Prof. Dr. Manju Chhugani, Dean, School of Nursing Sciences and Allied Health at Jamia Hamdard, presided over the occasion as the Chief Guest. She motivated the nursing students and reminded them about the

Christmas Celebrations 2018

'For Unto Us A Child Is Born, Unto Us A Son Is Given!'

The St. Stephen's Hospital family had a great time of sharing, joy and togetherness in the festive season of Christmas. The celebratory vigour was displayed with decorations all around, carol singing, candle light procession, fellowship get-togethers and much more during the fortnight long celebration. The celebrations began with the most memorable and overwhelming Christmas concert in the recently renovated Conference Hall. On the evening of 18th December, a competitive Christmas Entertainment programme was organized to showcase the singing talent of the employees and students. There were carol rounds in the residential areas and candle light procession in the Hospital for patients, spreading the message of peace, joy and goodwill to all.

continued on page 3 ...

continued from page 2 ...

On 22nd December, a fun-filled Christmas party was organized for all the children of hospital staff. On 25th December, we had Christmas Tea Party for guests and friends of the institution hosted by the Director. On 29th December, the entire St. Stephen's Hospital family including the retired staff came together in the Annual Christmas lunch. On 31st December, Watch Night Service was conducted in the Hospital Chapel and everyone with thankful hearts and renewed promises ushered in the new year.



Department of Respiratory Medicine

The Department of Respiratory Medicine is equipped with state-of-the-art technology and endeavors to provide the highest standard of care to patients. I express my gratitude to our Director Dr. Sudhir Joseph who has been instrumental in the progress of our department.

We have been performing Diagnostic & Therapeutic Bronchoscopy, Polysomnography, Spirometry, Allergy Testing & Immunotherapy and Pulmonary Rehabilitation. Smoking Cessation Clinic in collaboration with Psychiatry department, daily Chest clinic, special Tuberculosis Clinic, Asthma and Allergy Clinic, special clinics for Occupational Lung Diseases and Interstitial Lung Diseases and training of Allied Health Professionals with good placement record are other ongoing programmes of our department.

Recent developments are worth mentioning and are the following:

1. The department has recently acquired Pulmonary Function and Diffusion Machine (Care Fusion) by Morgan and Company to aid in the diagnosis of rare lung diseases like interstitial lung disease, sarcoidosis, pulmonary vascular diseases, severe emphysema and stratification of risk factors for lung and cardiac surgeries.
2. We are accredited by National Board for DNB in Respiratory Medicine and have been granted annual intake of two seats. The programme has been successfully started.
3. The department has been renovated with a modern design with a separate Bronchoscopy & Thoracoscopy Suite with HEPA filter installed, Pulmonary Function Lab with Allergy Lab and a Doctors' cabin with LED for presentations and seminars.

We look forward to expand our horizons with the addition of the following procedures & equipments in future:

1. Endobronchial Ultrasound with Linear Probe EBUS Bronchoscope, processor.
2. New Video Bronchoscope 170 Series with features of narrow band imaging to identify pre-malignant lesions and obviate the need for invasive surgical procedure such as mediastinoscopy.
3. Medial Thoracoscope with inbuilt instrument with Telescope 4mm which will help to diagnose complicated pleural effusions, perform pleurodesis in case of recurrent and malignant pleural effusions and perform adhesiolysis in loculated effusions.

I received training in Allergen Immunotherapy from University of Munster, Germany in 2017. It is indeed an honour to be a part of this esteemed organization. I pray to God Almighty to give me strength, guidance and wisdom to achieve all milestones.

Dr. MD Shamim Akhtar
HOD, Respiratory Medicine

Welcome

Dr. Archana Matthias, HOD & Senior Specialist, Anaesthesia Department.

Dr. Aditya Kumar Gupta, Senior Specialist, Neurology Department.
Mrs. Daisy Rahul as Night Supervisor, Nursing Department.

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

Retirement



Mr. S.S. Chatterjee, Billing Supervisor, Accounts, retired after a meritorious service of 36 years in the institution.



Ms. Swapna Malik, Ward Clerk, Nursing, retired after 29 years of serving the institution.



Mr. B.S. Bisht, Sr. Clerk, Pharmacy, retired after 37 years of meritorious service in the institution.

We wish them a Happy Retired Life!

Wedding Bells

Ms. Heena (Laboratory) with Mr. Rohit
Ms. Karthika Krishnan (College of Nursing) with Mr. Pradeep K.
Ms. E. Sujata (Nursing) with Mr. Ashish Jacob
Ms. Khushboo Verma (Nursing) with Mr. Rahul
Ms. Dolly Modak (Nursing) with Mr. Ashish
Mr. Deepak Kumar (O.T.) with Ms. Jyoti
Ms. Nembiakmuang (Nursing) with Mr. Gogou
Ms. Ritika Frank (Nursing) with Mr. Moses
Ms. Sani Jose (Nursing) with Mr. Nidhin
Mr. Ram Manohar (Laboratory) with Ms. Vandana

We wish them a Happy Married Life!