



Message from Director's Desk

In the last one and half years, we have seen healthcare systems across the world cope with unimaginable challenges brought on by the COVID-19 pandemic. Yet we have also seen extraordinary accomplishments in the healthcare sector and each day we witness examples of what the healthcare sector can achieve in terms of technologies and sophisticated machineries.

Yenepoya Specialty Hospital has always been implementing innovative solutions to improve the life of our patients and communities. I am pleased to share that we have embarked on a motivating innovation journey to transform and upgrade the facilities at our hospital.

To help us achieve our goals, to begin with, we have introduced 24x7 Radiology services with round-the-clock doctor support for all modalities. Our team, consisting of highly qualified and experienced radiologists and consultants, will ensure that our patients get nothing but the best with respect to radiology reporting.

The primary objective of our innovation strategy is to improve patient care and their satisfaction. They are at the core of everything we do – therefore we are delighted to have added new upgrades to our radiology department.

The new radiology equipment upgrades include:

- Canon Aquilion Start CT system - capable of handling all types of scans / interventional radiology work except cardiac scan.
- The Philips Ingenia 1.5T MRI system - with the widest bore in the market, comes with built-in audio and video option for patient comfort.
- The Samsung HS70A ultrasound system - with 4D scan. Fibroscan will be used for diagnosing chronic liver disease and foetal imaging.
- The DigixEco digital X-ray system - a state-of-the-art digital X-ray system sporting multiple applications will cover wide range of radiological needs.
- The Metaltronica Flat SE mammographer - a highly specialized radiodiagnostic mammographer will deliver clear films of the mammary glands.
- I am pleased to add that we have also added Dornier Compact Delta II Lithotripter with UIMS to our urology services.
- At Yenepoya Specialty Hospital we will continue to find tangible and sustainable approaches to healthcare that are patient-focused and in keeping with best practices of the industry.

We remain 'Happy to Care' always! Warm Regards,



Dr. Muhammad Thahir
Director - Medical



**MR. YENEPLOYA
MOHAMMED KUNHI**
Managing Director



**MR. YENEPLOYA
ABDULLA KUNHI**
Chairman



**MR. YENEPLOYA
ABDULLA JAVEED**
Operations Director

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MAGNETIC RESONANCE IMAGING [MRI]



Dr. Ravichandra G

MBBS, DMRD, DNB
Professor & HOD
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MRI is generally considered a safe medical imaging technique with a wide range of clinical applications.

Using complex techniques, MRI is capable of producing images of human anatomy without the use of ionizing radiation. At the same time, it also allows for interpretation of human physiological processes.

Philips Ingenia 1.5T Evolution from Philips is a new-generation high-end magnetic resonance imaging system which provides improved quality of images for greater confidence in diagnosis.

Ingenia also provides greater versatility, which enables non-invasive diagnosis with multiple applications.

This solves the two fundamental problems faced by imaging clinicians.

The new digital coil design maintains the purity of the signal (information) from the patient's body while its AI-driven patient sensing technology, in-room guidance and exam automation makes it possible to image the patient in half the time with twice the quality in both 2D and 3D scanning and for all anatomies all at the same price!

It puts patients at ease through an immersive audio-visual experience that calms and guides patients through MR exams.

The wider bore allows for imaging patients with improved comfort and better patient compliance due to reduced claustrophobia.

The advanced imaging coil which is actually embedded within the table reduces the need for different coils for different body parts.

- Brain and spine with spectroscopy, perfusion and diffusion weighted imaging. Cerebral and neck vessel angiography.
- High-end musculoskeletal imaging with superior soft tissue contrast for joints, bones and soft tissues.
- Body imaging – Mediastinum, MRCP, MR urogram and gynaec imaging.
- Whole body imaging in Oncology.
- Superior spine imaging for trauma, cord pathologies, disc evaluation and infection.
- Multiparametric prostate imaging and breast imaging.

Philips Ingenia! It's not just a small step ahead but a giant leap forward!

MRI



■ MDCT -CANON AQUILION START-32 SLICE

Aquilion Start is packed with premium technology. It is carefully crafted and adapted to the changing requirements of healthcare organizations, including the need for faster workflows, universal accessibility, and sound economics. Cutting-edge Japanese technology ensures high-quality images.

■ PATIENT CARE PERSPECTIVE

- 1) Quality care for patients
- 2) Maximum patient comfort
- 3) Superior scan experience
- 4) Lower doses, better images

Aquilion Start MDCT incorporates advanced technologies to optimize patient care and accelerate clinical decision making. Innovative features ensure that you can acquire high-quality images routinely at very low patient doses.

■ MDCT -CANON AQUILION START-32 CLICE

PUREVISION - Detector technology, which was introduced in premium systems, has been adapted to achieve the perfect balance of image quality and patient dose optimized for outstanding speed in routine clinical practice.

Ultimate clinical flexibility with increased clinical confidence.

Canon Medical's advanced clinical solutions ensure excellent visualization of vasculature in MDCT Angiography studies, while Iodine Mapping provides an extra level of detail as part of your chest CTA exams.



Dr. Devadasa Acharya K.

MBBS, MD, DNB

Professor

Yenepoya Medical College Hospital

CT SCAN



■ DOPPLER ULTRASOUND PREFERRED MEDICAL IMAGING!

Ultrasound imaging is one of the twentieth century's most impressive innovations in healthcare delivery. Ultrasound, in conjunction with Doppler, is a safe, painless, and cost-effective diagnostic tool for many clinical scenarios, resulting in better patient care and healing. Doppler Imaging, along with routine ultrasound, is the non-invasive diagnostic tool to evaluate the blood flow pattern and in turn contributes towards better diagnosis and quality healthcare.

We are pleased to announce that Yenepoya Specialty Hospital now has a world-class Doppler ultrasound system, the Samsung Medison HS70A, a new high-end ultrasound system with 3D imaging, high-quality images and shear wave elastography. The high-quality image ensures superior patient care and increased patient throughput.

The Samsung HS70A can be used for a variety of purposes, including abdominal imaging, pregnancy scan, thyroid scanning, musculoskeletal imaging, small parts imaging, breast imaging, vascular and paediatric imaging. The system is designed with a number of advanced imaging features, including high-resolution imaging and user-friendly interface to provide the best clarity and diagnostic capabilities.



Dr. Vinayaka U. S.

MBBS, DMRD, DNB

Professor

Yenepoya Medical College Hospital

The HS70A's key features include the S-Vision imaging engine, which provides clear and detailed 2D and colour images for all types of applications, S-Harmonic, which provides clear images with improved uniformity, and a 23" Full HD wide LED screen.

Realistic Vue, which displays high-resolution 3D anatomy with impressive details and includes the most realistic depth perception by selecting the best light source for better anatomical structure definition, is also included in the advanced imaging system.

■ ULTRASOUND



Dr. Adarsh K. M.

MBBS, MD

Assistant Professor

Yenepoya Medical College Hospital

■ DIGIX ECO RADIOGRAPHY – DR SYSTEM

It is a series of digital radiography systems for multipurpose use. They are specialized models that are used for general radiographic applications. These systems include an X-Ray tube head mounted on a floor to ceiling stand/ceiling free stand, a single detector embedded in the vertical bucky housing, a mobile table, and a high-frequency X-ray generator.

■ AMONG THE UNIQUE ADVANTAGES ARE

- Digital image processing with enhanced contrast.
- For enhanced details, there is digital image processing (overcomes errors in exposure factor selection).
- In less than 5 seconds, a preview image is available (no long wait for patients).
- Printing on perfectly dry film (no chemicals).
- There is no physical movement of cassettes (faster operation).
- A broad dynamic range (soft tissues and hard bones can be seen together).
- Excellent image quality as a result of fine pixels and a high contrast image.
- Efficient and user-friendly workflow as a result of the DICOM-based system.
- Simple integration with existing HIS/HMS/RIS/PACS in a hospital setting.
- Post-processing improves image quality.
- Image stitching and dual energy subtraction are both possible (optional).

MAMMOGRAM



X-RAY



HOSPITAL NEWS

PROUD MOMENT FOR YSH, ITS MANAGEMENT & EMPLOYEES AYUSHMAN BHARAT AROGYA KARNATAKA (AB-ArK) EXEMPLARY PERFORMANCE AWARD

We are pleased to announce that Yenepoya Specialty Hospital has been chosen as one of the best hospitals registered under the National Health Authority.

YSH, alongwith other Healthcare Units, was felicitated on 26th January 2021 at an event organized by the District Family Welfare Department.



AIRPORT MEDICAL CHECK

YSH team at the medical examination camp held for the staff of Adani Mangaluru International Airport Ltd. at Community Hall, Bajpe on 21 February, in the presence of the Airport Director, Mr. V. V. Rao, Jt. G. M-Finance, Mr. Vishwanathan and YMCH team.



COVID TEST

YSH carried out COVID Test sample collection on the Cargo ship of NMPT for their Captains, Officers, Commanders and Technicians in association with Yenepoya Medical College Hospital on March 25.



#CleanerYSH



#CleanerYSH is a campaign launched at YSH for motivating the employees to clean up their workplace to improve their productivity. Employees have taken it with a very positive spirit and taken extra measures to clean up and organize their respective workspaces.

The Winner of 1st Quarter 2021 #CleanerYSH Trophy is 2ND Nursing Counter. The team has maintained their department very neat, clean and organized which is a motivation for all other departments. The team lead by Sister Sujatha along with S/N Akhila Babu, S/N Sangeetha, S/N Jeevitha, MNO Lawrence are seen receiving the award from the Core Managers of YSH.

PERFORMANCE EXCELLENCE AWARD FIRST QUARTER 2021

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

Congratulations Ms. Harshitha Shilpa Maben (E#1014), patient co-ordinator at our health check-up unit on this well-deserved award. Keep up the excellent work.





DOCTORS MEET

Attendees at YSH Doctors Meet also underwent refresher training in BLS skills. Held on February 12, the training was facilitated by Dr. Meghna Mukund.



FELICITATION OF COVID WARRIORS 2021

As a tribute to our real heroes who have selflessly contributed in the battle against the COVID pandemic, YSH hosted a felicitation program on January 20, 2021.

Doctors, nurses and staff, including sanitation workers of the hospital who have sacrificed their days and nights in full PPE ensuring care and treatment for the COVID affected patients, were felicitated individually with a certificate of appreciation in a short yet lively program held in the conference hall by maintaining COVID protocols.

Dr. Mohammed Thahir also appreciated and acknowledged the exemplary contribution of all the departments and their employees who have played the pivotal role by going into direct contact and treating the patient to recovery ignoring the threat from family and community.

Dr. Priya B. Naik, the Chief Guest of the program, shared her insight on encountering the first COVID case and her experience of handling the pandemic crisis with the audience. Guest of Honor Dr. Girish M. shared his opinion and thoughts on pre- and post-pandemic situation with the esteemed gathering. Guests of honor Dr. Jayesh Kamath and Dr. Adeeb Hussain shared their views on how they successfully handled the pandemic outcome with their skills and understanding to the gathering.

The program concluded on a positive note by spreading positive rays and happiness hoping for a beautiful New Year.





What Our Patients Say About Our Care!

DATE: 23/12/2020
MRS. SNEHA UDAY SHETTY

Very clean premises and excellent medical care. Extremely friendly & caring nurses and doctors.
Thank you.

DATE: 10/02/2021
MRS. PRANDYA RAJENDRA PATIL

Very caring, cooperative, disciplined staff. Always smiling and well trained.
Thank you. May god bless you all.

DATE: 02/03/2021
MRS. VANDANA R BHAT

Before coming to the hospital I had a different opinion. But I was wrong, it is one of the best hospitals I have experienced. I have no hesitation in recommending the hospital for any kind of medical treatments to others.

DATE: 05/03/2021
KISHORE G. SHANBHOGUE

I am a senior citizen and had an occasion to have first dose of vaccination at your hospital on 5th March 2021. I am very much impressed by the professional touch your staff have maintained in dealing with the general public. We could complete the entire process within one hour which includes mandatory half an hour rest. Compliments to you and your team.

DATE: 13/1/2021
MRS. ARCHANA KAMATH

Liked the cheerful service provided by nursing staff. As well as akkas working in all units.

DATE: 01/03/2021
MR. DEBJANI MOHAN

All the nurses took excellent care and were always helpful and caring. We appreciate the fantastic ambience, caring staff and extremely fine treatment by Dr. Mahesh K. Overall the whole healing experience was in a caring atmosphere.



NEW YEAR CELEBRATION

Card making competition and hairdressing competition were held on account of New Year celebrations. Winners of the events were honoured on January 20 after the COVID felicitation function.



WOMEN'S DAY

Women are the real architects of society! To recognize and celebrate womanhood, on the occasion of International Women's Day, Team YSH gathered on 8th March on the international theme #CHOOSETOCHALLENGE. Choose to challenge and call out gender bias and inequality, celebrating women's achievements. Competitions were held to mark the same theme.

The Chief Guest, the first ever Gynaec Oncologist of Dakshina Kannada, Dr. Mariam Anjum Iftikar inaugurated the event with a powerful message to enthuse women power at YSH and shared tips on how to identify early stages of cancer in women and lead a quality life.

Guest of Honor Dr. Shahida, Radiologist, Medical Superintendent Dr. Savitha Shetty, Chief Intensivist Dr. Priya Naik, Nursing Superintendent Mrs Mary Vas, YNH Operations Manager Dr. Veena Uchil shared their wishes on the occasion of IWD2021. Mrs. Sharmila Santosh delivered the vote of thanks.

The longest-serving woman employee of YSH Mrs. Lalitha Sarojini was honoured during this event. It was a treat for our eyes after the formal function when YSH talents were showcased. Music and dances including Yakshagana enthused the guests and employees.



TRAINING

■ SUPER LEARNER AWARD FROM IPC HEALTH

Congratulations to Ms. Sharda B. (Employee ID 20, LT Incharge) who has been selected as the Super Learner by IPC Health, in recognition of completing maximum number of trainings in the month of March 2021. She was awarded with a gift voucher and Super Learner Certificate.

IPC Health is a digital content and learning delivery solution built for the Indian health-care industry to improve healthcare outcomes by fulfilling training, development and compliance needs of the hospitals. YSH is using IPC Health platform also to improve employee training and development.



■ TRAINING IN FEBRUARY

February 2021 has seen the highest training participation in the history of YSH. Completion of BLS & ACLS training for all staff including doctors and NALS/PALS, PEWS/NEWS, with the help of YMCH Simulation Lab (ACTSYEN) spearheaded by Dr. Meghna Mukund. It fills us with pride to have accomplished all the certificate training within a very short span of time.



■ MYTHS AND FACTS ABOUT COVID-19 VACCINES

Vaccination is a simple, safe, and effective way of protecting people against harmful diseases before they contract them. It uses your body's natural defenses to build resistance to specific infections and makes your immune system stronger. During the COVID-19 pandemic, vaccination continues to be critically important. When we get vaccinated, we aren't just protecting ourselves, but also those around us

India currently offers two indigenous vaccines - Covishield and Covaxin – with another option likely to be available soon. Experts advise that you should get recommended doses for full efficacy. With the unprecedented rise of COVID-19 cases, India has become one among the most affected countries at its second wave and without any doubt vaccine seems to be the only way out. Both the vaccines currently available in India have been proved to be safe and effective at preventing COVID-19. Hence, please make sure that you get your shot at the earliest if not taken yet.

FAQs:

1. Are there any side effects? Can the vaccine make me sick with COVID-19?

Vaccination is safe and side effects from a vaccine are usually minor and temporary, such as a sore arm or mild fever. More serious side effects are possible, but extremely rare.

The Vaccine alerts our immune systems to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms such as fever, fatigue, etc. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it is possible that one could be infected with the virus that causes COVID - 19 just before or just after vaccination and still may get sick.

2. Can I get COVID-19 after being fully vaccinated with both doses?

COVID-19 vaccines are highly effective but none are 100% effective. This means, a few might get infected after being fully vaccinated but these infection are typically seen to be mild or symptom-free.

3. Who shouldn't get the COVID-19 vaccination?

- People with severe allergic reaction (anaphylaxis) to any component of the COVID-19 vaccine.
- Pregnant or breastfeeding women - there is limited data about the safety of COVID-19 vaccines.
- Children below 16 years - the vaccines were not studied or approved.

4. Should I get the vaccine even if I have already been infected with COVID-19 ?

If you've had COVID-19 infection, you'll still need the vaccine for full protection from the virus. But it is looking more and more as if your previous infection, and your body's robust immune response, might have left behind a significant level of immunity — though, unfortunately, not quite enough to skip the vaccine.

So why delay further?

Those who haven't registered for the vaccination yet can register on the Co-WIN Portal and schedule your vaccination appointment. <https://www.cowin.gov.in/home>.

Registration for vaccination against COVID-19 for all those aged above 18 years will begin on the CoWIN platform and Aarogya Setu app from April 28.

Yenepoya Specialty Hospital is one of the government-approved Covid Vaccination Centers.

THE COVID-19 VACCINE HELPS PROTECT YOU & YOUR FAMILY

A safe and effective vaccine to protect against covid-19 is now available.



Dr. Preetha R. Naik, MBBS, DLO
Family Physician

■ STAYING FIT IN TIMES OF UNPREDICTABILITY

DR. JEEVAN PEREIRA
MBBS, MS (Ortho)
Sports Medicine / Arthroscopy Surgeon

The year 2020 had been the most unprecedented year. We are now well into 2021 and uncertainty continues with the COVID pandemic still lingering around. The second wave has got the countries in Europe and North America startled. We didn't know what was lurking around for us, in this what seemed to be normalcy in the initial 2 months of this year. Listening to news and debates on the tele and smart phones can set in the panic button in us with so many problems that are highlighted. The present state of COVID in our country might give rise to another lockdown, a day we all wish wouldn't come.

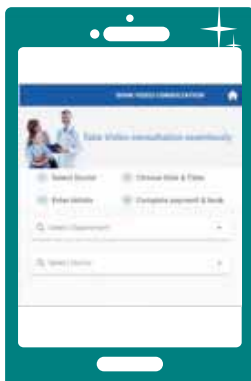
I am sure we all have heard of our near and dear ones gaining weight and blaming the reduced physical activities due to COVID situation.

- Wake up early, at least before sunrise.
- Meditate, or take deep breaths consciously and relax the body on each exhalation. Sit upright with legs crossed or on chair with spine erect.
- Hydrate oneself with adequate amount of fluids, let lime juice with honey be the energy drink for one's body.
- To minimize the meals from 3 to 2 times with at least 10 hrs gap in between them.
- Encourage oneself to have fruits like watermelon, oranges, amla, pomegranate.
- Exert oneself with abdomen and core strengthening exercises.
- Update knowledge or learn anything new.
- Spend quality time with family.
- Sleep early and let it be 2-3hrs after the last meal.
- Avoid news and debates where the problems are exaggerated and solutions are never heard of.
- Overall be pleasant and make the happiness which sprouts in you be contagious to the people who you come across.

JAI HIND



Yenepoya
Specialty Hospital
(A Unit of Yenepoya Institute of Medical and Research (YPMR))



www.yenepoyahospital.com

Stay Home Stay Safe

We are available for Video Consultation

Please scan below QR code



Visit below link to access
<https://bit.ly/38VgWkh>

Call us at **9008518855**
to book an appointment