

YSH Times

YENEPOYA SPECIALTY HOSPITAL | NEWSLETTER | ISSUE 20 | PART 1 - 2024



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RACE AGAINST TIME: Harnessing the 'Golden Hour' for better outcomes

From the Director's Desk

At Yenepoya Specialty Hospital, we stand committed to providing exemplary healthcare services, especially during times of urgency. In the realm of emergency medicine, every second counts. It is in these crucial moments that the true essence of care and professionalism shines through. Our dedicated team of healthcare professionals, equipped with state-of-the-art technology and unwavering compassion, ensures that every patient receives the timely attention and care they deserve.

This edition talks about "Golden Time in Emergency," and encapsulates the significance of swift and effective response in critical situations. It emphasizes the importance of prompt assessment, diagnosis, and treatment. As we delve into the stories and insights shared within these pages, let us reflect on the tireless efforts of our healthcare heroes who work tirelessly day and night to safeguard the well-being of our community. Their dedication, resilience, and expertise are the cornerstone of our hospital's mission to deliver excellence in emergency care.

As we turn the pages of this edition of YSH Times, let us not only celebrate the golden moments in emergency care but also acknowledge the profound commitment of Yenepoya Specialty Hospital. YSH stands as a beacon of hope and healing, dedicated to serving our community with compassion, expertise, and innovation.

Dr. Muhammad Thahir - Director - Medical



"Rapid Access to Specialized Care: Transformative Impact of Yenepoya Specialty Hospital During the Golden Time in Emergencies"

Introduction:

As the clock ticks in the aftermath of a medical emergency, this article explores the pivotal role of Yenepoya Specialty Hospital in optimizing the golden time. With a focus on providing specialized care tailored to unique patient needs, we delve into the importance of swift access to our institution during critical moments.

Yenepoya Specialty Hospital Unique Offering:

In the realm of emergency care, our hospital stands as a beacon of specialized expertise. By tailoring our services to specific medical areas, we ensure that patients receive not only timely but also precisely targeted interventions during the golden time.

Timely Access to Specialized Expertise:

Accessing our hospital during the golden time is synonymous with tapping into a reservoir of specialized medical professionals and cutting-edge technologies. From rapid diagnostics to highly specialized treatments, our institution is equipped to initiate timely interventions that significantly impact patient outcomes.

Patient-Centric Interventions:

Our commitment to patient-centric care is evident in our approach during emergencies. By focusing on individualized treatment plans and targeted interventions, we maximize the golden time for each patient, contributing to improved outcomes and an enhanced quality of life post-emergency.

Reduced Delays, Enhanced Efficiency:

Directing patients to our hospital minimizes delays in the diagnosis and treatment process. Our streamlined approach ensures that patients swiftly transit from the initial emergency setting to the

specialized care environment, optimizing the golden time for the most effective and efficient care delivery.

Integrated Emergency Services:

A seamless integration of general emergency services and our hospital is crucial for a cohesive and efficient patient journey. Establishing robust protocols for communication and transfer ensures that patients seamlessly transit to our specialized care within the golden time frame.

Community Empowerment:

Community awareness is key to unlocking the full potential of our hospital during emergencies. By empowering the public with knowledge about the specialized care we offer, individuals can make informed decisions that guide them to our institution within the golden time, enhancing their chances of a positive outcome.

Conclusion:

In the critical minutes following a medical emergency, our hospital emerges as a beacon of hope, offering rapid access to specialized care during the golden time. Through tailored interventions, reduced delays, and a commitment to patient-centric care, our institution plays a transformative role in optimizing outcomes and saving lives when time is of the essence.



Dr. Mansheeda

Yenepoya Specialty Hospital leads the way in Lifesaving Expertise: NALS & PALS Training Program



Yenepoya Specialty Hospital hosted a groundbreaking Neonatal Advanced Life Support (NALS) and Pediatric Advanced Life Support (PALS) Training Program. This event was a remarkable demonstration of our unwavering commitment to excellence in healthcare and placed us at the forefront of innovation and lifesaving expertise. This innovative project demonstrated our unwavering commitment to providing medical personnel with the essential abilities and information required to give new-born and pediatric patients the best treatment possible in emergency situations.

With a focus on fostering a culture of continuous learning and advancement, the program meticulously combined theoretical insights with hands-on practical sessions, offering participants a holistic understanding of lifesaving techniques and protocols. Led by a distinguished cadre of medical experts, including our own esteemed faculty members, the program provided an unparalleled opportunity for attendees to refine their skills in neonatal and pediatric resuscitation, mastering essential interventions such as cardiac rhythm assessment, and medication administration.

At Yenepoya Specialty Hospital, we recognize that the ability to deliver exceptional care extends beyond individual proficiency it hinges on effective teamwork and collaboration. Therefore, the program placed a strong emphasis on interdisciplinary cooperation, cultivating an environment where

healthcare professionals from diverse backgrounds came together to learn, share insights, and refine their collective approach to patient care. Furthermore, the NALS and PALS Training Program had consequences that extended well beyond our facility, reflecting our unwavering dedication to raising healthcare standards more broadly. We strengthened our standing as a leader in the medical field by providing participants with the skills and self-assurance they need to handle challenging clinical situations with grace and accuracy.

Together, we stand united in our mission to redefine the boundaries of healthcare excellence and uphold the highest standards of patient-centered care.

This article is dedicated to the remarkable individuals whose unwavering dedication and tireless efforts made this program a resounding success. Your commitment to advancing patient care exemplifies the spirit of Yenepoya Specialty Hospital and inspires us all to strive for excellence each day.



Promoting Health and Wellness: EPFO Staff Engage in World Diabetes Day Awareness Talk



World Diabetes Day, observed on November 14th each year, serves as a global platform to raise awareness about diabetes and its prevention. In line with this initiative, Yenepoya Specialty Hospital took proactive steps to educate and empower individuals about lifestyle-related diseases. The hospital organized a health awareness talk tailored for the staff of the Employees' Provident Fund Organization Regional Office (EPFO), the awareness talk was delivered by the Consultant Diabetologist & Endocrinologist, Dr Shreekrishna Acharya, MD, DM (Endocrinology), MRCP (Endocrinology). The event was graced by the presence of the EPFO Commissioner himself.

Empowering the Workforce:

The event aimed to equip EPFO staff with the knowledge and tools necessary to lead healthier lives, particularly in the context of lifestyle-related diseases like diabetes. Through informative sessions and engaging discussions, participants gained valuable insights into the importance of lifestyle modifications for optimal health.

Key Highlights - Awareness Talk:

Understanding Lifestyle Diseases: The talk began by elucidating the concept of lifestyle diseases, emphasizing their increasing prevalence and impact on overall health and well-being.

Promoting Healthy Habits: Speakers emphasized the significance of adopting healthy habits, including regular exercise, balanced nutrition, stress management, adequate sleep, and avoiding harmful

substances like tobacco and excessive alcohol.

Nutritional Guidance: Expert nutritionists provided practical tips on crafting nutritious meal plans, understanding food labels, and making healthier food choices to prevent and manage diabetes and other lifestyle-related conditions.

Physical Activity

Recommendations:

The importance of regular physical activity in disease prevention and management was underscored, with suggestions for incorporating exercise into daily routines.

Stress Management Techniques:

Participants learned various stress management techniques, such as mindfulness meditation, to enhance resilience and overall well-being.

Interactive Q&A Session: The event featured an interactive question-and-answer session, allowing attendees to seek clarification on specific health concerns and receive personalized guidance from healthcare professionals.

Special Guest:

EPFO Commissioner's Presence:

The presence of the EPFO Commissioner at the awareness talk underscored the organization's commitment to employee well-being and its proactive approach towards promoting health and wellness within the workplace.

Conclusion:

In commemorating World Diabetes Day, Yenepoya Specialty Hospital successfully organized a health awareness talk tailored for the EPFO staff, with a focus on lifestyle-related diseases. By empowering participants with practical knowledge and strategies for healthier living, the event served as a catalyst for positive lifestyle changes, ultimately contributing to the well-being of the EPFO workforce. Such initiatives exemplify the importance of collaborative efforts in combating the rising tide of lifestyle diseases and fostering a culture of health and wellness in the community.

For more information about upcoming health awareness events and initiatives, please contact Yenepoya Specialty Hospital at 0824-4238855.

HAJJ Vaccination Programme at YSH



Amidst the preparation for the sacred journey of Hajj, an emblematic event unfolded – a vaccination drive meticulously organized by the Yenepoya group on 30th April 2024 at Yenepoya School in association with Yenepoya Specialty Hospital, under the patronage of the chancellor of the Yenepoya Group, Dr Yenepoya Abdulla Kunhi, who graced the occasion with his presence, the drive aimed to ensure the health and safety of pilgrims embarking on this profound spiritual voyage. Approximately 1500 individuals were administered vaccines, fortifying them against potential health risks and fostering a sense of security amidst the bustling crowds of the pilgrimage. The event not only reflected the organizations commitment to public welfare but also epitomized the spirit of compassion and solidarity. In this convergence of tradition and innovation, the vaccination drive for Hajj pilgrimage emerged as a poignant symbol of collective responsibility and firm dedication to the well-being of humanity.

Dr. Jeevan Pereira's Ergonomics Awareness Session at BPCL LPG Bottling Plant



On April 8, 2024, Dr. Jeevan Pereira, a distinguished orthopedist specializing in sports injuries and arthroscopic surgery, conducted an insightful awareness session on ergonomics at the BPCL LPG bottling plant.

The session focused on the truck drivers who transport LPG cylinders, a group particularly vulnerable to back pain and related musculoskeletal issues. Dr. Pierera emphasized the importance of ergonomics in preventing back injuries. He shared practical tips for maintaining proper posture and safe lifting techniques, crucial for drivers who handle heavy cylinders daily. Moreover, he introduced a series of simple yet effective stretching exercises aimed at alleviating existing back discomfort and promoting long-term spinal health. The drivers actively participated, appreciating the relevance of the advice to their daily routines. The session not only enhanced their awareness but also empowered them with tools to improve their well-being,

Health Awareness Talk on Tobacco's Harmful Effects by Dr. Dhanush Shetty



On May 23, 2024, Dr. Dhanush Shetty, a dedicated Resident Medical Officer, delivered a compelling health awareness talk on the harmful effects of tobacco consumption at the Baikampady Industrial Area. The session, aimed at educating workers and residents, highlighted the severe health risks associated with tobacco use, including cancer, respiratory diseases, and cardiovascular problems. Dr. Shetty's presentation was both informative and engaging, using clear visuals and real-life examples to underscore the dangers of smoking and chewing tobacco. He discussed the long-term impacts on overall health and offered guidance on how to access medical support and counseling services. The talk was well received, with many participants expressing their gratitude for the eye-opening information and the practical advice offered by Dr. Dhanush's session.

Introducing Our Cutting-Edge Dedicated Robotic Complex: Revolutionizing Healthcare

We are thrilled to announce the launch of our hospital's latest addition: the Dedicated Robotic Complex, featuring state-of-the-art ICU facilities and modular operation theatres equipped with advanced laminar airflow systems. This groundbreaking initiative marks a significant stride in our commitment to providing unparalleled healthcare services while prioritizing patient safety and infection control.



At the heart of this innovation lies our dedication to leveraging cutting-edge technology to enhance medical care. The integration of robotic systems into our complex not only streamlines surgical procedures but also minimizes the risk of human error, resulting in improved patient outcomes and faster recovery times. Central to our mission is the implementation of stringent infection control measures.

The introduction of laminar airflow systems within our operation theatres creates a sterile environment by continuously filtering and circulating air, significantly reducing the transmission of airborne contaminants.

This proactive approach underscores our commitment to patient safety and underscores our position as a leader in healthcare excellence.



Moreover, our ICU facilities are meticulously designed to cater to the diverse needs of pre- and post-operative ward patients, with specialized equipment and round-the-clock monitoring by a team of skilled healthcare professionals. This comprehensive approach ensures optimal care and facilitates swift recovery for patients in need.

As we embark on this exciting journey, we remain steadfast in our commitment to setting new standards of excellence in healthcare delivery. The Dedicated Robotic Complex stands as a testament to our dedication to innovation, quality, and above all, the well-being of our patients.

Dr. Ashwini Kamath Sheds Light on Arthritis Awareness for International Women's Day 2024

On International Women's Day 2024, Dr. Ashwini Kamath, a distinguished rheumatologist from Yenepoya Specialty Hospital, delivered an enlightening talk on arthritis awareness at the HPCL corporate office. This special event aimed to educate women about arthritis, a condition that disproportionately affects them, while highlighting the pivotal role of Yenepoya Specialty Hospital in advancing women's health. Arthritis, a spectrum of inflammatory joint diseases, poses unique challenges for women due to various factors including hormonal fluctuations, genetics, and lifestyle choices. Dr. Ashwini Kamath commenced the session by elucidating the different types of arthritis prevalent among women, including rheumatoid arthritis, osteoarthritis, and lupus arthritis. Through engaging presentations and interactive discussions, she dispelled myths and misconceptions surrounding arthritis, empowering the audience with accurate information. Furthermore, the session addressed the holistic



impact of arthritis on women's lives, emphasizing the importance of comprehensive management approaches encompassing medication, physical therapy, lifestyle modifications, and psychosocial support. Dr. Ashwini Kamath reiterated Yenepoya Specialty Hospital's dedication to providing holistic care for arthritis patients, integrating cutting-edge treatments with compassionate support to enhance their overall well-being.

The session served as a beacon of hope and knowledge, empowering women to take proactive steps towards their well-being.

Yoga Workshop on International Yoga Day: A Harmonious Success

On the occasion of International Yoga Day, our hospital, in association with the Indian Medical Association, hosted a rejuvenating yoga workshop for all staff members.

The event was graced by Dr. Anla Shetty, a renowned expert in the field of yoga and holistic health. Held in the hospital conference hall, on 21st June 2024, the workshop saw enthusiastic participation from a majority of our staff. Dr. Anla Shetty guided the attendees through various yoga asanas, breathing exercises, and mindfulness techniques. Her session emphasized the importance of integrating yoga into daily routines to enhance physical health, reduce stress, and improve overall well-being.

The feedback from the participants was overwhelmingly positive. Many reported feeling refreshed and more focused after the session, with several noting an immediate improvement in their posture and mental clarity. The interactive nature of the workshop, combined with Dr. Anla Shetty's engaging teaching style, made for an enriching and

enjoyable experience. We are grateful to the Indian Medical Association for their support and to Dr. Anla Shetty for her invaluable contribution. This event actively promoted physical fitness and mental health among our staff.

We look forward to organizing more such wellness initiatives in the future to continue supporting the health and well-being of our dedicated team.





Successful Blood Donation Camp at Mangalore International Airport

On June 24, 2024, our hospital, in collaboration with the Indian Red Cross Society Blood Bank and the Indian Medical Association, organized a successful blood donation camp at Mangalore International Airport, focused on the airport staff and CISF team, emphasizing our commitment to community health and emergency preparedness.

The camp witnessed active participation from numerous volunteers, demonstrating a strong sense of civic duty and solidarity. The staff and CISF personnel showed remarkable enthusiasm, with many stepping forward to donate blood and support this noble cause. The collaborative effort of our hospital, the Indian Red Cross Society Blood Bank, and the Indian Medical Association ensured that the

camp was well-organized and efficient. Professional medical teams were on-site to ensure the safety and comfort of all donors, and the process was carried out smoothly, adhering to the highest standards of hygiene and medical care.

This event not only highlighted the spirit of giving but also reinforced the importance of regular blood donations. We look forward to continuing our partnership with these esteemed organizations and organizing more such impactful events in the future. Together, we can make a significant difference in the lives of many.



Empowering Women Through Health Awareness: A Special Women's Day Talk at Hindustan Petroleum Corporation Limited

To honor International Women's Day in 2024, Dr. Sowmya. R. Mariyappa, from Yenepoya Specialty Hospital, delivered an enlightening talk on basic women's health and HPV awareness at the Hindustan Petroleum Corporation Limited (HPCL) LPG import unit. The event aimed to empower women with essential knowledge about their health and raise awareness about Human Papillomavirus (HPV), a prevalent yet often overlooked concern. Dr. Sowmya. R. Mariyappa commenced the session by emphasizing the importance of prioritizing women's health and fostering a culture of awareness and proactive healthcare practices. As a leading institution in

healthcare excellence, Yenepoya Specialty Hospital has been at the forefront of promoting women's health initiatives, advocating for comprehensive care and education.

With a focus on HPV awareness, Dr. Sowmya. R. Mariyappa, representing Yenepoya Specialty Hospital, shed light on the prevalence of HPV infections and their potential health implications, particularly in the context of cervical cancer. Drawing from the hospital's wealth of expertise and research, she elucidated the modes of transmission, risk factors, and preventive strategies to mitigate the risks associated with HPV infection. Through engaging presentations and interactive



discussions, she debunked myths and misconceptions surrounding HPV, empowering the audience with accurate information to make informed decisions about their health.

As we celebrate International Women's Day, let us reaffirm our dedication to prioritizing women's health and supporting initiatives that empower women to lead healthier, happier lives.



Pioneering International Healthcare Excellence

In the realm of healthcare, every success story echoes the commitment and expertise of medical professionals. Our recent endeavor with Atlantic Global Shipping Pvt Ltd underscores our dedication to providing top-notch medical care to individuals from diverse corners of the globe.

On the 27th of March 2024, Mr. Bostan, hailing from Turkey, arrived at our hospital with complaints of Epigastric pain radiating to the back, accompanied by vomiting and sweating. Recognizing the urgency

of his condition, our expert medical team swiftly admitted him for evaluation and treatment.

As an international patient, Mr. Bostan's journey with us underscores our hospital's dedication to providing comprehensive care to individuals from across the globe.

Despite being far from home, Mr. Bostan found solace in our state-of-the-art facilities and the compassionate care of our staff. Upon admission, Mr. Bostan was diagnosed with Acute Gangrenous Cholecystitis, a condition requiring immediate intervention. Under the skillful guidance of Dr. S S Honnani, a renowned Surgical Gastroenterologist, our team sprang into action to address his condition effectively.

The surgery, conducted on the 28th of March 2024, marked a significant milestone in Mr. Bostan's road to recovery. With precision and expertise, Dr. Honnani and his team successfully navigated the complexities of the procedure, alleviating Mr. Bostan's symptoms and restoring his health.

As Mr. Bostan prepares to return to Turkey, we take pride in knowing that his journey with us has been one of healing, hope, and resilience. From diagnosis to treatment and beyond, our dedication to our patients knows no bounds

Dr. Ravichandra Karkal's Insightful Talk on Mental Health and Sleep Disorders

In an effort to promote mental wellness and address the often-overlooked issues of mental health and sleep disorders, Dr. Ravichandra Karkal, a renowned psychiatrist from Yenepoya Specialty Hospital, conducted a vital awareness talk at the Baikampady Industrial area. This initiative aimed to empower individuals with essential knowledge and strategies to manage their mental health.

Dr. Ravichandra Karkal commenced the session by delving into the intricate connection between mental health and sleep disorders. He elucidated upon the prevalence and impact of conditions such as anxiety, depression, insomnia, and sleep apnea, particularly within the context of the workplace. Drawing upon



Yenepoya Specialty Hospital's expertise in mental health care, Dr. Karkal provided valuable insights into recognizing symptoms, coping mechanisms, and seeking timely assistance.

Dr. Ravichandra Karkal's informative session at the Baikampady Industrial area served as a pivotal step towards fostering mental wellness in the workplace and beyond. Together, we can cultivate a culture of well-being and resilience in our communities, guided by the principles of empathy, understanding, and proactive care.



YSH Celebrates yet another Milestone: 125 Successful Robotic Total Knee Replacements



In a remarkable testament to its commitment to cutting-edge healthcare, Yenepoya Specialty Hospital in Kodialbail, Mangalore, proudly announces a significant achievement: 125 successful robotic total knee replacement surgeries within its inaugural year of introducing this groundbreaking procedure. Spearheaded by the hospital's esteemed Chief Joint Replacement Surgeon, Dr. Deepak Rai, this milestone underscores the institution's dedication to

providing patients with access to the most advanced treatments for chronic conditions, empowering them to embrace a life of greater mobility and well-being. The introduction of robotic total knee replacement surgery at Yenepoya Specialty Hospital marks a pivotal moment in the region's medical landscape. With Dr. Rai's expertise and leadership, the hospital has emerged as a beacon of innovation, offering patients a transformative solution for debilitating knee ailments. By leveraging state-of-the-art robotic technology, patients can now benefit from precision-driven procedures that promise enhanced accuracy, faster recovery times, and improved long-term outcomes. The success of our robotic total knee replacement program is a testament to our dedication to innovation and our relentless pursuit of better health outcomes for our patients.

The achievement of 125 successful surgeries within the first year underscores the efficacy and reliability of this groundbreaking approach. Patients who have undergone robotic total knee replacement at YSH testify to its transformative impact, reporting significant improvements in mobility, pain relief, and overall quality of life. This milestone not only celebrates the remarkable skill and dedication of the hospital's surgical team but also reaffirms its position as a leader in orthopaedic care in the region. As YSH celebrates this remarkable milestone, it reaffirms its unwavering commitment to serving the community with compassion and expertise. Through the pioneering efforts of its health experts and the transformative impact of robotic total knee replacement surgery, Yenepoya remains dedicated to advancing healthcare standards and empowering individuals to live fuller, more active lives.

CELEBRATIONS @ YSH

Republic Day



Yenepoya Specialty Hospital rang in the spirit of patriotism on this Republic Day, with a vibrant celebration honoring Republic Day. The day began with the national flag's unfurling, symbolizing India's unity and diversity. Staff members, patients, and visitors alike gathered in the hospital premises. The atmosphere was filled with pride, gratitude, and hope for a brighter future. Yenepoya Specialty Hospital's Republic Day celebration not only honored the nation's sovereignty but also reaffirmed its pledge to contribute positively to the welfare of society. As a beacon of healthcare excellence and community engagement, Yenepoya Specialty Hospital continues to inspire and uplift the spirits of all those it serves.

Celebrating World Blood Donor Day at Kasharp Fitness Centre



On the occasion of World Blood Donor Day, Kasharp Fitness Centre, a well-known fitness hub in our city, hosted a successful blood donation camp in association with Yenepoya Specialty Hospital on 15th June 2024. The Blood donation team from Yenepoya Medical college hospital volunteered for the blood donation program. This event highlighted

the spirit of community and humanity among our fitness enthusiasts. The gym trainers and members voluntarily came forward to donate blood, contributing to a noble cause that saves lives and promotes health.

The event was a testament to the compassionate and proactive mindset of the Kasharp Fitness Centre community.

The participants demonstrated that fitness is not just about physical strength but also about the strength of character and willingness to help others. The blood donation camp received an overwhelming response, with many members expressing their commitment to making blood donation a regular part of their lives. We extend our heartfelt gratitude to all the donors and volunteers who made this event a grand success. Together, we celebrated World Blood Donor Day with the true spirit of giving and caring for humanity.

International Women's Day

Yenepoya Specialty Hospital celebrated International Women's Day with a heartwarming visit to Snehadeep Orphanage in Kapikad. On this special occasion, YSH dedicated its efforts to honoring and empowering the remarkable women residing at the orphanage.

The day was filled with joy, camaraderie, and meaningful interactions as YSH staff members arrived at Snehadeep Orphanage bearing gifts, treats, and heartfelt smiles. The goal was not only to bring cheer to the residents but also to inspire and uplift them through various engaging activities.

As the day came to a close, the smiles on the faces of the women at Snehadeep Orphanage served as a poignant reminder of the power of kindness, generosity, and solidarity. Yenepoya Specialty Hospital remains steadfast in its mission to support and uplift women, not just on International Women's Day but every day, as a beacon of hope and compassion in the community.



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