



!!SAFETY FIRST!!

Kalpesh Chand Rajwar belongs to Rajput family from RawlaNogava, Chakkarpur, Uttarakhand. He married to Lalita Rajya Lakshmi Chand she belongs to Rajput family from RawlaKanchanpur, Nepal. He is caring 15 years of rich health-care experience in Sales & Marketing. Earlier he worked with Max Healthcare Delhi, Fortis Healthcare Delhi, Apollo Hospital Ludhiana (Punjab) and presently associate with Fortis JK Hospital, Udaipur as Head-Sales & Marketing. As per him -Safety is a state of being protected from potential harm or something that has been designed to protect and prevent harm. Patient safety is an attribute of health care systems that minimizes the incidence and impact of adverse events and maximizes recovery from such events. In this unpredictable work environment safety is essential to both the care provider and the receiver. To develop and maintain a safe, healthy and accident free environment, the management of Fortis JK Hospital Udaipur, has established a Safety & Health Management System which incorporates a full range of control measures and processes that may be used to limit, reduce, or eliminate the probability that an undesirable outcome will occur.

Hospitals are hazardous workplaces and face unique challenges that contribute to the risk of injury and illness. Fortis JK Hospital provides safe services not only to the Patients, but also to the attendants/visitors of the patient & staff working in the hospital.

Safety can be achieved with initiatives such as - Early detection of the problems, containment of the aforementioned problem, rapid and effective response and preventive planning so as to maintain a safe environment in future. To ensure such continuity in this methodology various process is kept in place such as SAFETY CODES & Mock Drills for Disaster Management, Routine Facility Safety Rounds, Patient Safety Program & Continuous Staff & Visitor Education and Training Programs. The whole process is overlooked by the Quality & Patient Safety Committee and they formulate the rules and guidelines for maintaining a safe and secure environment as well as promoting an attitude of patient centricity and safety-first culture among all. The Hospital ensure that safety activities are carried out by sub entities such as Patient Safety Officer, Radiation Safety Officer, Infection Control Officer, Chief Security Officer & Fire Safety Officer. Each of them are assigned a separate role and designated specific work in such a way that no aspects of Hospital Safety are left unattended.

Why Safety Program? The answer to it lies in the improvement in Care and the increase in Patient & Employee satisfaction at workplace. Safety program encourages the staff as well the patients to report incidents that cause harm or has the potential to cause harm. Such reported incidents undergo a Root Cause Analysis which helps the Safety Team to prevent such occurrences in future. Though it is a tedious and difficult process but the fruits bore from it helps in making healthcare a more satisfying and rewarding profession. This is still a new path and has a long way to go and if all adapt to it then in near future "SAFETY WILL NOT BE A VISION BUT A REALITY".

Kalpesh Chand Rajwar
Head- Sales & Marketing
Fortis JK Hospital, Udaipur (Rajasthan)

FOOD CORNER



Dal Bati in Solar Cooker

Ingredients of Bati: Wheat flour - 2cups, Samolina - ½ cup, Soda - ½ tsp, Ghee ½ cup, Ajowan caraway - ¼ tsp, Salt - ½ tsp, Water - ¾ cup

Ingredients of Dal: Moong dal - 1 cup, Chana dal - ¼ cup, Salt - ½ tsp, Ghee - 2 tbs, Asafetida - 1 pinch, Cumin seeds - 1tsp

Garlic pieces - Small quantity, Green chilli - small quantity, Onion cut - 1 big, Turmeric powder - ½ tsp, Red chilli - 1 tsp, Tomato - two small, Coriander - good quantity

Procedure : Today I made Dal Bati in solar cooker. In one pot I kept moong dal n chana dal with some salt n water mixed. It was cooked after 3 to 4 hrs. Then I brought it into my kitchen n gave tadka to dal using onion garlic green chilli. cumin seeds, red chilli, heeng n turmeric powder in ghee tomato n coriander prepared. bati using wheat flour, samolina salt, soda ajowan, ghee n luke warm water. I applied little ghee on the surface of another pot and put 6 batis n covered the lid. After 5 hrs it was also cooked. I took batis n dipped them into ghee for 3 mts. Dal bati was ready n we had a delicious lunch. I used least of gas n most of solar. So good buy.



Ritu Vasant in Natural Surroundings of Shilpgram

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West Zone Cultural Centre, Udaipur organized its annual feature "Ritu Vasant" at Shilpgram on thematic decorated open air theatre from March 9 to 11, 2018 to celebrate Spring Festival with Classical music and dance concerts. The festival opened with the performance by disciples of Padma Vibhushan Dr. Sonal Mansingh; cultural educationist of International repute and Founder - President of Centre for Indian Classical Dances, New Delhi. The young students of her institution presented few thematic dance dramas and pure dances. Concert started with 'Holika Dahan' and 'Hirankashyap Vadh' in Chhau style. This was followed by group performances Kshirsagar Manthan, Bhasmasur Mohini and Kaliya vadh by Krishna. The perfor-

mances were on recorded music. The concluding performance was traditional Dandia Raas of Gujarat. Few people were disappointed that Komal ji herself did not perform but on assurance by Komal ji that she would come next time and perform for dance lovers of Udaipur audience welcomed her. The best thing was her illustrative explaining about each presentation. She talked to audience as if she is discussing one to one. Her philosophy about Indian Dances and leading divine life was explained in very interesting manner. I cannot forget her words describing the "SWACHHATA" She related them with our own thoughts, we should have clean thoughts and if they are clean words uttered by us will be clean and finally it would reflect to our behavior which becomes automatically clean. True,



such instructions if followed in true sense entire surroundings will become

clean and pious. On Saturday Shuchismita Das started her classical vocal concert with Raag Kaushiki Dhwani in Madhya Taal. Her Bandish 'Aayori ri Basant naval rang laayo' was very close to the theme of festival. Her next presentation was in Raag Bahaar. She was applauded for the Thumri and Krishna Bhajan. Ajay Joglekar on Harmohium, Shambhu Maharaj on Tabla and Dilshad Khan on Sarangi accompanied her. Anupma Bhagwat, presented Raag Bihag on Sunday evening. She further rendered Raag Bahaar and concluded her concert with popular Holi Dhun 'Meri saari'. She was appropriately accompanied on Tabla by well-known tabla player Ojas Adhiya who made her concert very effective.

The three day Ritu Vasant was concluded by the Kathak recital by

Harish Gangani and his group. Group started first presentation Shivstuti composed in Raag Bhatiyar. Harish Gangani presented pure Katha with Thaata, Aamad, and Paran show casing all details in finery. Krishna Raas presented by the group had innovative compositions. Famous Thumri of Pandit Chhannulal Mishra "Rang daarungi, daarungi rang" presented by the group described various aspects of Abhinaya. Sanjeet Gangani, Parul Dutta, Nandini Khandelwal, Aarti Tripathi and Akshita Dadheech accompanied in Kathak while Harihar Sharan Bhatt on Sitar, Mahendra Songara on Saarang and Yogesh Gangani on Tabla made the performance very interesting. Moh. Furqan Khan, Director of WZCC honored artistes. The festival was anchored by Mohita Dixit Joshi.

"Kidney Saved, only Tumor Removed Successfully"

Geetanjali Hospital's Urologist Dr. Pankaj Trivedi's successful attempt

Udaipur : "Standard of care" means the best treatments known. When making treatment plan decisions, patients are encouraged to consider clinical trials as an option. A similar cases of two patients; a male of 68 years and a female of 45 years was diagnosed with a cancer tumor in kidney were treated successfully by Geetanjali Medical College & Hospital's Urologist Dr. Pankaj Trivedi. Only the tumor of cancer was removed from the kidney & more than 60% of kidney was being saved. A partial Nephrectomy was performed by the team of surgeons including Urologist Dr. Vishwas Baheti, Anesthetists Dr. Uday Pratap, OT Staff Pushkar, Avinash, Jayprakash & Praveen. This type of surgery preserves kidney function and lowers the risk of developing chronic kidney disease after surgery.

Udaipur resident, Jamna

Lal (Age 68 years) was suffering from bleeding in urine, high blood pressure & breathlessness. Bhala Bai (Age 45 years) had undergone a sonography which confirmed the presence of tumor in kidney. On a routine consultation & CT Scan investigations confirmed the diagnosis of a tumor measuring 5.2 centimeters in right kidney of the male & 4.5 centimeters in female. Later on detailed study it was diagnosed as cancer tumor. On his visit to every other doctor of hospitals he was recommended a radical nephrectomy, which means a surgery to remove the tumor, the entire kidney, and surrounding tissues. On a visit to Geetanjali Hospital & consultation from Dr. Pankaj Trivedi, he decided to perform partial nephrectomy & save the kidney to its utmost.

Dr. Pankaj Trivedi said that, "Since the tumor was situated in the mid of kidney close



to pelvicalyceal system. The surgery so performed included the blockage of renal arteries (the main artery) to stop bleeding. These arteries cannot be blocked for more than 30 minutes as it may lead to complete renal failure. The tumor & a margin of 1 centimeter with the tumor, the tissues were removed thereby saving more than 60% of kidney. Since the tumor was also close to pelvicalyceal system (urine-collecting structures in the kidneys) so it was cut & repaired. The tumor & surrounding tissues so removed from the kidney were need to

be replaced by jel form & surgi cells within the same time frame of 30 minutes. Repair of pelvicalyceal system was also required as the urine may start leaking from the kidney itself."

Medical Guidelines of 2015 also states that cancers kidneys should be treated with partial nephrectomy. Kidneys should be saved to their maximum, only if 40 to 50% of kidney can be saved then also kidney saving should be a priority, quoted Dr. Trivedi. But still a practice of radical nephrectomy is in practice for more than 80% patients of cancer in kidneys.

Remission and the chance of recurrence

A remission is when cancer cannot be detected in the body and there are no symptoms. Also the patients treated with partial nephrectomy have never been exposed to recurrence of cancer. 98% of patients have not been detected with cancer after the removal of tumor from kidney. They are being kept on some pathological investigations to confirm the recurrence. Also, the removal of only tumor helps in reducing the ranging balance of creatinine.

"I have treated three patients of cancer in kidneys with partial nephrectomy & they have been found healthy with no recurrence of cancer", said Dr. Pankaj Trivedi. He also said that to remove only the tumor in cancer requires experienced & skilled urologist surgeon, fully equipped ICU & modular operation theatre, which has been available with Udaipur's Geetanjali Hospital.

This type of surgery preserves kidney function and lowers the risk of developing chronic kidney disease after surgery. Research has shown that partial nephrectomy is as effective for T1 tumors whenever technically possible. Newer approaches that use a smaller surgical incision, or cut, are associated with fewer

side effects and a faster recovery. Also a medical research shows that a person with one kidney is prone to many diseases in near future. High blood pressure, prostate, diabetes etc. also affects the functioning of kidney after an age leading to possibilities of person surviving on dialysis. Keeping these mind kidney saving is a priority.

Journey of India's Philately



In the year 1969 the department of post of government of India issued twenty four stamps. The first stamp was issued on famous writer Bankim Chandra Chatterjee on 1 January followed by stamp on famous philosopher Dr Bhagwan Das and Dr Martin Luther King a famous civil rights leader. After this issue a stamp on famous poet Mirza Galib followed by stamp on Osmania university. Other than this issues various stamps were issued on Air mail scheme, I.L.O. Anniversary of Jallawala bagh massacre, kasinadhuni

nageshwara, Cursetjee Wadia, Serampore College, Dr Zakir Hussain and Laxmanrao Kirloskar. On 2 October on the occasion of birth centenary of Mahatma Gandhi a set of four stamps was issued followed by stamp on inter parliamentary conference. On 19 November a stamp was issued on topic of First man on the moon followed by stamp on Guru Nanak Dev, International union for nature conservation and on famous educationist Sadhu Vaswani. The last issue of this year was a stamp on Thakkar Bappa.

Ball size tumor Successfully removed

Udaipur : Surgeons of Pacific Institute of Medical Sciences (PIMS), Umeda have successfully saved the life of a woman, by removing cricket ball size tumor PIMS Chairman Ashish Agrawal said that Ganga Bai (53), a resident of Gudli, Udaipur, was admitted to PIMS in the state of the coma last days. After the tests revealed that the woman had a tumor. Cricket ball-shaped tumor (7-8 cm) was completely removed in seven hours complex operation, successfully carried out by Dr. Anurag Patena and the team. The woman is now completely conscious and healthy.

अब अच्छे इलाज के लिये अहमदाबाद नहीं जाना पड़ेगा

आपका अपना

फोर्टिस जे के हॉस्पिटल, उदयपुर

न्यूरोसाइन्सेज विभाग की सेवाओं में विस्तार

न्यूरो एवं स्पाइन विभाग

ओपीडी समय

प्रत्येक मंगलवार व शुक्रवार

सांय 5.00 से 7.00 बजे तक

डॉ. अतुलाभ वाजपेयी

हेड एंड इन्टरनैशनल न्यूरोलॉजिस्ट

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