From the Director’s Desk

St. Stephen’s Hospital has been awarded the 'National Board of Examinations Award for Excellence in Medical Education'. This is a tremendous achievement of which we are justifiably proud. Post Graduate (DNB) training in St. Stephen’s Hospital began in 1990 and I count myself part of the First Batch as I joined the faculty of this institution just a few months before the training began! Those were early days when we had to implement changes in our functioning to accommodate time for teaching. One thing was certain from the beginning - we would offer the best of everything to our students, the best of theoretical teaching, clinical material, hands on training, skills development and medical literature.

Over the years the number of post graduate training departments increased, the number of students in each department also grew, but our quest and commitment for excellence remained. Gradually our own skills evolved and today our combined efforts have been recognized.

I believe our highly successful Post Graduate training programme is the result of all that St. Stephen's has stood for ever since its inception. We were among the earliest to start nursing training in this city and have completed over a 'century' in this field. We also started AHP training and, over the years, have developed more innovative courses. We are today aspiring to become a Medical College. The secret of our success lies in our commitment to provide compassionate and excellent care to our patients. To do so we have to develop the best possible team, a team which has the latest knowledge and skills. Therefore, training is not a choice, it is an imperative.

Congratulations to all our dedicated teachers and our committed students on this achievement. You have collectively raised the banner of St. Stephen's very high. Let us not rest on our laurels but remain focused on our combined journey of learning. The Institution salutes you.

Dr Sudhir Joseph
Director

National Award for Excellence in Medical Education

2014 is a golden year in the history of St. Stephen’s hospital, an institution involved in training of medical professionals for over a century. This year we have been awarded the prestigious 'Excellence in Post Graduate Teaching and Assessment Award' by National Board of Examinations for the high quality of post-graduate training imparted to DNB students for the last 24 years. The selection for this award was from around 700 public and private medical institutions of the country running DNB program. Congratulations to every member of St. Stephen’s family who is involved in the training of DNB residents! At this glorious moment, we acknowledge the efforts of hundreds of senior medical professionals who chose to be part of our charitable organization, leaving aside more lucrative pastures elsewhere. Thousands of young doctors who successfully utilized the good training environment of our institution need special appreciation. Also we express our highest gratitude to several lakhs of patients who have permitted us to use the excellent 'clinical material' in them for training our doctors. It is this complementary blend of good medical teachers, hardworking students and excellent clinical material

Dr Sudhir Joseph receiving the award for St. Stephen’s Hospital which helped us to rise to the status of a centre of excellence in post graduate medical education.

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DNB training at St. Stephen's hospital was started in 1990 with trainees in major broad specialties like General Medicine, General Surgery, Obstetrics & Gynaecology, Pediatrics, Anesthesia & Orthopedics. Over the years, our DNB training program has expanded to include 14 broad specialties and one superspecialty (Neurosurgery) courses. Our Department of Laboratory services has also been recognized by National Board of Examinations for 'Fellowship Programme in Laboratory Medicine'. Currently, we have approx. 130 post graduate medical students in our rolls - a number that is attained by only 2-3 DNB institutions in the country. In fact our post graduate student load surpasses the number of MD/MS postgraduate students in many medical colleges in the country.

We have proved our excellence in post graduate medical education not only in numbers but also in the training outcome. Our track record of more than 90% pass rate among the DNB candidates who took the final examination during the last 20 years, is the highest in the country. The national appeal of our institution is clearly reflected in DNB entrance counseling - our DNB seats are filled by students from across the country within the first week of counseling.

Though not a medical college, St. Stephen's hospital contributes substantially to provide adequately trained post graduate doctors to the country. This input is of high relevance when the country is facing a shortage of trained specialists. As per the statistics of Planning Commission of India 2008, there is deficiency of 6 lakhs doctors and our country needs many more medical specialists in all areas. As an impact of this report, there is a mad rush to fill in this manpower gap, resulting in mushrooming of several public and private medical training institutions without adequate training facilities. The end result of this recent phenomenon is the release of 'half baked doctors' to the community which is definitely 'injurious' to the health of the society. Another flip side of this trend is that, many of these training centers function as commercial units to manufacture doctors in mass scale. The doctors coming out of these institutions look at medical profession as yet another commercial venture, which in turn will have deleterious implications to the society. It is in this context, we should look at the relevance of institutions like St. Stephen's hospital in the field of medical education, where the stress is on good quality, ethical medical practice.

From training at Stephen's, we expect and aim for our students to achieve something above a medical degree. A DNB degree alone will not to provide all the requirements that society demands from a specialist doctor. Good communication skills, punctuality & to treat patients with a compassionate & ethical attitude are the mandatory components for any form of medical training and at Stephen's we try to enforce these in our DNB training too. Our trainees derive good management experience from the traditional 'ward rounds' with the entire treating team focusing on holistic treatment.

Practice of modern medicine requires high level of collaboration with nursing staff, pharmacists and other allied healthcare professionals. The concept of a 'team' in providing patient care is always stressed in our training programme. It is gratifying to hear from our alumni that these extra academic components of training make St. Stephen’s - 'a hospital with a difference', when they visit us after being employed elsewhere.

**Views from Our Students**

A new city, a new work place, new people and most of all a new label of an ENT surgeon. The number of times the word 'new' rang in my ears was inducing a vertigo! The very first day I entered the world of St. Stephen's, I was overwhelmed by the sheer size of this institute, getting lost a million times within an hour! Fortunately the friendly staff came to my rescue. Two months later I was more oriented with the anatomy of the place, though still wishing there was a GPS map for it! The department of ENT was more like a family- close knit, synchronized and compassionate. Though it dealt with the tiniest orifices in the human body on the face of it, the big picture was quite the contrary! I realized one should know almost everything from head to toe to be able to treat a disease of ear, nose, or throat holistically. Seemingly trivial problems might turn out to be life threatening, while something that seems major might just require a humble pill. Every time a light is shone into the dungeons of the ear, nose or mouth a whole new treasure of findings is revealed. The thrill of the mystery unfolding in front of my eyes sure is no less than an adrenaline rush! Two months as a Stephenian had indeed brought about a metaplasia in the way I worked, thought and dealt with patients. Here I learnt that putting the patient first matters the most. No treatment makes sense unless it is the best possible treatment. And most of all I learnt that 'being all ears' is the only way to learn. The journey so far has been intriguing, but it does seem like 'nosing around' the mysterious alleys of the human body at St. Stephen’s. I am sure I will remain equally intrigued for a long time to come.

**Dr. Neethi Narayana**

*DNB Otolaryngology*
It's been approximately eight months since I entered the portals of this great teaching institute (may seem like an exaggeration at this point but read further and you will yourself believe!) to nurture and furnish my dream of becoming a good doctor and more so of becoming a better human being. Today when I look back at this span of my post graduate training in Anesthesiology, I can confidently say that the decision to join St. Stephen's Hospital has been one of my best decisions because, I honestly feel that the institute has drawn a perfect career map, analogous to GPS navigation, to enable me to move in the desired direction to fulfill my dream. This hospital- cum- teaching institute helps you develop not only on the professional front but also on a philanthropic front, catering to the needs of its various patients as well as the staff and students. What more could a newbie postgraduate trainee ask for?

The department of Anesthesiology itself, including the infrastructure, experience and expert guidance of all the faculty members and seniors here is above par. I have many friends studying at various medical colleges all over India and whenever I tell them about this place, the facilities and teaching, they sometimes do feel jealous.

If I am asked one thing which gives this place a distinct edge over the others, it is the 'HANDS ON' experience (as we say in medical terminology - freedom to do work), which is exceptional over here. The amount of faith our seniors have put in us from the very beginning is truly amazing. I feel this sort of trust placed on us compels us to give our best in return. Regarding the theoretical aspect, there has been a well set curriculum made for us from the very beginning with regular classes throughout the year with specific days for theory topics, case presentation and journal club. We also get ample exposure in the critical care setting, with two months posting every year in the ICU.

Things don't end here. There are lectures on basic sciences such as microbiology & pathology which are like refresher courses in subjects learned long ago during our undergraduate years. Special training sessions on cardiopulmonary resuscitation, mock drills on disaster management, handling of emergency situations & waste management are on offer here, unlike at many other teaching hospitals. Clinical and mortality meetings take place throughout the year and give us an insight into the clinical scenario of different departments of the hospital.

It's usually said that a library is the 'temple' of any teaching institute. I truly agree with this and on this front also, St. Stephen's hospital doesn't lag behind, providing its doctors the latest editions of standard textbooks, latest national and international indexed journals and also connects to the journals of pioneer institutes like CMC Vellore.

You may feel that this is an extremely monotonous schedule to be followed throughout the year, I would say 'NO' because this institute also organizes a talent fest for its students & staff to showcase their talents in the field of dancing, acting, singing etc. There are also games and sports tournaments which allow us to get a well-deserved break from the routine work. If you the reader had the patience of going through this excerpt of mine until now, you would definitely sense that I feel proud to be part of this prestigious institution which has recently been recognized and awarded the best DNB teaching institute of India by none other than the National Board of Examinations (the certified body of the Ministry of Health and Family Welfare of India to impart postgraduate training). Even countries like U.K, recognize the quality of training DNB candidates get over here in India.

Lastly I would say that 'Achievers always succeed and the rest only plead'....

And St. Stephen's hospital has always been an achiever... I am indeed proud to be a STEPHANIAN and would remain one for life now.

Dr. Raghav Gupta
DNB Anaesthesiology

**Wielding the Scalpel**

22 sleepless hours, 2 laparotomies, and 6 admissions later, I was being hauled by the HOD for not putting the "Urea Cycle" on our classroom blackboard (rather white-board). "If you had time for breakfast, you also had time to study 'Urea Cycle'!" he said, in the most matter of fact tones that I'd ever heard. "Good God! Ragging all over again???" First month in surgery and already the remaining 35 looked so long.

I hung my head as if on trial. He (my HOD) thought... sighed... nodded... and said 'Hmmmph OK'. My senior beside me nudged me. That was the signal. The dreaded morning meet was over. All residents emerged out as if from some I'll-hang-my-head-lower-than-others competition. What seemed to be an acknowledgement of a collective failure, I later learnt, was just a clever trick to not look up, lest the Urea Cycle is recycled to you. Then came time for the daily free in-house entertainment for the patients and ward-sisters: - the ward rounds; compliments and courtesy, the Attending Consultant (AC) and the terrified 1st year resident. I still remember that question. "Does he have a girlfriend?" my AC asked no-one in particular, after grueling me for 1 hour over 4 patients. "What's that got to do with this bloke's NG output being high?" I wondered. 'Hehe...No Sir...' grinned the SR who till now was surreptitiously trying to glean from the file as to why the NG was put in the first place!

"You know little about the patient, even lesser about Surgery and don't even have a girlfriend! What the hell do you do with your time?" remarked the AC. I was tempted to ask if I did
somehow manage to make one, shall my round mistakes be overlooked. But better sense prevailed and I kept on doing what I had been doing well since the morning - hung my head. "Anyway...go to the OT". I was dismissed.

And then with the bravado of a squeamish rodent entering a lion’s den I entered the OT. Thereafter, time just flew. Three years, countless sleepless hours, and laparotomies and admissions later I realize, almost reverentially, that before giving me a scalpel, they were giving me the ability. Excuses are not acceptable. Raise your competence so that you have to offer none. "Bhaiya didn’t come...Bua didn’t go...Sister didn’t see...Patient didn’t tell; are no reasons. The patient should not suffer due to your inadequacy is the only tenet - nothing else matters. Manage and prioritize - not just casualty, wards and OT, but also your studies. Learn from the patient. Be compassionate to him and respectful to his tissues. Be attentive to every detail. And do all that with efficiency. YOU are the resident and the patient is yours. The buck starts and stops with YOU.

At the end of three years all this is grilled even into your subconsciousness. Learning Surgery and much more, by people who led by example, is beyond being measured by words or being repaid by gratitude. No examination system can gauge this learning and thereby none can be a comment on the training that is imparted.

I never did learn the Urea Cycle. But I did learn, that the exam and the degree just grant the license; where Stephen’s has already granted the ability, skill and the worthiness.

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**Summer Camp 2014**

The summer camp, an annual activity of our hospital, was organized from 19th - 31st May 2014 at the hospital premises. The mornings started with resounding Praise & Worship sessions followed by a sumptuous breakfast. The day progressed with activities that included art & craft work, running around, being naughty, enjoying an unending supply of cold drink, singing, dancing and so much more. Picnic to ‘Parle’ Biscuit factory, pottery, movie show, sports and cultural competitions were important features of the Camp. T-shirts, caps, prizes and certificates of sports, cultural activities & attendance, as well as, a special gift for 100% attendance in the Camp were distributed during the Valedictory function.

**Welcome**

Dr. Sachin Suresh Babu, H.O.D., Neurology
Dr. Rakesh Sharma, Consultant, Anesthesia & Critical Care
Dr. Rupali P. Shivalkar, Consultant, Psychiatry
Dr. P. Venugopal, Consultant Cardiothoracic Surgeon,
SSHHCF Gurgaon
Dr. Amit Mittal, Jr. Specialist, Medicine (Gastroenterology)
Dr. Dholika Dhangra, Jr. Specialist, Pediatrics, SSHHCF, Gurgaon
Dr. Vinita D. Monty, Specialist, SSHHCF, Gurgaon
Dr. Neelam Dhamija, Jr. Specialist, Obstetrics & Gynaecology
Dr. Navjeet Singh Ahulwalia, H.O.D., Cardiology
Ms. Pansi Singh, Senior Ward Sister, Nursing

We welcome all the other staff members who have joined the various departments and the St. Stephen’s family.

**ERRATA**

The designation of Lt. Gen. Shahi was incorrectly printed as Maj. Gen Shahi. He held the rank of the highest serving officer of the Indian Army Medical Corps.

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**Nurses Day Celebrations 2014**

International Nurses Day was celebrated by the Students Nurses Association (SNA) of our College of Nursing and Trained Nurses Association (TNA) of our hospital on 12th and 13th May 2014 respectively in the Conference Hall based on the theme ‘Nurses: A Force for Change – A vital resource for health’. During the TNA celebrations, Mr. P. Bapuji, Dy. N.S., was presented the ‘Nursing Excellence Award’ in recognition of his contribution to the nursing profession.

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**Summer Concert**

The 14th Summer Concert of the St. Stephen’s Hospital Choir was held on 5th & 6th September this year. The theme of this concert was 'Foundations of Faith'. The soul stirring music with meaningful lyrics not only left many hearts touched but also moved.

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**Obituary**

Mr. Samuel Raj Kumar Lee expired on 19th July 2014. He was a Counsellor who joined our institution in 1991 and served the hospital faithfully till the very end.

Mr. Kanwar Singh Rajput expired on the 5th September 2014, he was 5G senior laundry assistant. He joined the hospital in 1983. He will be missed.