Vision with LASIK

Are you tired of your glasses and contacts? You can now stop worrying and begin to feel more confident. St Stephen’s Hospital is offering a helping hand. Walk into the eye department for assessment and advice on fitness for LASIK, one of the newest procedures to correct vision problems on your expressive eyes.

LASIK, or “laser assisted in situ keratomileusis”, is the most commonly performed refractive surgery. LASIK has advantages over other procedures, including a relative lack of pain afterward and the fact that good vision is achieved almost immediately.

An instrument called a microkeratome is used in LASIK eye surgery to create a thin, circular flap in the cornea. The surgeon folds the flap back out of the way, then removes some corneal tissue underneath using an Excimer laser. The Excimer laser uses a cool ultraviolet light beam to precisely remove (“ablate”) very thin bits of tissue from the cornea to reshape it. When the cornea is reshaped in the right way, it works better to focus light into the eye and onto the retina, providing clearer vision than before. The flap is then laid back in place, covering the area where the corneal tissue was removed.

“Custom LASIK” or “Wavefront LASIK” uses WaveScan technology to measure imperfections in your eye 25 times more precisely than standard methods and produces a detailed map of your eye - as unique as your fingerprint. 20/20 is the current standard for excellence in vision. But, with this procedure, individuals have the potential to see even better than 20/20.

The added advantages are better contrast sensitivity and a more comfortable night vision. Monovision, that is, correcting one eye for distance vision and the other eye for near vision is the option available for presbyopes.

What Are You Waiting for?!
It is the time of the year when many new staff members and students enter the hallowed grounds of St. Stephen’s Hospital and take up their new posts. The word ‘hallowed’ is not used loosely here. This hospital has served the medical needs of a city, no less than the Capital of India for over a century, longer than any other hospital in this vast metropolis. Surely it must have done a good job, as the Government of India declared it a ‘Heritage Institution’ some years ago and had a postage stamp released in this honour with a picture of this hospital.

All of us, try to deal with the immensity of human grief brought about by sickness or death, in as humane a way as possible. How many of us pursue perfection in our work-life and then push that level to excellence? Very few ever achieve such standards for themselves. Can it be done? The answer is a resounding ‘YES’. The human spirit can achieve anything - all that is required is a goal and the stubborn persistence and relentless courage to follow that goal.

How vital has communication become in our lives today! Still, when it comes to a matter of a serious illness, patient’s families are often heard saying that no one has bothered to communicate with them in the hospital. Let us inculcate this habit for we are dealing with human lives. A family with a sick one is in no mood for being treated light-heartedly. Most patients are reasonable and sensible; they will be immensely reassured if they are given an outline of the plan of action of their investigations, treatment and the costs that may be involved.

There is no place for arrogant or high-handed behaviour. Remember that arrogance is a sign of immaturity. An experienced ward sister knows a great deal more about the running of a ward than most fresh medical recruits. A wise person would learn from the experience of more senior members of the team and may even find a mentor from amongst them.

It takes a wise person to introspect. Brilliance is only the first step. Achieving perfection in each task we complete is worth striving for. It gives a great deal of self-satisfaction. Then comes the hard part of pushing the limits to excellence. This takes courage that any battle demands. Do we have it in us?

We are handed the legacy of a very old and reputed hospital that demands service with love and always before self. Do we have shoulders strong enough to carry this legacy forwards?

Dr Nittin R Parkhe
Senior Consultant, Radiology

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“We are the sum total of our childhood” -Freud

If we wish our children to be good human beings, we need to be good parents and to be good parents we need to discover ourselves. Parenting is not only a caring process but a creative one too. Remember it is also an ongoing and a dynamic process.

Parenting has to start with unconditional love. We love our children irrespective of what they are. Our child may not be academically brilliant or a good sports person but will always be the “apple of our eye”. There cannot be any expectation, condition or manipulation in love but that does not mean that we do not set limits and discipline our child at the right age. Discipline does not refer to being harsh and rigid. It is a process in which the child understands his limits and grows up to be a person who is sure of himself or herself and what he or she is doing.

If we want our child to be a good human being, we need to be good human beings ourselves. It doesn’t mean that on one hand we preach to them to be good and on the other hand we ourselves often display anger, speak lies or use abusive language. All our acts, gestures and behaviour are taken up by them.

‘Listening’ is an art, which as parents we should learn to practice. Listening implies attending to the feelings and emotions and really entering into the child’s world. It is a two way process.

Communication is an important tool in building up a meaningful relation with our child. It is not only important as to ‘what’ we communicate, but ‘how’ we communicate. It has to be done honestly and clearly. When things go wrong, focus on his behaviour and not on him. Instead of ‘you are a naughty boy for you have been talking bad’. It should be firmly said ‘talking bad is not good manners and should not be repeated’.

There are many such issues of parenting which we would like to discuss at the work shop on parenting being conducted in the first week of September in St Stephen’s Hospital.

Have fun and laugh with your children. Be real. Accept and love them. You’ll be a winner for sure!

Ms Sanjeeta Prasad
Clinical Psychologist

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If a man is called to be a street sweeper, he should sweep the streets even as Michelangelo painted, or Beethoven composed music. He should sweep streets so well that all the hosts of heaven and earth will pause and say, here lived a great street sweeper who did his job well.

Martin Luther King

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Summer Camp 2005
This annual event was held this year from 30th May to 11 June.

About a hundred children of the staff attended and enjoyed the two week long camp held in the hospital.
The ‘Power’ and the Glory

Yes, we all know that when the tube starts flickering or the fan is not working the electrical department comes into play. Maintenance and repair of over hundreds of bulbs, fans and electrical points is the job of the electrical department. That is not all. There is a lot more that the electrical maintenance department ensures!

In keeping with the increasing needs of power, the first electric sub-station was commissioned at St Stephen’s Hospital on the 6th of July, 1976. Power those days was received from DESU, now from North Delhi Power Ltd, at the two electric sub-stations of the hospital. This is then distributed via the four transformers to the various areas of the hospital. But what would happen if there is a power failure in the middle of a cardiac surgery? Or say in the ICU, or in the Casualty?

From a one member department till 1975 it has now grown to a 13 member department that functions round-the-clock settling complaints, putting up telephone lines and setting up electrical installations of new projects. The electrical department has set up the uninterrupted power supply - UPS and computer network connections to over 300 locations in the hospital.

All these areas require uninterrupted power supply. To ensure the same, electricity is supplied through four fully automatic generator sets within 15 seconds of a power failure. Special sound proofing has been done to the generator room to minimize noise pollution.

The department also ensures to provide uninterrupted supply of oxygen and nitrous oxide to operation theatres and other areas. No surgery that is to be done under general anaesthesia is possible without uninterrupted oxygen supply! They also maintain adequate stock of portable oxygen cylinders for use in the wards and other areas such as the casualty.

With a view to use power efficiently and safely all the hot plates kept in the wards were replaced with microwave ovens. Further all places where tubes or bulbs were to be fitted or replaced, Compact Fluorescent Lamps - CFLs are being used. This change brought in a substantial saving in the electricity bill last year! Further, a 520kVAR capacitor bank has been installed. This measures whether power has been used efficiently. This calculation is based on various factors. The ideal reading should be between 0.85 and 0.95. North Delhi Power Ltd checks this reading via the internet regularly. If the reading is found within limits we are awarded a 15 % rebate on that month’s electricity bill! If not, then we would be penalized! Till date we have never missed the mark! Hats off to the electrical team!

Regarding future proposal for conservation of energy the Head of the Electrical Department, Mr P Y Daniel had only one thing to add, ‘if each employee were to judiciously use electricity and turn off lights, fans and air-conditioners when not in use, there would be a substantial amount of energy conservation! Energy saved is energy generated.

Life Without Limbs

on the bed, brightly coloured clothes, normal looking at a casual half-glance, but one quickly notes the hump on her back, that her sitting posture is different - bent at hips and knees, with her weak, underdeveloped legs and club feet tucked awkwardly under her. She gives the appearance that she is head, neck, upper limbs, torso, little else, a bit like Humpty-Dumpty. She was not comfortable being photographed.

She was born that way, and has never had the use of her lower limbs. I ask to see her parents, so one can get further details, and discuss management options with them. She repeats firmly that she can do the discussing as her parents are both invalid and can not come to the hospital. I ask…… in that case, who looks after you? She replies…. Looks after me? I look after them!? In response to my disbelief, she explains…

I support myself on my knees, crawl around the house; I do all the cooking… everything is kept on the ground level for my convenience. I sweep and clean the house, design and stitch my own clothes. Once a month or so, I am carried out of the house, into a rickshaw or auto to visit relatives. Her cousin piped up…. She sings beautifully and keeps me in splits with her humour.

The routine consultation turned out to be a salutary lesson… there is life beyond a loss of limbs, there is an indestructible strength beyond the reach of physical disability. The indomitable courage of spirit rises beyond crippling medical diagnoses of spinal fusion anomalies, dislocated hips and knees or club feet deformity.

Dr Monica Thomas
Consultant, Neurology
Lamp Lighting Ceremony
Lamp Lighting Ceremony of 1st year Nursing Students 2004 batch was held on Saturday, the 18th of June, 2005 in the hospital. The occasion was graced by Dr Prakin Suchaxaya, Regional Advisor to Regional Director, Nursing and Midwifery (WHO).

International Nurses’ Day
International Nurses’ Day is celebrated around the world by all the nurses to remember ‘the lady with the lamp’, Ms Florence Nightingale. The theme this year was, “Nurses for patient safety: Targeting counterfeit and substandard medicines”. The auspicious occasion was celebrated by St Stephen’s Hospital on May 12, 2005.

Community Outreach
A workshop was organised on the 8th of June, ‘05 by the department of Community Health in Sunder Nagari to prepare a health agenda for east Delhi. The workshop was attended by many NGO’s, dignitaries of the Government and academicians in public health and social set up. The guest of honour was Mr Sandeep Dikshit, MLA East Delhi. The Community Health Department now reaches out to yet another rural community, village Ghusbeti in Meerut. Daily free clinic is held at the centre in the village. Mobile clinics are also made available in the village.

Post Graduate Degree in Cardiology
St Stephen’s Hospital is now recognised by the Diplomate of National Board for providing Post Graduate Degree in Cardiology. The hospital is already running degree courses in ten disciplines including Medicine, Surgery, Orthopaedics, Obstetrics and Gynaecology, Radiology, Anaesthesia, Paediatrics, Community Medicine, Family Medicine and Neuro Surgery. Cardiology is the eleventh discipline.

Welcome
Dr Upendra Kaul, Professor Emeritus, Cardiology
Dr Ajay Choudhary, Specialist, Neuro Surgery
Dr Aditya Kumar Gupta, Consultant, Neurology
Dr Punit Kumar Pruthi, Junior Specialist, Medicine
Dr Alok Kumar Jha, Specialist, Urology
Dr Shitij Bali, Specialist, Urology
Dr V S Gogia, Senior Specialist, Rehabilitation Medicine
Dr Daljit Singh, Sr Specialist, Anaesthesia
Dr Taru Garg, Dermatologist
Sr John Mary, Deputy Nursing Superintendent
To all DNB, Nursing and Allied Health Professional students

Retired
We thank the following staff for their many years of meritorious service. We wish you all a healthy and happy retired life!

Mr Sandeep Dikshit and Dr Mathew Varghese at the workshop

Concert
The hospital Choir presented a wonderful concert titled ‘Redeemed’ on the 27th of August, 05. The 40 member choir sang many traditional and modern compositions.

Congratulations!
All second year Allied Health Professional students have passed their final examinations conducted by CMAI/IMA. Congratulations to all! A special mention of Mr Vinu Thomas, student of Medical Record Technology and Ms Garima Sharma of Medical Laboratory Technology, both topped the results at the all India level. Wishing all of you the very best!

Hospital T-Shirts and audio CD’s titled ‘Favourite Hymns’ Volume 1 and 2 are available for sale.
For suggestions and contributions to the newsletter please contact the Public Relations Office.

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