From the Director’s Desk

The curtain is dropping on an extremely tumultuous year, for the world, our country and our community. Global recession has claimed many jobs and threatened many livelihoods. Many of us believed that India with its infrastructural strength would be safe from such global problems but we have been proved wrong. Our country has also faced mindless terror as well as natural disasters such as the Bihar floods. Our community has had to contend with the equally mindless ‘ethnic cleansing’ in Orissa and attacks in many other states. The effect of each of these events has meant that the world we knew has changed, and not for the better. The general mood has been one of despondency with the pundits predicting of worse to come.

It is in this very gloomy situation that the relevance of Christmas is so significant. We are reminded that the vastness of our God’s love for us is beyond our comprehension. Christ came to live among us to dispel the darkness. Christmas is God’s way of reminding us that, no matter how great our distress, He is there always to support us and we are never alone. With His strength we are certain to overcome the present difficulties and challenges and emerge into a brighter future. Let us raise a great Hallelujah to our Lord whose promises never fail.

Dr Sudhir Joseph
Director

Wishing all of you a very prayerful and blessed Christmas and a wonderful and bright New Year!

Sr. ALICE WILKINSON AWARD FUNCTION

A pioneer in the field of health education training in India, Miss Alice Wilkinson, was instrumental in establishing the School of Nursing at St. Stephen’s Hospital. She served St. Stephen’s Hospital from 1908 to 1938 and was also the President of the Trained Nurses’ Association of India. Among her many contributions, the book titled “A Brief History of Nursing in India and Pakistan” (1958), is an important reference even today.

The first Sr. Alice Wilkinson award was conferred upon Dr. Margaret Dean on 14th November 2008 considering her immense contribution to the nursing profession. Dr. Dean’s message to young nurses was to work hard without seeking reward. She said God gives rewards in His own time as can be seen from her life.

INSTALLATION OF LIQUID OXYGEN PLANT AND SOLAR WATER HEATING SYSTEMS

Our hospital acquired a medical liquid oxygen plant and solar water heating systems which were inaugurated on 11th October 2008 by our Director Dr. Sudhir Joseph. The advantages of the oxygen plant are many. To name a few, are its simplicity in operation and safety, as compared to high pressure cylinders. It holds a large volume of gas and provides approximately 14 days stock as against 1 day with cylinders. It also allows for minimal cylinder handling which also protects everyone from noise pollution.

As natural resources get depleted over time, solar energy which is non-polluting, perpetual, abundant and renewable is the answer for the needs of the future. In compliance, St. Stephen’s Hospital installed solar water heating system for the Dietary and Laundry departments. This system will provide 8000 litres of hot water per day. This is in keeping with commitment of the institution towards a greener environment.
**A COMMON FINDING TO BE LOOKED FOR**

Following case of right temporo-parietal infarct in an elderly lady (72 years)

**FINDINGS** -

T1 and Diffusion weighted images revealed a hypointense focus in the previously infarcted encephalomalatic (glotic) region of right temporo-parietal lobe. This, on corresponding GRE images are consistent with blood degradation products (intra-cellular methemoglobin) and thereby suggestive of subacute stage of hemorrhagic transformation of chronic infarct.

Common causes of hemorrhagic transformation of infarct:
- Break through bleeding
- Laminar necrosis
- Venous infarcts

**Dr. Nittin. R. Parkhe, Dr. Rajeev Sethi**

**THE PHARMACY MANAGEMENT COURSE**

The 31st All India Management course for the working Hospital Pharmacist was organized by Indian Hospital Pharmacist Association (IHPA) in St. Stephen's Hospital, Delhi from 13th to 17th of October 2008, under the leadership of the course director Mr. A. K. Adhikari, Chief Pharmacist of the Hospital.

35 delegates from all over the country participated in the workshop. 5 postgraduate and 60 D. Pharm students of Delhi University along with 60 nursing staff and students of St. Stephen's Hospital also attended lectures of their choice.

Dr. Prakash Khanduri, Prof. Emeritus and Dr. T. K. Cherian, Obs & Gynae Dept. of our hospital were invited as Chief Guest and Guest of Honor respectively. About 25 eminent speakers from different fields were invited for the week long refresher course. The course was framed to help upgrade the managerial skills as well refreshing the knowledge with latest development in the field of Pharmacy which is a very rapid changing and fast growing area of science and economy of the world.

**MANAGEMENT TECHNIQUES IN NURSING**

Nurses League of the Christian Medical Association of India in collaboration with St. Stephen's Hospital organized a workshop on 'Management techniques in Nursing' from 24th to 29th November 2008. Four senior nursing sisters from AIIMS along with 14 staff nurses and 4 Ward Sisters from St. Stephen's Hospital participated in the programme. Few external lecturers along with the in-house resource people enlightened the group. Many participants felt that this was the first phase in building juniors to shoulder responsibility and utilizing them in the development of the nursing team of St. Stephen's Hospital. All the participants were awarded certificates at the end of the workshop.

**PALLIATIVE CARE AT SSH**

Over the last few decades, Palliative Care medicine has managed to acquire vastly improved skills in patient management.

Skills in communications, symptom management and emotional support can be of immense use to clinicians from most specialties. General practitioners of our country, unlike the western world, have not started taking advantage of this knowledge base. Few examples of this can easily prove the point.

Pain - probably is the oldest symptom faced by primitive man and there has been sufficient time from the dawn of health care to conquer it. Even today pain remains a major public health problem though its causes are clear, pathophysiology is understood in detail, the way it thrives in poverty and disadvantaged group is known and the public can be educated about it. Palliative care now boasts of the largest database on the use of opioids including oral morphine, its effects and side effects. WHO analgesic ladder is able to tackle about 90% of pains associated with chronic diseases. Use of co-analgesics like anticonvulsants, antidepressants, anti-arrhythmics, have brought a revolution in the management of neuropathic pain.

The management of inoperable intestinal obstruction with the use of anticholinergics, anti-emetics and analgesics has been established in the practice of palliative care practice. Antipsychotics like Haloperidol and Olanzapine are used in palliative care for intractable nausea with chemotherapy with exceptionally good results.

Contrary to the popular opinion, palliative care has unequivocal data to prove that the judicious use of morphine does not cause respiratory depression but relieves the distressing symptom of breathlessness in the terminally ill.

Doctor - Patient communication is an important aspect which when handled inefficiently has been the cause of medical litigations. Most of the doctors are uncomfortable when it comes to breaking bad news to the patient. Palliative care has developed a good module for breaking bad news. Every health professional should be prepared to learn these techniques and acquire the necessary communication skills.

70% of the cancer patients live in the developing world and are diagnosed only when the disease is far advanced. Pain management and palliative care of such magnitude demands participation of all health professionals in its management.

Rev. John Lunn, Consultant in Palliative care at CMC Vellore, comes from USA and spent a month in St. Stephen's Hospital from 5th October to 2nd November teaching these important 'End-of-Life' issues for the staff actively involved in palliative care. Participants included 40 doctors and 140 nursing staff. Intensive care staff and doctors had special sessions. There was a unique workshop conducted for CNI pastors who actively participated and shared their experiences in dealing with terminally ill patients who benefited under their pastoral care. This full day workshop proved to be a boon for many who had previously not been exposed to this specialty.
The Hospital observed its Foundation day by organising the annual Talent Nite cultural programme on the 25th of October 2008. Ms. Shobhana, a film and TV artiste, was the Chief Guest. The Chairman, Rt. Revd. Sunil K. Singh also attended the function.

The programme was preceded by sports competitions in September and October. Long Jump and Women's Cricket were introduced this year. The Athletics day, which features the Seniors' events was a big draw for the students and staff. This year, Savitri House won the rolling trophy for sports.
A GREAT LOSS

Dr. V. A. Poonoose, Emeritus Professor of Anesthesia passed away on 10th Sept. 2008 after serving the institution for 9 years. His tremendous contribution towards education is highly appreciated by the institution.

WELCOME

Dr. Baswarup Sen, Jr. Specialist, Orthopaedics
Dr. A.K. Bangroo, Senior Specialist, Paeds. Surgery
Dr. Sachin Nayyar, Jr. Specialist, Cardiology
Dr. Pranay Bhanush, C.M.O., Casualty
Dr. S. Bhaskar, Specialist, Neurosurgery
Dr. Santhi Panda, Specialist, Neurology
Dr. Namita Sharma, Jr. Specialist, Medicine
Dr. Anil Kumar Sharma, Jr. Specialist, Anesthesia
Dr. Hitesh Kumar Arora, Jr. Specialist, Medicine
Dr. Kapil Sharma, Jr. Specialist, Medicine
Dr. Ajay Mehta, Jr. Specialist, Medicine
Dr. Manish Dalwani, Jr. Specialist, Orthopedics
Dr. Amit Kumar Jaiswal, Jr. Specialist, Medicine
Dr. O.L. S. Kanguly, Sr. Consultant Retainer, Anesthesia
Dr. Bipul Jain, Jr. Specialist, Microbiology
Ms. Sibi Thomas, Speech Therapist, ENT
Ms. Aruna Massey, PHN, Community Health Dept. Nand Nagar
Ms. Ramona Singh, Asstt. Personnel Officer
Ms. Enid Habil, Sr. Dietician, Dietary
Mr. Morrison Masili, Catering Supervisor, Dietary
Mr. Sandeep Mathayas, Catering Supervisor, Dietary
Mr. Bijumon, P. Accounts Asstt., Accounts Dept.
Mr. Jacob Kurien, Supervisor, Rehabilitation Medicine

PROMOTED

Dr. Neilemto Nelly as Junior Specialist, Surgery
Mr. Jayant Prasad as Material Management Purchase Officer

WEDDING BELLS!

Ms. Samyolmol, J. Feba with Mr. Prashant
Ms. Julie Abraham with Mr. Jiju mon
Ms. Smitha James with Mr. Giju
Ms. Kiran with Mr. Prem
Ms. Gladice with Mr. Ajay
Ms. Minimol with Mr. Dilson
Ms. Aleyamma Thomas with Mr. Mathew
Ms. Dayana with Mr. Biju

RETIRED

Mrs. Josephine David, Ward Sister, retired on 30th Nov. 2008 after 13 years of meritorious service in the hospital.
We wish her a happy retired life!

SOLIDARITY FROM OUR STAFF

St. Stephen’s Hospital staff contributed generously towards relief programmes organised to help those affected by floods in Bihar during the monsoon of 2008.

Our hospital staff also expressed solidarity with the victims of violence in Orissa. While condemning such violence, our staff wore black ribbons to work.

Editorial Team: Dr. Nittin, R. Parkhe, Ms. Feba Geeverghese, Ms. Bernice Andrew
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CHRISTMAS CONCERT

The annual Christmas concert was presented by the Hospital choir on the 10th of December 2008. The concert featured 18 songs which included modern anthems, arrangements of carols and traditional carols. The choir was accompanied by Mr. Pandiaraj on the organ, Father Francis on the violin and Mr. Vinu who played drums on the keyboard. Dr. Sudhir Joseph directed the 84 member choir. The Chairman, Rt. Revd. Sumil Kumar Singh gave the Christmas message. A packed audience appreciated the evening of music.

AHP GRADUATION 2008

The graduation ceremony of the AHP students of 2006-2008 batch took place on the 28th of November 2008. The Chief Guest for the evening was Dr. Abraham Thomas, Director of CMC Ludhiana. Mr. Berry, C.M.A.I. also attended the function. The graduates were awarded trophies for fine performance in their respective departments and the students who excelled were given gifts. The freshers presented a delightful programme for their outgoing seniors. The Chief Guest and Director imparted words of wisdom to the graduates as they step out of the hospital and into the world to start their careers in various fields.

THANK YOU!

St. Stephen’s Hospital is extremely grateful to all those who have contributed towards supporting our work. We thank you for your generosity. If you wish to continue supporting us, kindly do so. All contributions are tax-rebatable. Kindly fill your details in the space provided below. Cut the slip and mail us at the hospital address - St. Stephen’s Hospital, Tis Hazari, Delhi-110401, India. You will be mailed a receipt for the contribution made.

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