

## Building Better Mental Health

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## Message from the CEO

The Covid pandemic adversely impacted all of us over the last one and half years. Fortunately the present quarter saw the second wave of Covid abate with a sharp reduction in the admissions to the Covid ward and Covid Intensive care unit. Hopefully the second Covid wave is behind us and we look forward to all activities returning to normal. The response to the Sputnik Covid vaccination at our hospital was good.

We should however not let our guard down and continue to take all precautions and maintain safety protocols like physical distancing, wearing masks, hand hygiene and vaccination. My gratitude to all the dedicated doctors, nurses and support staff who toiled day in and day out to provide relief and succour to the patients.

During these difficult and challenging times, we introduced 'Home Care Services' to cater to the personalized needs of the patients. These services included our highly trained paramedics visiting the patients at their home for sample collection, physiotherapy, free delivery of medicines, carrying out minor procedures

etc. This has immensely benefited the elderly and patients with mobility impairments.

We have embarked on a mission to further modernize the infrastructure at the hospital in terms of improving the facilities and ambience in the rooms. We are also in the process of procuring state of the art equipment with cutting edge technology. With our dedicated doctors, nurses and support staff and the management's impetus and support to modernize, we have taken a step forward to achieve our vision of being the most trusted hospital in the region.

**Team Yenepoya Specialty Hospital is always 'Happy to Care' for everyone and every time.**



**Air Marshal (Dr) C.K. Ranjan**  
AVSM, VSM (Retd).  
CEO



**Mr Yenepoya Mohammed Kunhi**  
Managing Director

**Mr Yenepoya Abdulla Kunhi**  
Chairman



**Mr Yenepoya Abdulla Javeed**  
Director - Operations

**Dr. Muhammad Thahir**  
Director - Medical

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## EXERCISES AND FITNESS FOR BACK PAIN

A common misconception is that exercise should be avoided when a patient is experiencing back pain. Understandably, many patients are reluctant to exercise out of the fear that any exercise or stretching will aggravate their existing back pain. This may make them rely too heavily on medical treatments and under-emphasize the importance of exercise for healing and long term back pain relief.

For most back problems, exercise and movement are the natural stimuli for the healing process. Controlled, supervised, gradual and progressive exercise, rather than inactivity and bed rest, most often provides the best long-term solution for reducing back pain and preventing (or lessening) future episodes of pain.

Presently, recommendation is for no more than one or two days rest at the onset of most episodes of back pain. Prolonged inactivity can actually increase back pain as the back becomes stiff, weak, and de-conditioned.

As the pain increases, many patients reduce their activity and exercise levels, resulting in even more back pain and aggravating the cycle of inactivity and back pain recurrence.

Exercise plays the dual role of both treating back pain and helping prevent future episodes of pain.

- a) By nourishing and repairing spinal structures, exercise helps alleviate existing back problems.
- b) Movement and exercise keeps the anatomy of the back healthy, flexible and strong in order to reduce the chances of further injury and back pain.

Another important effect of exercise is that it stretches, strengthens, and repairs muscles that help to support the back. The back and abdominal muscles act as an internal corset supporting the vertebrae discs, facet joints, and ligaments. When back and abdominal muscles are weak they cannot support the back properly. Back strengthening exercises help to strengthen these supporting muscles in order to prevent straining the soft tissues (e.g. muscles, ligaments, and tendons) and provide sufficient support for the structures in the spine.

Additionally, stretching is good for the back. For example, stretching hamstring muscles helps to relieve stress on the low back. Another benefit of back exercise is that the motion helps lubricate the facet joints, which are synovial joints that require appropriate motion.

Ideally, an exercise and fitness program should be integrated during most phases of treatment for pain relief and to improve the overall health of patients. Beginning an exercise program after an episode of back pain will likely cause some increase in pain in the beginning. However, the back pain experienced during exercise should be "good pain." This pain is to be expected as a natural part of increasing activity and stretching tissues that have become stiff and de-conditioned.

If the pain is severe, however, patients may first need to be treated for the pain prior to starting a back exercise program. Always take opinion of a Spine specialist or Physiotherapist before you start on your exercise regimen.



**Dr Srijith Padmanabh**  
MS Ortho, DNB Ortho,  
AO Spine Fellow  
Orthopaedic Spine Surgeon



# Doctor Speaking

## Building Better Mental Health

Looking to boost your mood, handle your emotions better, or build resilience? Six life-changing strategies to improve mental health which can immensely improve your mental well-being.

Your mental health influences how you think, feel, and behave in daily life. Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues.

Having good mental health doesn't mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss, and change. And while these are normal part of life, they can still cause sadness, anxiety, and stress. But just as physically healthy people are better able to bounce back from illness or injury; people with strong mental health are better able to bounce back from adversity, trauma, and stress. This ability is called resilience. Their resilience also makes them less afraid of new experiences or an uncertain future.



### Keys to Mental Health

1. Make social connection a priority-especially face-to-face
2. Staying active is as good for the brain as it is for the body
3. Learn how to keep your stress levels in check
4. Eat a brain-healthy diet to support strong mental health
5. Don't skimp on sleep-it matters more than you think
6. Find purpose and meaning in life

### Keys also to protect your mental health Online

1. Replace your late night and early morning scrolling with self fulfilling activities like walking, reading or writing.
2. Exercise control and designate a time for using social media.
3. Pay attention to how social media is influencing your emotions and behaviour; unfollow accounts that don't make you feel good.
4. Instead of connecting with others virtually meet friends in person.
5. Pursue Yoga and mindfulness to help you remain in the present.
6. Stop comparing yourself with others.
7. Following these self-help steps will surely benefit you.

If you've made consistent efforts to improve your mental and emotional health and still aren't functioning optimally at home, work, or in your relationships, it may be time to seek professional help.



**Dr Preetha Naik**  
MBBS, DLO (ENT)  
Family Physician

# Hospital News

## 75<sup>th</sup> Independence Day Celebration at YSH



YSH celebrated 75<sup>th</sup> Independence Day at the hospital premises. The hospital staff assembled in front of the hospital for the flag hoisting ceremony.

The flag hoisting took place at 8.30 am followed by a march past by the security team. **Air Marshal (Dr) C.K. Ranjan, AVSM, VSM (Retd)** was the chief guest of the event. On this occasion addressing the gathering he said “The sacrifices of our fore fathers to get the freedom from the Britishers should not go waste and we should rededicate ourselves to safeguard the integrity of our country and well being of the citizens ”.

Following the formal function, staff members participated in different cultural events.

The event was concluded with distribution of sweets among the staff members, patients, and their bystanders..

## At NMPT Vessels



YSH carried out swab collection for NMPT staff on their Chemical and Oil Tanker ships.

1. Our team with the manager of the Shipping company Mr Nithyanand Pai.
2. Our staff with Captain Mr. Gurneet Singh. Test Carried out for the Chemical Tanker ship Captain, Officers, Commanders, and Technicians of the Ship.
3. With the Manager of Universal Shipping Services Mr Raghu Nair, at the NMPT Palm Oil Tanker Ship **Wawasan Topaz**.



## The Celebration of **International Patient Safety Week 2021** at YSH

The International Patient Safety Week 2021 was celebrated from 13<sup>th</sup> September – 17<sup>th</sup> September 2021 with the theme “Safe maternal and new-born care” at YSH.

All employees enthusiastically participated in all events, which helped in spreading awareness of Maternal and Newborn Safety among employees and patients.



Patient Safety Survey among hospital Staff through link and analysis on Google spread sheet.

Short video release with tips on maternal and neonatal safety.



Memory game on Maternal and New born safety

Quiz competition – General safety alongwith Maternal and New born safety



Training Session on Maternal and New-born safety (Health Education) by Nursing team.

Pencil sketching with slogan competition - Topic “Neonatal health”



### **Performance Excellence Award - 3<sup>rd</sup> Quarter 2021** **Ms. Chandravathi H**

Performance Excellence Award is constituted to recognize those high performing employees who have outperformed in the past 3 months. Ms. Chandravathi H Nursing Aid who has been working with YSH since October 2015. Ms Chandravathi is conferred upon this award for her presence of mind to act in a critical situation that has saved a precious life.



Congratulations Ms. Chandravathi H on this well deserved Award. Keep doing the excellent job!!!

## Team Building Activities to Improve Performance at Workplace



On 15<sup>th</sup> July, Ms. Sharmila Santosh – HR Manager conducted Team building activity for all hospital staff. The core idea of conducting the team-building activity is to empower individuals towards achieving common goals. The very success of an organization depends on the ability of its employees to work as a team, understand each other's strengths as well as weaknesses, take interest in each other's interests, and deliver the quality work that is desired, together.

Activities of crossing the hurdles while being blindfolded and Creating and collaging the specified object in coordination with other teams were conducted at the Conference Hall.

Employees' active participation instilled team spirit, optimism and boosted the morale to tackle challenges at work.

**Quitting smoking is a challenge. You may need to make several attempts. That's ok. Keep it up...**

### Tips on how to quit smoking:

1. Make a list of all the reasons you want to quit smoking.
2. Set a "quit" date and stick to that date.
3. Tell everyone that you are quitting smoking.
4. Get rid of ashtrays, lighters, cigarettes, pipes, etc.
5. Avoid the company of smokers.
6. Take a walk or exercise when cravings occur. Acute cravings usually last less than 5 minutes.
7. Drink plenty of water with lemon in it. Citrus helps eliminate the urge to pick up a cigarette.
8. Increase intake of raw fruits, vegetables and fibre in the diet.
9. Avoid bad fats, processed foods, and refined sugars.
10. Be prepared for withdrawal symptoms like nausea, headaches, irritability. They will gradually ease in 2-4 weeks.
11. Avoid as much stress as possible for the first few weeks.
12. Ask a doctor for help. Patches, gum, and medications are available. Alternative treatments like acupuncture, meditation, and hypnosis can also help.



**Did you know, after quitting smoking... you will smell better, taste better, look better and feel better...**

**If you need any help, please make an appointment with our Physician  9008518855**



# Social News

## Drawing competition to showcase the traditional art forms of Kerala



To bring the festive spirit of Onam, especially to our Keralite staff who could not celebrate with their family, YSH arranged Onam ambience across the hospital.

To showcase the traditional art form of Kerala, pencil sketch competition was held on 19th September with the onam theme "Kathakali Face" and Virtual competition of Thiruvathirakali.

### The winners of Drawing Competition

- Ms. Afsha Ara, Pharmacist - 1st Place.
- Ms. Mamatha Balakrishna - Manager Support Service - First Runner Up
- Ms. Chandrika, X-Ray/ CT Technician - Second runner-up

### The winners of Thiruvathirakali competition

- Dr. Pooja Ashok, Discharge Summary - 1st Place
- Ms. Anitha Fernandes, Chief Radiographer - First Runner Up
- Ms. Shwetha, LT Staff Nurse - Second runner-up

Pookalam and Payasam added essence to the celebration.

Active participation of employee from all departments and the festive enthusiasm of the Management graced the occasion.



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

Always a pleasure coming to this hospital. Feels like "Home Away From Home" Nursing Care was excellent

**Mr. Aloysius Peter Jude Fernandes**

All staff were attentive and very kind. Very happy with the way they handle the patient and with the quality of service

**Mrs. Anusha Nayak**

This is easily one of the world class hospitals. Dedicated doctors and staff at every level. Thanks to ysh staff. Blessed

**Mr. Krishna Galgali**





“Medical and nursing care at your home”

## HOME CARE SERVICES AT YOUR DOORSTEP

Facility will be provided within the city limit



For Enquiries

+91 720 422 8055

### Services Available

- ✔ Collection of lab samples
- ✔ Delivery of medicines
- ✔ Skilled nursing care for discharged patients.
- ✔ Nursing care for the elderly and patients with mobility impairments.
- ✔ Physiotherapy.

