From the Director's Desk

The world has been witnessing tremendous financial upheavals over the past one year. The largest economies have been the worst affected, leading to a slow down of growth and productivity. Many people have lost their jobs. Suddenly, austerity has become the flavor of the season.

However, for institutions like ours, situations like these are everyday occurrences. For most mission hospitals, a hand to mouth existence is a daily reality. Serving among the poorest of the poor who struggle to make any contribution to the cost of healthcare, burdened with infrastructure which is reflecting the ravages of time and in urgent need of repair, trying to meet the requirements of modern health care delivery, needing to meet the expectation of their staff - these are the constant companions of all those institutions who serve in His name. Is it really surprising then that hundreds of Christian Hospitals have closed their doors over the past three decades!

And yet, the witness in the health field continues. For in our poverty lies our great strength. I am reminded of two examples from the Bible - one from the Old Testament and one from the New. The widow at Zarephath was willing to share her last handful of flour and a few drops of oil with Elijah (I Kings 17:7-16). As a result, her flour and oil never ran out! Similarly, a boy with five loaves of bread and two fish was willing to offer what, for a poor child, would have been a veritable feast, to the Lord for Him to use to His purpose (John 6:5-13). From this Jesus was able to feed 5000 people and still have 12 baskets left over. It is really when we are willing to give our all that the Lord blesses and multiplies our efforts. As long as we have people of commitment who are willing to sacrifice self, our hospitals will never run short of resources. So, let us all as a Church contribute to the building of people with purpose and dedication, knowing we have as a leader a Lord who will never fail us, a Lord who will use our poverty to perform the greatest miracles.

Dr Sudhir Joseph
Director

Community Health Department: Marching ahead in serving the underprivileged

Survey of 4.1 Million less-privileged citizens of Delhi

The Community Health Department of St. Stephen's Hospital (CHDSSH) completed a gigantic task of surveying over 41 Lac people living in the slums and resettlement colonies for 'Mission Convergence,' which is a flagship programme of the Government of NCT Delhi. 'Mission Convergence' is a major governance reform to deliver welfare services of nine departments through a single window at the doorstep of the poor.

Under the leadership of CHDSSH, two phases of survey were completed in 6 months by a 1600 strong army of community based surveyors and 80 NGO partners. The survey exercise is unique to its kind as it provides identity to millions of voiceless people. The data is now being used by the government to deliver 47 government schemes such as Old Age Pension, Widow's Pension, Health Schemes etc. In the near future the surveyed families will get smart cards. These cards will work as ration cards, health insurance cards and ATM cards for the poor. It is likely to curb corruption and inconvenience to a great extent.

The government recognised the contribution of St. Stephen's Hospital by giving special appreciation awards at the hands of the President of India in a major function at Vigyan Bhawan.

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Society expects young couples to start a family and many do. A couple with sub-fertility or recurrent loss of pregnancy, sees their relatives and friends expanding their families while it never seems to happen for them. The elaborate and lengthy investigations and treatment protocols without any immediate success lead to psychological distress. ART (Assisted Reproductive Techniques) such as IVF/ICSI have made a tremendous change in the lives of these couples, bringing hope to them over more than three decades now. Rita, one of our staff in the department of Clinical Pathology, and her husband Theodore, have just such a success story. She, with sheer determination, and above all, with faith in God, decided to undergo the IVF programme in our hospital, which resulted in the first successful pregnancy of our IVF laboratory.

Dr. T. Koshy Cherian
Reproductive and Foetal Medicine Unit.

Testimony

'This is the Lord's doing and it is marvelous in our eyes.' I was born and brought up in Christian faith and it was at the Lord's calling that I joined St Stephens Hospital, Delhi, to be a part of the Christian mission. The yearning for a child in the family during the past eight years compelled friends, relatives, prayer groups, including the Church, to support us through prayers for this blessing. Not losing faith in my Lord, who performs miracles, I decided to take IVF treatment from this hospital, which was starting this treatment for the first time. The IVF procedure commenced with prayer support from people whom I knew and even from those whom I did not know. I cannot express the feeling of joy which I experienced when it was confirmed that I was in the 'family way'.

My life changed completely after conceiving the baby through IVF treatment and I thank my Lord Jesus Christ for answering my prayers. 'Prisha', which means 'Gift of God', was born on 30th of March, 2009 at St Stephens Hospital, Delhi, and is a miracle, being the first IVF baby of this Hospital. I would like to convey my sincere thanks to Dr. T K Cherian for counselling us to take up the treatment and Dr. P Vij for giving the much needed encouragement. I would like to personally thank the staff and doctors of RMU who have cared for, and supported me during the entire procedure. The Hospital has really taken care of Prisha and me during the entire treatment, for which I will always be indebted. I am grateful for the caring attitude of doctors and nurses in the nursery. I would also like to thank my seniors and colleagues in the Clinical Pathology Department who have supported me in many little ways during my pregnancy.

I would urge all of you to kindly pray for the well being of Prisha as she grows in Christian faith. Thanks be to God for this wonderful blessing in our family.

Rita Theodore

Administration

Nowadays, a hospital is usually known by the facilities it offers or the doctors on its panel. Though doctors, nurses and the equipment they use are the visible components of the system, there is much more. The administrative departments provide support services for them to function, extending from the time the patient enters the hospital to the time he/she exits our gates.

If the visible components may be likened to hands and eyes of the human body, the administrative offices are the equivalent of the central nervous system. When all is well, they are not noticed. At other times, their presence is brought to the fore. The administration of our Hospital is performed by a cluster of close-knit offices comprising the Director's Office, Deputy Director, General Superintendent's Office, Finance Officer, Personnel Office and the Nursing Superintendent's Office.

They are supported by all the service departments to ensure timely provision of medicines and surgical supplies, linen, counselling patients and their attendants, equipment purchase and maintenance, provision of food, waste disposal, continual power supply, uninterrupted water supply, housekeeping, security, human resource management, legal compliance, and so on.

There are tasks that are easy, there are tasks that are unpleasant; there are choices that are easy to make, there are decisions that are often tough to take. It's always a tight rope walk!

Mr. Innocent Xess and Mr. Jesse John

Inauguration of St. Stephen's Academy of Fashion Design and Handicraft

On 8th September 2009 the Director of St. Stephen's Hospital, Dr. Sudhir Joseph, and the General Manager of Crompton Greaves, Mr. Kane, brought a special gift to the youth and craftsmen of Sunder Nagari, when they inaugurated the St. Stephen's Academy of Fashion Design and Handicraft. The function was attended by the local leaders and community members of Sunder Nagari. The coordinator and chief designer of the Academy, Ms. Paramita Majumdar gave an impressive presentation at the inaugural function. Ms. Majumdar is a postgraduate designer from the top institute of fashion technology-NIFT. The centre is equipped with computers, LCD and the best of machines and instruments. The centre will provide very high quality training at a nominal fee to the local youth and craftsmen.

Dr. Amod Kumar
Head of Dept of Community Health
A Summer Camp was organised by St. Stephen's Hospital in Queen Mary's School, Tis Hazari, from 8th - 20th June 2009 for the children of the hospital employees. The camp was inaugurated on 8th June 2009 by Dr. Sudhir Joseph, Director of our hospital.

Classes were divided according to age groups. A morning assembly with Praise and Worship marked the beginning of each day. Transport was also provided for the children to reach school. Classes on various subjects were conducted. Art and Craft classes included stick-puppet making, toy making, flower-making and face-mask making. These activities boosted the children's creative thinking. Music and dance classes were also conducted. Breakfast and lunch were provided daily. The children were also taken for a picnic to National Science Museum at Pragati Maidan on 16th June 2009. Here, the children had a fun-filled time blended with the educational experience. 15th June was a much-awaited day for the kids as it was the day for cultural competitions that included fancy dress and dances. On 17th June, Sports Day was organised. A pottery class was arranged on 18th June and the children had hands-on experience in clay pot making. The closing of the camp on 20th June 2009 had a cultural programme by the kids and distribution of prizes. Mrs. Neelam Kapoor, Principal of Queen Mary's School, graced the function as the Chief Guest. T- Shirts and caps were also given to all the kids. Special gifts to the kids with 100% attendance was introduced from this year.

We would like to extend our heartfelt gratitude to Mrs. Kapoor for allowing us to use the school premises for the Summer Camp. A special word of thanks to our honourable Director also, who generously provided all the facilities for the camp and ensured that the kids did not lack anything. Special attention to the children’s meals, like selection of appropriate food items, was given by him personally. The Summer camp has been a wonderful experience for each child who attended.

A surgical team led by Dr. Sudhir Joseph, Head of Surgery Department and Director of St. Stephen's Hospital conducted a study between 2007-2008 on Safe Surgery, based on the World Health Organization (WHO) 24-point checklist to prevent surgery-related complications. WHO's 'Safe Surgery Saves Lives' initiative includes measures to improve anaesthetic safety, avoid infections and improve communication among members of surgical teams. It aims to reduce the rate of surgical complications when appropriately followed.

It has been estimated that 234 million surgical procedures are conducted annually across the globe. 1 in 25 people undergo surgery every year. 7 million patients undergoing surgery have major complications and 1 million die each year as a result of surgical complications. Studies suggest that approximately half of these complications may be preventable. (Source: The Lancet June 25, 2008)

Therefore, the use of this checklist is imperative and has been utilized in hospitals in other places like London, Toronto, Manila, Jordan, Tanzania, Seattle and Auckland as part of the study. This study conducted in our hospital was highly appreciated by WHO and the considerable effort of the surgery department was evident. Careful monitoring of the patient before, during, and after surgery, keeps many of the potential complications at bay and health care workers need to be sensitive to these important details.
Welcome

Dr. Mark Miller, Family Medicine
Dr. Md. Shamim Akhtar, Resp. Pulm. Medicine
Dr. Gurjeet Singh Gulati, Gastroenterology
Dr. Sameer Gulati, Medicine
Dr. Rohan Sinha, Neurosurgery
Dr. Rahul Grover, Nephrology
Dr. Raghavendra Gupta, Neurosurgery
Dr. Sukhvinder Singh, Cardiology
Dr. Parag Gupta, Urology

A warm welcome to all the staff members who have joined the College of Nursing and the nursing services, the technical staff in various areas of our hospital and staff in administration departments. A very warm welcome also to the many students who have joined us for DNB training, those in the College of Nursing and in Allied Health Training Programs.

Wedding Bells

Mr. Kundan Singh with Priyanka
Dr. Aditya Lyall with Amandeep
Ms. Jiby K Matthew with Kurian C Chacko
Ms. Nisha Abraham with Cherian P Oommen
Ms. Rajinol T J with Bijo
Ms. Sheela Joseph with Shinto
Ms. Viji Thachchen with Lovin
Ms. Divya Varghese with Liju
Ms. Anitha Lekose with Bijo Simon
Ms. Deepika Mish with Deepak
Ms. Dim John with Joby

Retired

Mrs. Leelamma Mathew, Medical Social Worker - retired on 30/06/2009 after 9 years of meritorious service in our hospital.

Sister Veena Lee, served with commitment in the nursing department for 31 years, before retiring on 31/07/09. At the time of retirement, she was in charge of the CSSD department.

Mr. Aman Singh, Security guard, retired on 30/06/2009 after 20 years of dedicated service in the hospital.

We wish them all the very best in the years to come.

Condolence

Mr. Inderpal, Housekeeping, passed away on 13/07/2009 after serving the institution for 30 long years. May his soul rest in peace.

Lamp Lighting: A Tradition Worth Passing On

Lamp lighting for the 2008 batch of 1st year student nurses, both General Nursing and B.Sc. (Hons) Nursing, was held on 5th May 2009 in our Conference Hall. Dr. Huq M. Muzaherul (WHO) was the chief guest and Dr. Shariqin Yunus (WHO) was the guest of honour. While appreciating the beauty of the scene ceremony, the guests emphasized the need for quality care especially in prevention of communicable diseases. They also appreciated the different roles of nurses in various health care settings.

Prizes were awarded to the meritorious students. This year a prestigious rolling trophy was initiated for the 'All Round Best Student' and it was awarded to Ms. Shilpa Davis. The 101st Lamp lighting function of St Stephens Hospital for the GNM first years was also the first one for B.Sc. (Hons) 2008 Batch.

Summer Concert

The 9th Summer concert was presented by the Hospital Choir on the 22nd of August 2009. The concert featured 20 songs, which included popular and traditional hymns. The choir was accompanied by Mr. Pandiaraj on the organ, Father Francis on the violin, Mr. Vinu on the drums and Mr. Tontang Koshel on the guitar. Dr. Sudhir Joseph directed the 55 member choir. The evening of glorious music was appreciated by a packed audience.

Allied Health Professional Degree Programmes

Our allied health professional degree courses are being started with a view to utilize the enormous wealth of clinical material provided by our patients, state-of-the-art medical equipment and facilities, to train young men and women as professionals in the field of healthcare. At present we offer training programmes in 4 disciplines through the Indira Gandhi National Open University (IGNOU).

In all humility we can claim that our students will receive rich benefits by joining our training programmes. It is our hope that those who get trained here may achieve not only professional competence but also imbibe the attitude of caring for the sick and the suffering, with compassion. The list of courses offered in our hospital is as follows:

1. Bachelor/BSc. in Medical Imaging Technology (BMIT)
2. Bachelor/BSc. in Optometry & Orthoptic Techniques (BSc Hot)
3. Bachelor/BSc. in Anaesthesia & Critical Care Technology (BACT)
4. Bachelor/BSc. in Medical Records Science & Health Information Management (BMRScHIM)

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Published by: The Director, Dr. Sudhir Joseph for St. Stephen's Hospital, Delhi.