From the Director's Desk

It is strange for me to realize that 5 months have passed since I was appointed the Director here. These have been 5 months of intense learning for me. Learning to cope with the urgent and routine demands of day-to-day work. Learning to deal with inate patients and relatives and finding ways to address their grievances. Learning to become an able shoulder for staff to lean on in times of personal trouble. Learning to plan for the future, to channelize the many dreams and aspirations of all of us here in St Stephens!

At times the demands have seemed overwhelming and it has felt difficult to keep ones head over the waters. It is at such times that I have been most forcefully reminded of something I had said at the time of taking over. One of my colleagues had asked me how I planned to cope with the task ahead. I had responded that when one is surrounded by good, dedicated people then work becomes a pleasure. I had not then fully realized how prescient my words were. I have indeed been blessed to have a wonderful staff team. The support I have received from all sides, the help in tackling difficult issues, the constructive advice on many areas of concern, the willingness to volunteer to take on extra responsibility, have all been extremely heartening to see. It is truly a pleasure to be working with such a team! I am convinced that with His guidance and our collective response to His call, St Stephen's is well equipped to answer Delhi's cry for affordable excellent health care.

A heartfelt thanks to all of you in the St Stephen's Hospital family for your prayers and help.

A very Happy Easter to all of you!

Dr Sudhir Joseph
Director

A Moment In History

Dr Bahur Sankaran, Professor Emeritus being awarded the prestigious Padma Bhushan Award by the President of India. Dr A P J Abdul Kalam on the 5th of April 2007

Prof Bahur Sankaran is a distinguished surgeon, dedicated teacher and an able administrator. He has always been dedicated to provide the best medical care to his patients. His indefatigable energy and sharp intellect have made him an outstanding researcher.

Born on 4th September 1926, Dr Bahur Sankaran graduated from Stanley Medical College in 1948 with Gold Medals in several subjects. He went on to obtain training in orthopedic surgery at the New York Orthopedic Hospital, Columbia Presbyterian Medical Center from 1954-55. He completed his Fellowship of the Royal College of Surgeons, Canada in 1955. Prof Sankaran then worked with the legendary, Professor John Charnley who designed the first total hip replacement system at the Manchester Royal Infirmary in 1955.

He joined the All India Institute of Medical Sciences in 1956 and continued till 1967, first as Assistant and then as Associate Professor. In 1961-63 he was a Rockefeller Foundation fellow at the University of Illinois where he did fundamental research work. In 1967, he became Professor of Orthopedic Surgery at the Maulana Azad Medical College, a position he held till 1979. Then he became Director Professor, Central Institute of Orthopedics, New Delhi. He held this position till 1978 when he was promoted as Director General of Health Services, Government of India. He was selected to the World Health Organisation as a Director in one of the largest divisions of WHO, Geneva in 1981.

Prof Sankaran set up the Artificial Limbs Manufacturing Corporation of India (ALIMCO) at Kanpur in 1972. He also established the National Institute of Rehabilitation Training and Research near Bhubaneswara. He was Chairman of the Corporation till 1981. He later was Chairman of the Rehabilitation Council of India (1992-1994). His basic research work on Osteoporosis started in Chicago 1961 and continues even now. As a Principal investigator on the research projects to the Technology Mode in Rehabilitation of the Department of Science and Technology and the Ministry of Social Justice and Empowerment, he has investigated over 1000 patients for design of orthopedic implants for Indian patients. He received the Padma Shri award in 1972.

Prof Sankaran is very committed towards his patients. The rich and the poor both flock to him from far and wide. He was as comfortably dealing with the poor as well as the VIP's.

We are proud to have you with us, Sir!
Inauguration of the New CT Scan

Honourable Minister Mr Kapil Sibal, Minister for Science and Technology and Earth Sciences inaugurated the new Computed Tomography (CT) Scan Machine at St Stephen's Hospital on February 6th, 2007.

The CT scan machine brings a multi-detector, 16-slice CT capability in an ultra compact design. This state-of-the-art scanner with latest technologies performs virtually all visualisations of the body in all possible planes at an immense speed. These images are studied and reported by a team of well-trained and experienced radiologists.

Honourable Minister Mr Kapil Sibal, while expressing his admiration for this technology commented on how the machine would help in early diagnosis and hence lead to optimum satisfaction of the patients.

Dr Sudhir Joseph, the Director of St Stephen's hospital assured that the hospital would continue to serve the medical needs of society as it has done in the past 120 years, irrespective of the patients' capacity to bear the costs involved.

The honourable minister then addressed the gathering and had high praise for the service rendered by St Stephen's Hospital. He assured the hospital that his ministry would assist the hospital in any of its outreach programmes. While emphasising the need for outreach programmes, he stated that even in countries outside India; medical care is often difficult to reach. This problem is even more acute in India with its vast population. He expressed the need to jointly reach out to the masses and promised full support for the same.

The Radiology department today has total diagnostics under one roof. Starting with the state-of-the-art MRI machine, a 16 slice ultra compact CT Scan, Colour Dopplers, Mammography, Ultrasound and conventional Radiography, the department offers the total range of diagnostics.

The GE SIGMA MR is a highly sophisticated and a powerful super conducting system that provides high quality diagnostic performance. This system handles a broad range of clinical applications and is capable of a wide range of imaging and diffusion weighted studies, which allow early detection of strokes.

Screening with the GE Stereogram 500T Mammography helps in early detection of breast cancers.

There are four major X-ray units with facilities of image intensification. There are also five portable X-ray units for emergency bedside evaluation of critically ill patients admitted in the hospital. More than 50,000 radiological investigations are done yearly. These include routine X-rays and special investigations like Barium Meal, Barium Enema, IVP, Cholangiography and Dental Studies.

The radiology team of St Stephen's Hospital
**State-of-the-Art Diagnostics**

The hospital has a state-of-the-art Colour Doppler for Carotid, Renal and Peripheral vascular imaging and 4 Ultrasound machines for general and obstetrics ultrasound.

![Dr Sarah and Dr Rajooe investigating with the colour doppler](image)

The latest entry to the department is a 16 slice CT Scanner with the latest technologies to perform virtually all visualisations of the body in all possible planes at an immense speed.

Great speed and extremely high resolution of the scanner assists in diagnosis of abdominal diseases and assessment of lung structure, nodules and tumours. Specialised views and vascular studies assist complicated procedures like liver transplantation.

![Images seen on the new CT Scan Machine](image)

Angiography including cerebral, pulmonary and peripheral angiography is now performed routinely within minutes and with minimal intervention.

The new CT Scanner can also study the tracheo-bronchial tree without a bronchoscope. It is also very useful for non-invasive evaluation of colonic lesions and diagnosing polyps and ulcerative colitis. Needless to add that regular studies of the various parts of the body are done at much greater speed and much less radiation dosage to the patient. The new scanner can actually scan the entire body in just 10 seconds!

![Dr Sarah and Dr Rajooe investigating with the colour doppler](image)

The Department of Radiology is a well equipped and well staffed unit which provides services round-the-clock. The department is manned by senior radiologists, sonologists and radiographers under the leadership of Dr Nittin R Parkhe, Head of the Department.

The department is recognised by the Diplomate of National Board for the Post Graduate Diploma in Radiology and accepts two students every year for this course. The department also conducts a two year Diploma in Radio Diagnostics Technology certified by the Christian Medical Association of India. Each batch takes in 10 students every year.

Radiology has come a long way from the first time in 1895 when X-Ray of a hand was taken to this day of advanced CT. X-Rays were restricted only to bones and soft tissues. All one could do was look at fractures, at tumours of the bones and not much more beyond that. The introduction of the CT and the MR Scan completely changes the way the inner organs of the body are looked at. The brain, kidney, heart, liver spleen can be looked at by experts with minimal intervention. A surgeon does not have to open the abdomen to see what is wrong. Diseases can be diagnosed well in time and accordingly treatment can be planned.

The next step in imaging technology would perhaps be digital and functional imaging.

**The Traffic Signal**

Life’s best lessons are learnt in the most bizarre circumstances and often they change one’s outlook towards life itself.

Grabbing a sandwich and a packet of peanuts, I hopped into a taxi just like any other night from my medical college in Mumbai to my hostel. At the Haji Ali traffic signal the taxi stopped. As I waited for the signal to turn green, a kid peeped in through the window asking for some money to buy food. I offered the kid my sandwiches, waiting to see a smile on his face. But his eyes were fixed on the packet of peanuts that I was munching. To my questioning look, pat came the reply “Sabko barabar milega, to sab khush” (meaning - When everyone gets an equal share they will all be happy) pointing to the group of kids waiting for him across the road. As I gave him the peanuts, came another surprise, he offered me a few too! The signal turned green and my taxi moved ahead but my eyes were glued to the group of kids happily accepting their share of peanuts. Those two minutes at the signal jolted me and I realised that the need of sharing is much more significant than mere charity, when one has in plenty. Excess can be given away in charity very easily but sharing whatever little one has is perhaps the need of the hour.

And for those who think otherwise there is always a SMILE to share because it’s something that always gets you instant returns!

**Dr Gauri Dhawan**

DNB Student, Radiology
Welcome

Dr (Brig) N Roy Choudhury, Sr Specialist, Nephrology
Dr Dave Dharendra Kumar, Sr Consultant, Paediatric CTS
Dr N C Krishnamani, Consultant, Cardiology
Dr Rakesh Ranjan, Specialist, Neurology
Dr Pankaj Wadhwa, Specialist, Urology
Dr Kavita Mandal, Sr Medical Officer, Family Planning
Dr Gurum Narayanan, CMO
Dr Satya Narayan, CMO

Promoted
Dr Nittin R Parkhe has been promoted as the Head of the Department of Radiology. Congratulations to you!

Wedding Bells
Dr Prajodh Naranghani (Dental) with Ms Tina
Dr Amit Handa (Neuro Surgery) with Dr Ritu (Ob Gyn)
Dr Rakesh (Neurosurgery) with Dr Sweta
Dr Rachna (Radiology) with Dr Sunil
Mr Kindan (ENT) with Ms Reena
Mr Sanjay (Med Records) with Ms Suman
Ms Jyoti (Nursing) with Mr Kaushal
Mr Man Singh (Accounts) with Ms Pooja
Ms Reenu (Nursing) with Mr Vikash
Ms Swati (Lab) with Mr Arun
Ms Archana (Nursing) with Mr Suraj
Ms Mahima (Nursing) with Mr Sunil
Mr Rajiv (Radiology) with Ms Rekha
Dr Priyanka (Anaesthesia) with Mr Rohit
Dr Madhulika (ENT) with Dr Rahul

Demise
Ms Premwati, retired on the 31st of January, 07 after 30 years of meritorious service. Soon afterwards on the 3rd February, 07 she passed away.

Mr Shekhar staff of the housekeeping department passed away on the 28th of February, 07 after more than 2 years of dedicated service in the institution.

Ms Jishamol V Sahum, staff nurse passed away on the 13th of April, 2007. She was an ex-student of the School of Nursing of St Stephen’s Hospital who recently completed 3 years of service after her studies.

Our heartfelt condolences to the bereaved family members.

Training

The department of Family Welfare of St Stephen’s Hospital has been recognised by the Delhi Government as a NSV (No - Scalpel Vasectomy) Training Centre. Dr M S Grover, the Chief Trainer has already trained 5 surgeons. The department conducts regular NSV camps wherein about 40-50 cases are seen in each camp.

Women’s Day - 8th March

On the 8th of March 2007, International Women Day, a special programme was organised by the ‘Mahila Mandal’ in the four villages of Gurgaon - Dhamlot, Chandu, Ikbhalpur and Maksoda, under the Community Health Department of St Stephen’s Hospital in Gurgaon. On this day speeches were held on the various topics of women empowerment. From every village some women were selected to speak on selected subjects. The women also presented a cultural programme comprising of folk songs and dances.

Laboratory Diagnostic Services

The laboratory department has recently started Fluorescence technique for ANA. We have also started ANA profile consisting of 15 antigen panel for confirmation of autoimmune diseases. Another addition is Liver Profile consisting of 4 antigens - AMA, M2, LKM 1, IC 1 and SLA LP. The hospital has acquired a Paragon electrophoresis system from Beckman. Electrophoresis of serum proteins, immunoglobulins and haemoglobin is now possible at St Stephen’s Hospital.

Funfare

The entire staff participated in this annual feature with great enthusiasm. The Funfair team worked efficiently with the support of the staff to achieve the targets. The Director, Dr Sudhir Joseph inaugurated the Funfair and opened the gate for the people to enjoy the day. This brought a golden opportunity for the staff to join hands together and enjoy their day!

Our Lord has written the promise of the resurrection, not in books alone, but in every leaf in spring-time.

Martin Luther

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