



Message from Director's Desk.

It is with a lot of pride that I write this note about my team who has excelled in overcoming this period of hardship that we've been going through.

Our team is an efficient one, overcoming their own initial fears of safety, the restrictions imposed on them by their families and their environment, and of course, all of this, without a sterling of deterrence when some of them tested positive for COVID-19.

Our long standing vision of being the most trusted hospital in this region has been taken another step forward by our wonderful Doctors, Nurses, Paramedical and other support staff. They have stepped up and portrayed to everyone, that we are capable of going above and beyond to cater to the needs of the patients for whatever they require in terms of care, infrastructure and most importantly, their complete well-being.

From the hospital management side, we've been providing all the support and motivation we can muster up for our team of efficient and truly capable professionals. They have placed the needs and concerns of those who depend on them, above their own, and the testimonials by the patients, speak for their commitment.

Needless to say, my note would be incomplete without mentioning my gratitude to the dedicated doctors and the nursing department. A big thank you to all the nurses and doctors who have been working exclusively for the treatment and well being of the COVID-19 positive patients, strictly adhering to the safety protocols and ensuring that they go home with better mind and body than they came in with!

My deepest gratitude to all those who believed in our capabilities to provide world class health care, continually supporting and motivating us to remain 'Happy to Care'!



Dr. Muhammad Thahir
MBBS, MS (ORL)
Medical Director



**Mr Yenepoya
Mohammed Kunhi**
Managing Director



**Mr Yenepoya
Abdulla Kunhi**
Chairman



**Mr Yenepoya
Abdulla Javeed**
Operations Director

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Doctor Speaking

THE CORONA COROLLARY

Once upon a time, not so long ago, in a world devoid of COVID-19, my life was "NORMAL "as ever. A challenging job, weekend family dinners, epic getaways, window shopping, party hopping, watching sun set at the beach-PICTURE PERFECT!! AACCHOOOO.....a sneeze in an obscure Chinese seafood market brought the world to its knees and we were grappling an invisible enemy.

Being an ardent student of Critical Care Medicine, my task was cut out. I experienced various stages of learning: DENIAL- This cannot be happening !; ANGER-Why is this happening ?;BARGAINING-happens only in few; DEPRESSION-I am incapable of handling this!;and finally ACCEPTANCE- this is indeed happening and I need to do something!. There is no teacher like adversity-life as I knew it had changed. I plucked up courage, braced myself, set all systems to go.... giddy up-it was show time.

✓ Information is not Knowledge

In early days of COVID era, as the world was blindsided by the virus, I delved into all available sources of information. Soon hyperwebinarosis and conflicting reports and recommendations clouded my brain. I forfeited the power to discriminate science from conspiracy theories, facts from fiction.

✓ Anchoring Bias

We latched on to what we knew about the virus and tailored our treatment. But this novel corona virus has a mind of its own-behaves in the most inexplicable ways and it is hard to keep up. It is psychologically gruelling to learn, unlearn and relearn and then some more.

✓ Pandemic Pendulum

Diagnosis and treatment paradigms come and go. But the virus and its problematic portions remain untraceable. This pandemic is not just a pendulum-it is much more convoluted. To test vs not to test, hospital vs home quarantine, early vs late intubation-the answer is esoteric and elusive.

✓ Anticipation or Paranoia

I deal with critically ill-it is my job description. "The unseen enemy is the most fearsome" could not agree more. Mandatory masks, periodic handwashing, social distancing turned into obsessive germaphobia, compulsive decontamination and social phobia bordering on paranoia.

✓ Best Laid Plans of Men and Mice...

The cryptic virus exposed our vulnerability. The impregnable walls were vandalised. Despite being considerably well prepared, glitches and hitches, roadblocks and holdbacks along the rocky road impeded my path. Overcoming these challenges was not a choice but a necessity.

✓ Teamwork make a Dream work

The dictionary defines SUPERLATIVE as: one of the highest kind, quality or order; surpassing all else; supreme. To me, superlative is personified by my colleague, my work partner. As an intensivist, as a friend he is superlative. He is a life saver (especially mine!).

The biggest hurdle hospitals face in treating COVID 19 patients is acute shortage of ICU nurses whom I believe are the single most important predictor of patient outcome given the intensity and complexity of the care required in treating these patients. My fabulous nursing team not only rose to the occasion but did so with commitment and zeal. The consultants, physiotherapists, housekeeping staff work like a well-oiled machine. In Dr Mohammad Thahir, I found my 3 AM friend. He always offered solace and solution to my problems, anxieties and tantrums.

✓ No "Hum Saath Saath Hain"

My profession jeopardised my family's health. Hence, I intentionally isolated myself at home. Belonging to an extended joint family, coming back to a deserted home is dispiriting. I cajole myself



Dr. Priya B. Naik

MBBS, MD (Anaesthesia), FNB
(Critical Care Medicine)

Doctor Speaking

quoting my favourite character, Albus Dumbledore "All for the greater good " Luckily my family did not emancipate me. Every evening I am welcomed by cups of polychromatic herbal concoctions(kashayas). Mind you, my endorsement is limited to the only active ingredient-LOVE! My family stand steadfast as I slay the Chinese dragon.

✓ **Burn out- The Inferno within**

Physical exhaustion, mental fatigue, suffocation, lack of sleep-I feel like a candle burning at both ends. This pandemic has proven to be a marathon and not a sprint. Some days are so demanding that waking up seems like a herculean task, entering the COVID ICU seems like drudgery and thinking seems like an endurance test. Such are the travails of an intensivist.

✓ **Hope and Cope Strategy**

COVID is a double whammy. Added to the fear of contracting the virus, the fear of significant changes in our personal lives, real and perceived threats of uncertainty and the unknown, impact our psyche. Exercise has become my stress buster. As I sweat, the happy hormones cleanse my soul. I realised I was incredibly resilient- medical school, internship, post graduate and super speciality courses gave me fortitude. "This is a once in a lifetime opportunity and I am the chosen one"-this thought thrusts me on, every single day. Frequent calls from family and friends keep me sane and grounded.

✓ **The Silver Lining**

YSH was among the first hospitals to admit COVID positive patients in the district. We have had considerable success so far. All though we could not save all our patients, no stone was left unturned. Majority of our patients were nursed back to health and continue to lead normal lives. Best possible and timely treatment, excellent nursing care, regular physiotherapy, keeping them connected to their families via phone calls to boost their morale, good nutrition helped recovery.

✓ **Pandemic Ponderings**

The past few months were an eye opener. The pursuit of the panacea of the pandemic lead me through alleys of rumination and soul searching. It brought me face to face with the most bare questions of life. What am I here for? Who is truly important to me? What do I really cherish? Why have I spent so little time on what matters to me? These questions that corona posed seared my conscience.

✓ **It is not over till it is over**

When this is over, may we never again take for granted, " a handshake with a stranger, conversation with a neighbour, school rush each morning, a stadium roaring, coffee with a friend, a family weekend ".

We cannot re write the chapters of history, reboot the virus infested 2020. But we can learn, evolve and adapt. The new normal may even be better normal, certainly a different normal. I look forward to seeing you on then.



Introduction of **Doctors**

New Paradigm in Emergency Management

Accident and Emergency Medicine or simply Emergency Medicine is a speciality which deals with and addresses the huge gap in health care. Doctors trained in Emergency Medicine (Emergency Physicians) are trained to evaluate and treat all life-threatening conditions.

Emergency Physicians are trained for all the life saving procedures of every speciality; their minds are trained to detect acute problems, stabilize patients immediately and ensure the continued care by appropriate referrals. Not just critical, but all patients who require any emergency care, regardless of their age, previous illness and disease, are managed efficiently by Emergency Physicians who spend their entire time in the emergency department.

Emergency Medicine in India is still at its infancy stage. Very few institutions in India promotes this vital branch of medicine, as a result of which the concept of golden hour (the first hour of any medical or surgical emergency) that would hugely determine the outcome (mortality and morbidity) of an individual, is at stake.

The World is changing... and so are the disasters... Do you have the time to lose the "GOLDEN HOUR"? Your answer should be NO!

With the well-trained and highly skilled Emergency Physicians at YSH, practising up to date protocols, along with well trained medical officers and nursing staff available 24 x 7 make use of the GOLDEN HOUR of every patient coming through our doors.

At YSH, no matter the situation that enters through the door, our team is ready, able and well equipped to tackle with zest. Our team is specialized in Trauma management, toxicology, paediatric emergencies, disaster management, Neuro and Cardiac emergencies and mainly Point of Care Ultrasound or simply POCUS

Meet our team of skilled physicians in Emergency Management.



Dr Millard D'ere, Dr Shamna Minaz, Dr Edwin Philip



YSH Emergency Response Team

Did you Know

COVID-19 CRISIS: What Is The Collective Consciousness Telling Humanity?



Although I am a medical doctor, the eerie experiences of COVID-19 lockdown and having recently suffered from COVID 19, I am distraught that the tiny SARS CoV-2 virus has indeed gather such momentum as a cataclysmic global bio security threat, exposed the global health systems pandemic unpreparedness, enveloped the world in a global health emergency, and vividly portrayed COVID-19 pandemic as an insurmountable biopsychosocial humanitarian crisis. This personal view is a reflective and contemplative moment of my collective consciousness is to ask questions about the meaning and purpose of the symbiosis between the Earth and Humankind. As echoed by the English poet John Donne's 400 year old poem titled, "No Man is an Island", it is evident that the Hubris of anthropocentrism, human transgression and the ignorance of Nature's Earth-Human systems to be pristine factors for the genesis of pandemics. We are on a collision course between the human species, our environmental and nature's ecosystems. The tragedy we witness from the civilizational anthropology of the human race is that we learn nothing from past pandemic history, and thus the hubris of anthropocentrism has resulted in human-induced environmental issues. Human mistreatment of the natural environment has turned out to have distinctly painful boomerang effects. Humanity is therefore on the brink, and we have forgotten the truths Human health, Nature's Biodiversity, the Human-Earth dynamic systems and Environmental Health. My essential question: Is COVID-19 Pandemic Mother Nature's response to human transgression and the resultant human-wildlife conflict?

So what is the COVID-19 pandemonium and global biosecurity healthcare crisis telling humanity? If, Homo sapiens is indeed intelligent and a 'wise man' (sapiens), COVID-19 crisis must inevitably galvanise a new wave of collective consciousness to adopt a different way of thinking beyond the human in order to resurrect the collective human behaviour for the health of mankind as well as planetary and environmental health. A perestroika through the paradigm of environmentalism, and fostering Biospheric Egalitarianism, species egalitarianism, and Human-Nature Symbioses is quintessential. There must be a renewed collective consciousness of "Vasudhaiva Kutumbakam" for a Co-Existentialism that reignites a culture of intelligent harmony with other non human species and symbiotic integration of human Earth systems. Ultimately, mankind's survival will depend on humanity's collective consciousness, collective human behaviour, and moral goodwill to recognise public health threats at the human-animal-ecosystem interface. Our collective consciousness will need to galvanise a deeper understanding of factors at intersection of human health, animal health, and environmental health this is now known as the concept of 'One Health'. I would underscore the absolute need for a harmonious and holistic understanding and significance of compassion for all life and species egalitarianism on Planet Earth.

We need to look beyond our medical scientism through pluralistic windows of environmental humanities, eco-advocacy planetary health, for constructing a holistic 'Healthy people, healthy planet' concept.

'One health' is not only a question of moral obligation. It is a responsibility not only to our own generation but indeed to those of the future. It is my cerebral musing as a global citizen of Planet Earth that Medical Science alone cannot solve COVID-19. Instead it is my steadfast conviction that the collective human behaviour, our Humanities must resurrect a renaissance in the burgeoning disciplines of Environmental Humanities, and Planetary Health from the schools to medical schools. I certainly resonate with sentiments of the Swiss psychiatrist, Carl Gustav Jung on the self annihilating tendencies of Man himself and his Hubris. His quote "The only danger that exists is man himself. He is the great danger. We are the origin of all coming evil. And we are pitifully unaware of it. We know nothing of man, too far little. His psyche should be studied. We need far more understanding of the human nature"

"Man is a part of nature, and his war against nature is inevitably a war against himself."

Rachel Carson



Dr. B.P. Shelley

MBBS, MD (Med), DM (Neuro), FRCP Edin
Professor & Head, Department of Neurology
Fellowship in Behavioural Neurology (UK)
Fellowship in Cognitive Neurology
& Disorders of Movement & Cognition (UK)

Health Information

Ditch The High Sugar And Artificially Sweetened Sports Drinks For Naturally Hydrating Vegetables Like Cucumber And Coconut.

COCONUT WATER BENEFITS

Re-Hydration

ANTI-INFLAMMATORY:

Reduces swelling in hands and feet

ANTI-AGING PROPERTIES

SUPPORTS GOOD IMMUNE FUNCTION

FIGHTS FREE RADICALS

Coconut water is an effective & increasingly popular drink for Re-hydrating since it is high in electrolytes, potassium and magnesium.

BENEFITS OF CUCUMBER

Re-Hydration

95% Water with Vitamins B1, B5 and B7

Good Source of Manganese, Sodium, Phosphorous and Calcium.

Cucumber is also a good veggie source of potassium plus they have a blood-sugar stabilizing, cooling, and anti-inflammatory effect on the body.



It is always good to know that nature has provided a way for us to get the electrolytes our bodies need without spending a fortune or adding unnecessary sugar.

Think of electrolytes as the sparks of life. Electrolytes keep our bodies properly hydrated so the muscles and nerves function properly. They also balance fluid pressure inside our cells and control the PH in our blood. The essential electrolytes most commonly found in the human body are sodium, potassium, bicarbonate, chloride, magnesium, calcium, and phosphates.

Since the human body is composed mostly of water, it is important that we take in adequate amounts of liquids. When we are well-hydrated, we are able to release toxic internal wastes such as harmful chemicals, urea and ammonia. Releasing these toxins helps our body stay healthy and well.

Hospital News

Laurel to our Unsung Heroes.

“Our code is different from the warrior code; it reaches across boundaries”

The waves were calm around in Dakshina Kannada, but as the first case of COVID 19 struck in the neighbouring districts and other parts of India, the central government of India announces the lockdown.

Back then, at YSH, our primary initiative was to take precautions for the benefit of employees and existing patients. High security at the gates, setting up of screening desks and flu clinic were initiated on war foot basis.

It was not just the clinical team, all departments held hands together as frontlines in screening and controlling the crowd. It was not an easy task to spread awareness to the public about the seriousness of this pandemic. With each passing day, the COVID 19 cases were only rising. When the government announced that all private hospitals also had to pitch in to fight the pandemic, we were one of the first few hospitals to initiate COVID-19 treatment from the 20th of June.

Meetings after meetings – on how to handle the situation and how to troubleshoot each bottleneck... trust me - it was not an easy task.

When we received the first patient in MICU the panic began, after which it was a marathon admission. Then, the task at hand was to set up dedicated ICUs, isolation ICUs, dedicated building for isolation of suspected patients and treating positive cases. Extension to the next building and supporting the same with all necessary infrastructures, quickly followed.



Gracy D'Silva

Deputy Nursing Superintendent



Our team of nurses and the FNO/MNOs, as expected, gave their best to nurse our patients back to a state of complete health recovery. These unsung heroes of YSH have forgotten their family, themselves, and their weariness inside the PPE, to accomplish their mission.

"Danger is very real, but fear is a choice. ", says our bold brother Prashanth.

"My family has isolated me and asked me to stay alone. Being in service for more than 40 years, even though my family is not supportive, I have decided to continue my services to the COVID-19 patients."- says Sister Lalitha Sarojini, MICU/CCU in-charge.



"At the birth centre we had received a patient who tested positive after two days of admission. But the patient and her relatives were not ready to accept the fact until the treating doctor intervened and counselled them. Post procedure, as there were no one to look after the mother and baby, it was our responsibility to give them moral and physical support. We, the nurses at the birthcentre and COVID ward, risking the possibility of infection, supported them until the discharge. This was our first experience of this adventure and since then, it has become a new norm for us!" says the Birth Centre staff.

"Knowing that I am a part of COVID-19 nursing team, my apartment owner was opposed to my stay there and asked me to drop the job or leave the place. The owner didn't stop with this, they always used to watch me from their closed windows, going and returning from my work. ", says Sister Vanitha.



"The recent outbreak of the pandemic has placed upon me, the additional responsibility of a COVID warrior, upon my 45+ years of dedicated nursing care and training young minds to do the same. When the rest of the world is within the safe quarters of their home, people like us walk out of our homes to provide care and hopes to those affected by the virus. Besides providing nursing care, we at YSH, counsel the COVID patients daily to get the mental strength, which is much required to overcome this virus. The love and zest that we have towards our vocation helps us to fight all odds and work as a team to overcome this difficult time. I know, we are all vulnerable and can sometimes fall apart emotionally while watching the increasing number of sufferers. But our goal is to never give up until the world is free from this virus. Help us in this noble mission by encouraging and reminding each other to follow the COVID protocols.", says Nursing Superintendent Mary Vas.



These are some of the few encounters of our nursing team, with elevated spirit and on their toes to save the mankind from covid-19. When they see COVID-19 survivors getting discharged from YSH contented, these unsung heroes rejoice and take pride in their effort.



Hospital News



World Patient Safety Week

Every year, 17 September is traditionally celebrated as "World Patient Safety Day". This year in view of the ongoing pandemic, the theme decided by the World Health Organization, international partners and all countries is "Health Worker Safety: A Priority for Patient Safety."

Amidst this COVID-19 pandemic, providing "sustenance for another day" has become a challenging task in every industry. The never ending surge in COVID-19 positive cases, demands to provide high quality and excellent care to all patients. However wearing PPE in a coastal climate, is indeed an exhausting affair for everyone in patient care area.

This pandemic has unveiled the risks to the lives of all human beings, in turn leading to more stress and work load in order to care for hundreds of people. To motivate and applaud the hard work, patience & dedication of our "UNSUNG HEROES", the Quality Department of YSH conducted a weeklong event for the WORLD PATIENT SAFETY DAY from 14th – 19th of September with the theme "Health Worker Safety: A Priority For Patient Safety."

Public awareness program on Patient safety, and several competitions were conducted as part of World Patient Safety Day:

KNOW YOUR PPE

Awareness Audit on Personal Protective Equipment among the staff

TRAINING SESSION

Topic: Safety at Work Place

POSTER PRESENTATION OR IMPROMPTU SPEAKING COMPETITION

Theme: Speak up for Health workers safety or Our experience with COVID pandemic – A new normal

WEBINAR

A webinar on Patient safety by CAHO

PUZZLE

crossword competition - Theme: Patient safety



#CLEANERYSH AWARDEE -Radiology Department

#CLEANERYSH is a campaign launched at YSH for motivating the employees to clean up their workplace and improve the productivity. Employees welcome the movement very positively and empowered themselves to maintain the cleanliness in the respective department and organises their respective workspaces. The Winner of 3rd Quarter 2020 #CleanerYSH Trophy is Radiology Department. Team Radiology is seen receiving the trophy from Core Managers.

EMPLOYEE OF PERFORMANCE EXCELLENCE AWARD 3rd Quarter 2020

Performance Excellence Award is constituted to recognize those high performing employees who have outperformed in the past 3 months.

Mr Shawn Akshay - Corporate Relations Executive has been a very pro-active influencer. Very professional in his approach and one of the highly accountable employees of YSH. He has proved his relationship building ability and thereby securing record number of corporate tie ups widening our brand name in the last quarter.



Mr Shawn Akshay

My Covid Story

Since the day covid-19 touched Indian shores, my wife and me started research on precautionary measures. We stocked up on N95 masks and respirators and face shields. We learnt how to use, reuse and discard the masks and respirators. We used up litres of hand sanitisers. Since we both are surgeons, using masks and sanitisers in day-to-day life were not alien for us. As per ICMR recommendation, we started on Hydroxychloroquine 400 mg weekly doses and even gave my parents this too.

I had 3-4 episodes of throat pain in last 1 month, and I started believing that the pain is in my head rather than my throat. So when my dad said he had a sore throat on July 21st morning, I just advised him to gargle. Dad's pain worsened and by evening he had a fever of 102F. This is when alarm bells started to ring in my head. Immediately I took him to Yenepoya Specialty Hospital for a Rt-PCR swab. When the report came as positive the next day, I had the gloomiest feeling that all of us were positive

Entire family immediately went into quarantine and all of us got tested. By this time, my wife and me had sore throat and low grade fever. Mom was asymptomatic. Luckily dad's symptoms subsided by the time his report came. Our reports came the next day and unsurprisingly all of us were positive. Since by now all of us had mild symptoms, we decided for home quarantine. I contacted my good friends, Dr. Girish and Dr. Alam Nawaz, both excellent physicians for advice. We immediately started on HCQS 400mg daily, Oseltamivir, Azithromycin, Zinc, Vitamin C & D and finally Ivermectin too. We also got our baseline investigations done. CBC, CRP, Ferritin, RBS and Chest X-ray.

And then our quarantine began. Multiple phone calls from health authorities and the mandatory sticker on our front gate. By 4th day, I had complete anosmia and I could not differentiate between tea and coffee. Food had absolutely no taste and appetite reduced. Even then we were relaxed.

This was the calm before the storm

On 7th day, mom had one episode of high fever. 102F. The first time she ever had symptoms. This was the red flag I was worried about. I immediately called up Dr. Girish, who advised admission for her. I decided to get admitted too to give mom company, because covid wards can be a depressing place when you are alone. Entire baseline investigations were repeated. Mom's serum Ferritin and CRP was raised (double the normal). She was started on IV Dexamethasone 6mg/day, IV Ceftriaxone and N-Acetyl Cysteine. Fever was waxing and waning over the next 2 days, but she maintained saturation above 95%. 9th day, fever was still 101 F and she had mild cough. CT of chest was done and my friend Dr. Vinayak, radiologist, was requested to opine. He later messaged me: 50% of lung involvement bilaterally; Covid Lung !!. This was disastrous news. This was Cytokine Storm!!

By now her oxygen saturation reduced to 92-94% with bouts of fever. Dr. Harsha, Pulmonologist was also involved in the treatment now. They decided to start oxygen 2 litres/min through nasal prongs and change from Dexamethasone to Methylprednisolone 40mg thrice daily along with Enoxaparin s/c once daily. Remdesivir was also started. 200mg on first day, followed by 100mg for next 4 days. Luckily Yenepoya Specialty Hospital had enough stocks of Remdesivir and I didn't have to run from pillar to post for this drug.

With O2 started and change of medicines, her saturation picked up to 96-97% and fever subsided. Blood tests were repeated which showed Ferritin and CRP rising. IL-6 and D-Dimer were elevated. Although IL-6 was elevated to 5 times of normal, this was not considered a significant rise (IL-6 values 10 times normal is significant). D-Dimer elevation was 3 times normal and this needed Enoxaparin to be twice daily now. O2 requirement steadily increased and was now 10 litres per minute and through NRB mask. Sitting up for food or a mild cough would bring down saturation to 85%. Central line was inserted for better access. So by now she was on Remdesivir, Methylpred 40mg tid, Meropenem, Enoxaparin bid, O2 at 10 litres/min and proning. All inflammatory markers were repeated every alternate day and they were steadily increasing, except for IL-6. Since IL-6 was only 5 times of normal, using Tocilizumab was not considered.

Chest X-ray showed bilateral lungs white-out and picture of severe ARDS. Meanwhile when we were searching for any other treatment modality, my dear friend Dr. Alam suggested convalescent Plasma therapy. But no one in Mangalore had attempted plasma therapy at this time and I requested for opinion of Dr. Farhan, Infectious Disease specialist. The moment he gave the green signal, I started the search. There was no convalescent plasma bank in Mangalore in August and I had to source it from HCG Bangalore with help from Dr. Vishal Rao, Dr. Ashutosh, Jayan and Anushri.

With worsening parameters, Dr. Girish and Dr. Harsha decided to shift her to ICU and started with High flow nasal O2 at 50 litres/min with 60% fio2. Dr. Priya and Dr. Jayesh are exceptionally brilliant Intensivists who were managing the Covid ICU.



Dr. Srijith Padmanabh

Consultant Spine Surgeon
Mangalore.

My mom in their hands, was safe, I knew in my heart. First dose of plasma was given and O2 through HFNO at 45 litres/min with proning for 10 hours per day. Second plasma was given 48 hours later.

After 3 days in ICU, mom showed tremendous improvement. She was now eating well and even sitting up without feeling breathless. HFNO at 30 litres/min. I have to mention the superb Covid ICU nurses, who took excellent care of mom.

After 7 days in ICU, mom came back to room. O2 requirement was now back to 10 litres/min and she was now able to walk a few steps. Inflammatory parameters were normalising and Methylpred was stopped. O2 requirement reduced to 4 litres/min with Venturi mask. This was a dramatic recovery because 5 days after coming out of ICU, mom was now ready to go home!!

HOME!!

She is presently maintaining saturation at room air while at rest. Oral Anticoagulants and N-Acetyl Cysteine were continued for 1 month and hoping that lung fibrosis does not develop. During all this, the rest of us completely recovered.

I'm hoping my experience will help someone in figuring out treatment options for this relentless disease. Never delay treatment. Always know what is the next step-up in treatment and start the next treatment modality before the next complications arise. Dexamethasone or Methylpred must be started early. Start HFNO as soon as you see O2 requirement and inflammatory markers rising. HFNO thwarts usage of ventilator. Use ventilator as last resort. Most times, there is no coming back from a ventilator. Give plasma at early stage, NOT when patient is going on ventilator. Plasma may not be beneficial to everyone as per recent studies, but it is not harmful.

Our heartfelt gratitude to Dr. Girish, Dr. Harsha, Dr. Priya, Dr. Jayesh, Dr. Farhan and Dr. Alam. Due to the meticulous work and painstaking diligence of these exceptional doctors, my mother is back home.

Finally kudos to the unsung heroes. The exceptional nurses of Yenepoya Specialty Hospital. You risk so much to serve your patients. You are truly angels.

My eternal gratitude to Medical Director, Dr. Mohammed Thahir, who helped in every way humanly possible. Every medicine, every equipment was readily available even before we asked for it.

Hope this was helpful

This story ended well.



praham

A contented Mind is the greatest Blessing - Our patients speaks...

“

Very good personalized service from this hospital. Service and treatment rendered by the doctor is Super. Everything is good. Thanks to Yenepoya Hospital. Insurance Department is also given good service. This is the best hospital ever seen.

Mr. Shekar Shetty

“

Very excellent treatment and good response for patient. Thanks for serving people.

Mr. Iqbalahamed

I would like to thank all YSH staff for giving me support during my stay at YSH. NS Madam used to everyday to ask about my condition. DNS used to visit at least twice a day. I want to thank Dr Girish for immediately starting the treatment and recovery was faster than expected.

Eventhough I am old, staff of YSH treated me as their own family member. Thank you each and every staff of Annex block.

This is not the first time, last month one of my friends' situation was bad due of COVID. When I called and spoke to the Flu Clinic, the patient was brought to YSH within half an hour. He was alone; but all staff helped him like family member and he recovered soon.

Mrs. Saraswathi Shetty

“

Provision of Diet food was very good.

Mr. Sridhar

“

Thank you for your services. Special thanks to Nurses and Akkas, and ofcourse Doctors.

Mrs. Mumtaz Sharief

Social News

Independence Day Celebration at YSH



The dignitaries of the day Dr Jayesh Kamath, Consultant Intensivist and Dr Aswhini Kamath, Rheumatologist are seen hoisting the Indian National Flag on 74th Independence Day. The flag salutation followed the playing of the national anthem. The couple Dr Jayesh and Dr Ashwini, in the presence of MD Dr Muhammad Thahir, Core Managers and the employees of YSH, then wished the gathering, delivered a short patriotic message commemorating those brave souls and what they had to pay for the freedom we enjoy today.



World Physiotherapy Day 2020

On the occasion of World Physiotherapy Day 2020, Ms. Ramya V Rao, Physiotherapy Incharge delivered a talk on COVID-19 Rehabilitation- Role of Physiotherapy in line with the theme declared by WCPT for 2020. Addressing the gathering of HoDs she elaborated on the effectiveness of various physiotherapy techniques and the protocol utilised by the Physios for the treatment of COVID-19 Patients at YSH which has yielded encouraging results in many.

Keeping the Spirit of Onam

Onam, the harvest festival of Kerala, is celebrated every year at YSH with great enthusiasm and passion. Many of our staff members hail from Kerala and their home away from home here recreates a slice of festival fervour of back home. This year, COVID-19 pandemic imposed restrictions on mass gathering to celebrate but this beautifully designed floral carpet portrays the zeal of our employees. Thank you ! – Manu Jose, Georgeena George, Swathi T and Rukiya ME the team behind this creative piece of Art.



#stayhome #staysafe

Reduce your Risk of
COVID-19
Infection

PLEASE REMEMBER

Maintain 6ft
Social Distancing

Wear Face Mask
always covering
your nose and mouth

Frequent
Handwash

The Selfless Soldiers Battling the Virus

The year 2020 is rightfully designated as the "International year of the nurse and the midwife" by the WHO. The fearless work of the nurses in wake of COVID-19 does honour the same.

Wearing PPE kits for eight hours and more at a stretch pushing their personal lives to the backseat - tending to patients, encouraging and motivating them - at hospitals across the world; are just a few of the challenges these nightingales face every day while seamlessly fighting the pandemic. With more than 32.1 million (as on 24 September, 2020) reported covid-19 cases worldwide, significant works done by the nurses have been brought to limelight and rightfully so. Of course, for nurses this is not very different from what they did earlier; but they have stepped up like never before, with no fear whatsover, exposing themselves to the risk of infection for patient care. Big salute to our real heroes.

Commenting on the challenges they faced, DNS Mrs Gracy D'Silva at our hospital who is heading the entire team of nurses at the COVID block says "It is quite a discomfort wearing PPE kit; we need to speak louder to be heard, wearing it for longer hours make us sweat a lot, goggles fog up frequently and the inability to quench our thirst or hunger for long hours makes us weary. But it is our new norm now. We are proud to be in the frontline helping to fight the covid-19 pandemic".

Speaking of the journey she also says, "Initially our nurses feared that they might get infected, worried about their family and had fears of unknown about the pandemic. But gradually as we got to know more about the virus and we saw our patients recovering smoothly and getting discharged happily, we gained more confidence and the concerns are dwindling."

Let us always remain thankful to all the nurses as they work round the clock putting themselves at risk to fight the pandemic. The weariness may be hidden behind their mask but work for them is ceaseless.

This article is dedicated to all the nursing staff and other frontline warriors working at our hospital.



Dr Preetha Naik

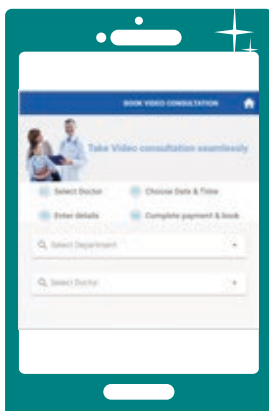
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