

Global E-newsletter

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“ Joy Can Be Real
Only If People Look Upon
Their Life As Service, and have a
DEFINITE OBJECT IN LIFE
Outside Themselves And Their
PERSONAL HAPPINESS

”
- Leo Tolstoy



On June 2011, countries across the globe celebrated 'World Blood Donor's Day' with events to raise awareness about the need for safe blood and blood products. Also, to thank voluntary (unpaid) blood donors for their life-saving gift of blood. This year, celebrations aimed at highlighting the theme "More Blood, More Life", which reinforces the urgency for more people to step forward to donate blood regularly. The world needs more life-savers!

On this occasion let me draw your attention to some facts about blood donation:

- » Blood cannot be manufactured; it can only be made available from volunteer donors.
- » Adults have around 10 pints of blood in their body, of which you temporarily lose one pint when you donate blood.
- » One pint of blood can be used to save up to 3 lives.
- » People aged between 18 and 60 and who weigh more than 50kg can safely donate blood once every three months.
- » A healthy body replaces 1 pint of blood in 48 hours and recreates the red blood cells within a week.
- » Type O-negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.
- » Type AB-positive plasma can be transfused to patients of all other blood types. AB plasma is also usually in short supply.
- » Donating blood is a safe process. A sterile needle is used for each donor and then discarded.
- » It takes less than 10 to 12 minutes to donate blood. The

screening formalities at the blood bank may take longer. In all, the process may take just over an hour.

A lot of people don't know that donating blood also benefits the donor. Here's how:

- » Donating blood helps maintain iron content in blood.
- » When you donate, you lose excess cholesterol accumulated in your blood. Thus, you reduce the odds of your having a heart attack.
- » The act of donating blood reduces the blood cell count in the donors' body, which in turn stimulates bone marrow to produce new blood cells and refresh the system.
- » Blood donors are screened prior to being allowed to donate blood. That way, they keep track of their present health status for free, as the blood bank picks up the tab for the examination. Donor haemoglobin levels, blood pressure and body weight are checked. Blood is also examined for the presence of five diseases – hepatitis B, hepatitis C, syphilis, HIV/AIDS and malaria.

So, what are you waiting for? Call your nearest blood bank today. Save someone's life.

BUILD A BETTER
WORLD

GHRC News Updates



Celebration of "World Blood Donor's Day" 14th June 2011

A series of events marked the celebration of "World Donor's Day" at Global Hospital:

Helping others

The Rotary International Global Hospital Blood Bank at the Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road, organised a blood donation camp at the Central Reserved Police Force (CRPF) campus. Fifty two CRPF recruits enthusiastically donated blood. The blood bank has taken up the cause of voluntary blood donation on a war-footing. Last year, it organised 26 blood donation camps and collected 1741 units of blood. Among these was a mega blood donation drive co-organised with the Brahma Kumaris' Youth Wing at the Shantivan Complex, Abu Road. In all, 1008 youth members of the Brahma Kumaris voluntarily donated blood.

Raising awareness

A competition for the most creative rangoli (floor design) and poster and an elocution contest on the theme of blood donation was organised for the hospitals' GNM nursing students. All the enthusiastic participants got a gift as a token of appreciation for their participation. With this, we hope the students are better informed about blood donation.



Thanks-giving

On the eve of Blood Donors Day, 400 regular voluntary blood donors, who have made a remarkable contribution to the hospitals' blood bank, were felicitated for their humanitarian spirit. The occasion also aimed at spreading awareness about the role of voluntary blood donor's as partners of medical professionals in saving human life. Chief guest Chandan Singh Dewda, district chief, Sirohi, and other dignitaries such as Lalit Vora, president, Rotary Club – Mount Abu, Dr Raj Dhawan, chairman, Rajsheela Trust, Mt Abu, Satpal Kapoor, DIG, CRPF and Dr Partap Midha, director, Global Hospital graced the occasion.



Our pathology and blood bank teams from Mount Abu and Abu Road strived to make the event a success. Thanks to pathologist Dr Divyesh Goswami, medical officer – blood bank Dr Anita, chief lab technologist Jyoti Narang, blood bank supervisor Sanjeevani, senior lab technologists Kanta, Jagatjit and Bharat, and blood bank technologist Dharmendra. Manisha and Yajbir, DMLT intern students, also helped.

WORLD BLOOD DONOR'S DAY



GOOD NEWS

License for Blood Bank Component Separation

The Drug Controller General of India and Government of Rajasthan, have issued the license for the Rotary International Global Hospital Blood Bank to start blood component separation. Matching grants from the Rotary International of Black Mountain, USA and Rotary Club of Abu Road helped the blood bank establish the necessary infrastructure and equipments for the blood component separation unit.

Component separation helps use blood judiciously. Otherwise, doctors have no choice but to use whole blood even where it is not needed. The new component facility will enable the blood bank to prepare one unit of blood for use by three to four patients. Ours is the 14th blood bank in Rajasthan to introduce a component separation facility and the first in southwest Rajasthan.

Cervical Cancer Awareness Programmes

A series of lectures to raise awareness about cervical cancer were delivered by Dr Chandrakant Shah, gynecologist from Shalby Hospital, Ahmedabad and former head of department, Oncology, Gujarat Cancer Institute and Dr Saurabhi Singh, gynaecologist, Global Hospital. In all, 110 women attended the lectures on May 21, June 4, and June 17. The doctors aimed at educating women about the early detection of cervical cancer and to dispel some myths about the disease.



Cervical cancer is the most commonly occurring cancer among Indian women. A pap smear can detect pre-cancerous changes in the cervix which are completely curable. But if left untreated, these cells may develop into cervical cancer. Early detection can save lives and hence free pap smears and colposcopy were offered to women who could not afford to undergo these tests.

Dr Chandrakant will visit the hospital on the 1st and 3rd Saturday of every month to run a gynae-oncology clinic.

Dental Check-up for Children

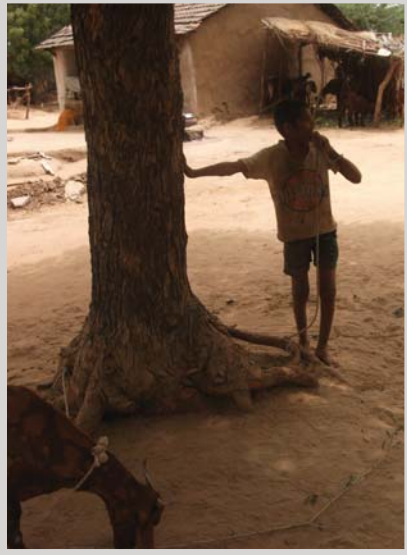
In a move to promote oral health among young children, Global Hospital's department of dentistry organised a free dental check-up for residents of Mt Abu's numerous hostels. According to senior dental surgeon Dr Niranjn Upadhyay, 100 children showed in for consultation in the month of May 2011.

The free dental camp aimed at evaluating the oral health status of children. That was followed by talks on dental hygiene by visiting orthodontist Dr Saurabh Mistry and head, Department of Dentistry, Dr Niranjn Upadhyay on May 26. About 150 young ones attended this event held in the hospital auditorium. The dentals surgeons focused on teaching children proper brushing techniques and ways to maintain oral hygiene. At the end, toothpaste and toothbrushes sponsored by the IndoCare Trust of Germany were distributed to the eager listeners.



PROGRESSING
TOWARDS A
HEALTHY
CHANGE

PATIENT'S Stories



Changing Attitudes Towards Mental Health

You would be taken aback by the sight of a boy, screaming, and tied to a tree alongside cattle. But for the one thousand odd residents of village Adarwara in Jalore district, Rajasthan, this sight was commonplace. At least, it was until a social worker took it upon himself to encourage the child's mother to consult the neuropsychiatrist in Global Hospital.

Fourteen year old Atul's troubles started when he was just an infant. One of five siblings born to an illiterate mother and an alcoholic father, Atul has marked sub-average intellectual functioning that limits his ability to perform activities associated with normal daily living. According to his mother, his development was normal until he was about 6 months old. That was when he began getting convulsions (seizures). The severe seizures affected Atul's intellectual capabilities and his behaviour as well.

When Atul was still young, his father died of liver cirrhosis leaving his mother to fend for her young ones alone. She earns about Rs.1000/- (approx. US\$ 25) a month by working as a labourer. It's hard going. Atul needs round the clock care. He needs help to dress, to eat, to use the toilet and also must be supervised in case he gets violent. The struggle to make ends meet and attend to her mentally retarded child's needs left Atul's mother desperate. Finding it difficult to cope with his condition, she tied the boy to a tree outside her house.

Atul remained bound in chains for more than five years, until he was presented to consultant neuropsychiatrist Dr Nikhil Patel.

Although Dr Patel believed that the reason for the child's mental retardation might be irreversible, identifying the disorder that had caused the disability would help predict the future course of the disease and plan interventions to increase the child's level of functioning. Atul's treatment started once he was admitted to Global Hospital. A CT scan was performed to look for structural problems in the brain. An EEG showed gross abnormality. The tests were performed for free. Atul was discharged after five days, in which his mother had been explained how the anticonvulsive medication would keep him free of seizures. Atul left the hospital with a smiling face.



When he was being discharged, Atul's mother, "I was so exhausted and distressed after years of struggle and hardships. I don't remember one night when I slept peacefully. Since the treatment started my son has become less aggressive. Dr Patel is not only treating my son, but also counselling me on how to cope with the situation. Seeing Atul's progress in a short time at Global Hospital, I am convinced that he will improve with longer treatment. I'm determined to bring him to see Dr Patel for regular follow-ups."

In many developed countries, mentally challenged children are cared for in residential homes run by the Government. In India, mentally retarded people must be looked after by their families. In this scenario, charitable health centres like Global Hospital often offer the only ray of hope to families of patients like Atul.

STORIES OF SUCCESS

NEUROPSYCHIATRY

& De-addiction

Department of Neuropsychiatry and De-addiction

The Department of Neuropsychiatry offers comprehensive treatment programmes for neuropsychiatric illnesses such as depression, migraine, epilepsy etc. It also offers psychotherapy, cognitive behaviour therapy (CBT), relapse prevention, family intervention and other psychological interventions including Rajyoga meditation for stress-free living. Neuropsychological assessment facilities are available too. De-addiction services include special treatments for people addicted to alcohol, opioids, cannabis, etc. Many people with emotional and behavioral disorders approach the department for its counselling services. The emergency services are utilised frequently as well.

We provide the following evaluation, treatment, and consultation services:

- » Adult mental health
- » Adult substance abuse
- » Neuropsychological assessment of infant, toddler and preschool children
- » Child & adolescent mental health
- » Rehabilitation counselling
- » EMG bio-feedback for relaxation
- » Diagnostic Services (Digital EEG)

Our full-time consultant neuropsychiatrist Dr Nikhil Patel is also actively engaged in research. In April, he was invited as a guest speaker at the annual conference of the American Society of Addiction Medicine held at Washington DC, USA (visit www.asam.org).

VIHASA Workshop for Nursing Professionals

Sister Mathilde, Sister Rupa, Sister Kalpana, and Sister Jyoti from Global Hospital and Sister Pooja from Abu Road traveled to Jabalpur to conduct workshops on Values in Healthcare for nursing professionals on June 18 and 19. The workshop was organised by the Brahma Kumaris, Jabalpur. Dr Shashi Khare, dean, Netaji Subhash Chandra Bose Medical College inaugurated the workshop.

Recognition as a Research Organisation

Global Hospital's recognition as a Scientific & Industrial Research Organisation (SIRO) by the Department of Science & Technology has been extended until March 31, 2013. This status is mandatory for applying to the Indian Council of Medical Research for sponsorship of medical projects.