

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS



Fortis Memorial Research Institute, Gurugram



Fortis Hospital, Mohali



Fortis Hospital, Mulund



Fortis Hospital, Anandapur



Fortis Hospital & Kidney Institute, Kolkata



Fortis La Femme, GK-II



Fortis Hospital BG Road, Bengaluru

Fortis Celebrates International Women's Day
2022



Fortis Ft Lt Rajan Dhall Hospital, Vasant Kunj



Fortis Escorts Hospital, Jaipur



Message from the MD & CEO



Dear Colleagues,

It gives me great pleasure to connect with you through yet another edition of The Fortisian.

As I write to you, we are witnessing a mild resurgence of COVID-19 infections in some parts of the country. While we are keeping a close watch on the evolving situation, let us all continue to exercise caution. I urge all of you, and especially those in frontline roles, to be extra vigilant and careful. Please stay protected, spread awareness and follow all COVID-related guidance shared by our Medical Strategy & Operations Group.

As you may be aware, we published the financial results of the Company for the Financial Year 2021-22 recently. The results are quite encouraging and clearly suggest that we have been taking the right decisions and doing the right things. Most importantly, the financial results reflect the incredible commitment and resolute steadfastness of all our Doctors, Nurses, Paramedics and staff members who delivered exceptional patient care even amidst the challenging situation we faced last year. I thank the entire team for giving their best, every day.

Moving ahead, we plan to continue to focus on further improving our infrastructure and strengthening our core specialities. We will also continue to build a strong team that is committed to our vision of delivering uncompromising clinical care and a superlative experience to all our patients.

Regards,
Dr A. Raghuvanshi
MD & CEO

New Beginnings & Launches

Dr A Raghuvanshi inaugurates SOMATOM Drive with Dual Source Technology CT at Fortis BG Road, Bengaluru



Dr A Raghuvanshi, MD & CEO, Fortis Healthcare inaugurating the set-up



Dr Pradeep, Senior Radiologist, explaining the scanner's capabilities



Team BG Road along with the senior leaders



The state-of-the-art equipment

As part of its initiative to enhance technological capabilities, Fortis Hospital, Bannerghatta Road, Bengaluru, has introduced the SOMATOM Drive with Dual Source Technology CT. The state-of-the-art CT imaging equipment was inaugurated by Dr Ashutosh Raghuvanshi, MD & CEO, in the presence of Mr Anil Vinayak, Group COO and Mr Ashish Bhatia, Business Head (Rest of India) on April 2, 2022.

The CT imaging equipment, with its unique dual source technology, provides reliable diagnosis results across all clinical disciplines and will help establish a new quality of patient care by simplifying complex procedures.

Fortis Memorial, Gurugram, launches state-of-the-art CT Simulator machine for management of cancer patients



Senior leaders and FMRI team at the inauguration

Fortis Memorial Research Institute (FMRI) launched a state-of-the-art CT Simulator machine in the presence of distinguished dignitaries including, Shri Nishant Kumar Yadav, IAS, Deputy Commissioner, Gurugram, Dr Virender Yadav, Chief Medical Officer, Gurugram, Mr Anil Vinayak, GCOO, Fortis Healthcare, Dr Ritu Garg – Head-SBU, FMRI, Dr Vinod Raina,

Chairman - Oncosciences, FMRI, Dr Anil Kumar Anand, Senior Director & HOD - Radiation Oncology, FMRI along with other senior clinicians and department heads.

With the launch of this machine, FMRI has strengthened its medical infrastructure of cancer care which will help cater to the growing needs of cancer patients through innovative solutions allowing doctors to work more efficiently with improved patient outcomes. This machine will enable high-quality images which will reduce the mapping time. It will also ensure precise contouring, generating patient modelling data in a more user-friendly manner which will help to give accurate information about tumors and surrounding tissues for every patient. The machine will help doctors in faster identification of the tumor and delivery of radiation dose very precisely.

On World Liver Day, Fortis Escorts, Okhla, New Delhi, launches Hepatology Clinic

A Hepatology Clinic was inaugurated at Fortis Escorts, Okhla, New Delhi, on April 19, 2022, on the occasion of World Liver Day. Mr Anil Vinayak, Group Chief Operating Officer, Prof (Dr) Ashok Seth, Chairman – Fortis Escorts Heart Institute & Chairman – Fortis Medical Council, Dr Bishnu Panigrahi, Group Head – Medical Strategy & Operations, Dr



Glimpses of the inauguration ceremony



Anita Arora – Director Medical Operations, Mr Bidesh Chandra Paul – Head SBU, Fortis Escorts, Dr Subrat Acharya, Executive Director – Gastroenterology & Hepatobiliary Sciences, Dr Pankaj Puri, Director – Gastroenterology & Hepatobiliary Sciences, and other senior dignitaries were present on the occasion.

The Clinic aims to set new standards in the field of Hepatology with major focus areas of preventive health, screening and therapeutic services for patients with Hepatitis B, Hepatitis C, alcoholic liver disease and fatty liver disease. The Clinic is led by renowned clinicians and is supported by a team of experienced nutritionists and physiotherapists. The Clinic also houses comprehensive investigations such as ultrasound, FibroScan and body composition analysis, thus catering to the multi-disciplinary requirements for managing patients with liver disease.

Clinical Excellence

In a first in India, surgeons at SL Raheja Hospital, Mahim, remove cucumber-sized stones from patient's knee



Dr Siddharth M. Shah with the patient



The stones removed from the patient's knee

A team of doctors at SL Raheja Hospital, Mahim-A Fortis Associate led by Dr Siddharth M. Shah, Consultant Orthopedics and Joint Replacement Surgeon, removed multiple 'stones' from the right knee of a 70-year daily-wage earner from Amravati, Maharashtra, who was suffering from a rare disease. The patient, who had been suffering for about a decade, was admitted with complaints of pain and swelling of knee, affecting his overall mobility.

Dr Shah said, "The patient was suffering from a condition called Multiple Giant Synovial Chondromatosis of the knee joint. Synovial Chondromatosis is a very rare condition and affects only one person in every one lakh people. In this condition, the inner lining of the knee joint (Synovium) which normally secretes a lubricating fluid produces nodules of cartilage, instead. These nodules can break off and become loose bodies inside the knee. Usually, the size of the loose bodies may be as small as a pill or as large as a marble. However, the case for our patient was a little different as he had multiple, giant Synovial Chondromatosis, which is an even rarer variant of this condition. In his case, the knee's multiple loose bodies/ stones were much more prominent in size. The largest stone size, in this case, was 12 X 6 X 5.5 centimeters and had to be removed in two pieces. In total, we recovered four giant and dozens of small Osteochondromas (stones) in the knee joint of the patient! Further, as far as we know, such large and multiple stones along with the entire inner lining of the knee have not been reportedly removed from the knee joint, in India, and this is the second-largest stone removal from the knee in the world."

The patient also underwent a total knee replacement (TKR) surgery as his knee joint was damaged due to osteoarthritis caused by the prolonged presence of the stones in his knee. The surgery was performed on March 10, 2022, and the patient has recovered well. He is now able to walk and perform his daily activities without any pain or discomfort.

10-year-old from Bangladesh receives liver transplant at Fortis BG Road, Bengaluru



Liver transplant patient along with the team of doctors and staff

A team of doctors at Fortis Hospital, Bannerghatta Road, Bengaluru, gave a new lease of life to a 10-year-old patient from Bangladesh with liver transplant. The boy was diagnosed with hepato-pulmonary syndrome, a rare condition that affects the lungs of people with advanced liver disease. The multidisciplinary team of doctors was led by Dr Mahesh Gopasetty- Senior Consultant- HPB and Transplant Surgery, Dr Ravindra Nidoni – Consultant- Liver Transplant Surgeon, Dr Prasanna K S- Consultant - Hepatology, Dr Yogesh Gupta- Head PICU, Dr Murali Chakravarthy- Director- Anesthesiology at Fortis Hospital, Bannerghatta Road. The patient was diagnosed with difficulty in breathing and was advised by doctors in Bangladesh to undergo Pulmonary Arteriovenous Malformation (PAVM) correction (a condition that affects blood flow between the heart and the lungs), therefore the patient's family decided to visit Bangalore.

As the patient had persistent low oxygen saturation, he was put on oxygen support for the past 16 months. In Bangalore, the family visited several hospitals, before coming to Fortis Hospital, Bannerghatta Road where they met Dr Gopasetty. At Fortis, the patient was examined thoroughly and was diagnosed with Chronic Liver Disease secondary to congenital intrahepatic portosystemic shunt- type 4 with severe hepato-pulmonary syndrome, patient was advised to undergo a liver transplant surgery. Congenital intrahepatic portosystemic shunts (IPSS) are abnormal vascular communications within the liver between branches of the portal vein and the hepatic veins. Considering the deteriorating condition of the boy, an urgent transplant was needed. However, being a diabetic patient, the boy's father was unfit for the donation and the mother was pregnant. In that scenario, in order to save the life of the boy, his aunt came forward to donate part of her liver. The patient was admitted in the month of December 13, 2021 and was discharged on March 12, 2022.

Special Feature

International Women's Day celebrated at Fortis Memorial, Gurugram



Celebrations at FMRI, Gurugram

On the occasion of International Women's Day, Fortis Memorial, Gurugram was lit up in purple colour which signifies dignity and justice. The hospital celebrated the occasion by arranging a get together with fun filled games and a cake cutting ceremony for its female workforce.

Fortis Mohali celebrates International Women's Day with 'Fortis Womaniya Awards'



Glimpses of the event

Recognising the contribution of women staff of Fortis Hospital Mohali, a colourful event, Fortis Womaniya Awards-2022, was organised at the facility on the occasion of Women's Day on 8th March. Women staff comprising doctors, nursing staff and employees of various departments participated in the event.

Dr Anu Girdhar, MDS, and Chairperson of Women Dental Council, Punjab, was the chief guest. The event was anchored by Madhavi Chikhale, Chief of Nursing; and Dr Rajeev Kapoor, Additional Director, Oncology and Colorectal Surgery. Various rounds such as height contest, dancing and cycling were also organised. Innovative titles such as Miss Congeniality, Miss Sadhguru, Bindass Babe, Robo Queen, Miss Fit Guru, Punjabi Keralite, Artistic Missile, Miss Dependable etc, were also awarded to the staff.

Ashish Bhatia, Business Head-Rest of India; Abhijit Singh, Head-SBU; Jaspreet Kaur, Unit Head, Administration; Air Marshal (Dr) R.K. Ranyal, Former Medical Director; Yogesh Joshi, Head, Unit Sales & Marketing; Hemant Narang, Unit Finance Controller; Dr Bhavna Ahuja, Medical Superintendent; and Santanu Chatterjee, Zonal Head, HR; were also in attendance. The event decoration was done by Neeru Kalyan, SPICU In-Charge.

Fortis Hospital, Mulund, marks International Women's Day 2022 with much gusto



Lamp lighting ceremony by the dignitaries in presence of Dr Sonal Kumta, Senior Consultant, Obstetrics & Gynaecology, Fortis Hospital, Mulund



Participants in support of this year's theme of International Women's Day 2022 #BreakTheBias

On International Women's Day 2022, Fortis Hospital, Mulund, organised an interactive lecture for Anganwadi teachers, schoolteachers, and professors from various schools and colleges across Thane, Mulund and Bhandup. Dr Sonal Kumta, Senior Consultant, Obstetrics & Gynaecology, Fortis Hospital, Mulund, hosted a session for over 150 attendees covering a range of gynaecological issues from puberty to menopause. Following this, a Meditation session was hosted by the Art of Living team, which saw participation from everyone present. Guests of honor for this special event included Ms. Kalyani Kumar (Bollywood Actor), local politicians Mrs. Charushila Samjiskar & Ms. Shalaka Salvi, and Ms. Vandana Sawant & Ms. Snehal Jadhav from Lions Club. The event concluded with a free haemoglobin test for all participants at the event.

Speaking on occasion, Dr S Narayani, Head SBU - Mulund, said, "Healthcare among the female population must be given due importance because preventive healthcare can go a long way in ensuring better health & well-being of women across all ages. The idea was to amplify the need to create awareness about conditions that affect women, and to encourage women to continue seeking quality healthcare across all stages of their life."

Fortis Hospital & Kidney Institute, Kolkata organises health talk on Women's Day



Health talk in progress



Fortis Hospital & Kidney Institute, Kolkata, organised "Health Talk on Woman Health and Diet especially for Working Women" for the women employees of Punjab National Bank. On the occasion, Dr Sushmita Das - Consultant Gynaecologist, addressed the gathering at PNB's Gariahat Branch and spoke about Ovarian Cancer and its prevention. She also shared an overview of Polycystic Ovary which is a common gynaecological problem of recent times. Later, she spoke about pregnancy, common pre-pregnancy tests and summed up her session with guidelines for maintaining overall women's health.

At the same forum, Ms Sohinee Seal, Dietitian, gave a presentation on 'Balanced Diet for Office Going Women' and addressed women's health related dietary complications such as folic acid deficiency and suggested dietary methods to overcome such complications. The participants were eager to know about the diet that needs to be followed during the post-COVID times and heartily welcomed the session.

International Women's Day celebrated at Fortis Hospital, Anandapur, Kolkata



Glimpses of the celebration at Fortis Hospital, Anandapur, Kolkata

Celebrating this year's theme of 'Gender equality today for a sustainable tomorrow', International Women's Day was held at Fortis Hospital, Anandapur, Kolkata on 8th March, 2022.

To applaud womanhood, a gratifying endeavor was taken by exhibiting the photographs of the female employees at the entrance of the hospital and the entire facility was lighted with pink color to signify women's day celebration.

Gifts were presented to all the women present as a token appreciation from the Zonal Director of the hospital. The event was presided over by Senior Vice president Mrs. Richa Debgupta and Zonal Director Mr. Pratyush Srivastava who congratulated and facilitated the women employees with certificates for their exemplary service. The celebrations ended with the cake cutting ceremony and group photo session.

Over 400 city doctors participate in International Women's Day celebration organised by Fortis La Femme GK II, New Delhi



The event was hugely appreciated by the audience

Fortis La Femme GK II, New Delhi, celebrated International Women's Day with a unique event, titled 'Saviours become Performers.' The fun-filled event for the medical fraternity comprised of a musical evening wherein the doctors gave performances. The event saw participation from more than 400 doctors from various healthcare organisations in the city. The theme of the event was #breakthebias and was held at Amphitheater, Connaught Place, Central Park, New Delhi.

Fortis Escorts, Jaipur, marks International Women's Day by honouring women doctors



Glimpses of the event

Women doctors from various departments of Fortis Escorts Hospital, Jaipur, were honoured at a public function organised by the hospital along with a non-governmental organisation, on March 5, 2022. The event was organised as part of International Women's Day, which is celebrated on March 8 every year.

Dr Adarsh Bhargava, Director and HOD - Gynaecology, Dr Shalu Kakkar, Additional Director - Gynaecology, Dr Smita Vaid, Additional Director - Gynaecology, Dr Ritu Sharma, Additional Director - Anaesthesiology, Dr Jyotsna Bhargava, Additional Director - Anaesthesiology, Dr Priya Goyal, Consultant - Anaesthesiology, Dr Neetu Ramrakhiani, Director - Neurology, Dr Mukta Bhatnagar, Senior Consultant - Cardiac Anaesthesia and Dr Manjari Sharma, Senior Consultant - Internal Medicine were felicitated. Social activist Ms Veena Nagpal (mother of a paraolympian Ms Deepa Malik Nagpal), International Paralympian Ms Shatabdi Awasthi and Dr Mala Ariun, Medical Director, Fortis Jaipur, felicitated the doctors.

International Women’s Day at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi



Doctors enjoying the day

A fun-filled day was organised for the women doctors at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, as part of the International Women’s Day 2022 celebrations. The participants, numbering over 60, enjoyed mouth-watering snacks, manicure and pedicure sessions followed by nail art. Dr Rashmi Sharma, Consultant - Dermatology shared tips on hair and skin care. This was followed by a sumptuous lunch. The event ended with a cake-cutting ceremony and was appreciated by all the participants.

Fortis BG Road, Bengaluru, puts focus on women's health with 'Her Health Hour' session



Dr Gayathri addressing the patients during the session

Patients sharing their experiences of undergoing treatment at the hospital

Emphasising the significance of women's health, Dr Gayathri Kamath, Senior Consultant - Obstetrics & Gynecologist, Fortis Hospital, BG Road, Bengaluru, conducted an educative session, 'Her Health Hour' with focus on menstrual health. As part of the event, patients who have successfully recovered and undergone a life changing treatment at the hospital shared their experiences of coping up with menstrual disorders and living a quality life post treatment. 'Her health hour' is an initiative by Fortis Hospital, Bannerghatta Road to encourage women to prioritise their health.

Community Connect

Fortis Memorial, Gurugram, conducts health awareness training for staff, visitors of prominent commercial centre in city



To mark World Health Day, Fortis Memorial Research Institute, Gurugram, in collaboration with a non-governmental organisation, organised a Flash Mob on Hand Hygiene and gave Basic Life Support training. This was done at a prominent commercial centre in the city to educate the staff as well as the visitors and spread awareness about the importance of Hand Hygiene.

A demonstration of Hand Hygiene and Basic Life Support was done. The staff and visitors were trained in CPR (Cardiopulmonary resuscitation). Such training can come in handy at times of an emergency and help in saving lives. Over 300 people were engaged through this activity.

Fortis Hospital, Richmond Road, Bengaluru celebrates International Mother's Day



Celebrating Mother's Day

Fortis Hospital, Richmond Road, Bengaluru celebrated International Mother's Day with fun filled activities and wellness talks by the doctors on May 9, 2022. The event started with a lamp lighting ceremony and an address by Mr Raghuram, Facility Director. As part of the celebration, all mothers and mom-to-be patients and attenders from wards along with school principal and teachers from a city school participated in the celebrations. The participants enjoyed music and fun games and also attended a health talk by Dr Aruna and Dr Sai.

Fortis is the Medical Partner for the annual TCS World 10K run, for the tenth year



Fortis team present at the marathon



Dr Niti posing with the medal



Dr BS Rao



Dr Jawali along with world sporting legend Justin Gatlin



Dr Prabhakar Koregol



Dr Jawali during the press conference

Fortis Hospitals, Bengaluru, supported the annual TCS World 10k Marathon, held on May 15, 2022, as the Medical Partner. Fortis has been associated with the popular marathon for 10 years now and has been ensuring that the participants get timely medical support.

The marathon, which had been suspended for three years due to the pandemic, attracted thousands of enthusiasts, including senior doctors from Fortis such as Dr Niti Raizada, Dr Raghu Nagaraj, Dr Prabhakar Koregol and Dr BS Rao.

Sharing more details, Dr Vivek Jawali, Chief Cardiothoracic & Vascular Surgeon and Chairman - Dept of Cardio Vascular Sciences, Fortis Hospitals, Bengaluru, said, "Fortis Hospitals take pride in being associated with the prestigious TCS 10K Run. As a medical partner, we had more than 200 medical professionals on-ground, which include Senior Clinicians, Physiotherapists, Nurses and other support staff. All COVID protocols were followed and the Fortis staff on-ground were fully vaccinated. We had organised two base camps – one inside the stadium and one outside in the campus. Three medical stations were created en-route and had fully equipped ambulances to take care of emergencies. We also had a fleet of mini-ambulances and bikers with a medical team member and approximately 25 spotters were deployed at appropriate locations." Dr Jawali also added that at Fortis promotes fitness and several Fortis doctors and staff also participated in the run. A total of 32 runners approached the Fortis medical camps and medical stations, seeking help.

Fortis National Mental Health Program Partners with Instagram to Launch "Readapt and Readjust"

Readapt and Readjust: Back to the Classroom

HANDLING EXAM STRESS

A student's guide to readapting to offline school, preparing for in person exams, other a jip of how parents and managing exam stress.

JOIN US

SPEAKERS

- Dr. Saanvi Parthi, Director, Fortis National Mental Health Program, Fortis Healthcare
- Neeta Pal, Communications Director, K10 UK To Talk, Bangalore
- Natasha Jagg, Head - Public Policy, Instagram, Facebook India Delhi
- Tanya Wanjari, Program Manager, K10

ON 25th April 2022 at 5PM

As we share insights on Readapt and readjust: **HANDLING EXAM STRESS** @Fortismentalhealth

To facilitate the transition of children back to the physical classroom, Fortis National Mental Health Program and Instagram have come together to launch "Readapt and Readjust: Back to the Classroom". This guide book is designed to equip students of Class X and XII with the skills to cope with pressures of offline examinations.

The Guidebook was launched on April 25, 2022, with a special Instagram live conversation, hosted by the Fortis Mental Health handle.

Over 100 cancer specialists across the country participate in workshop conducted by Fortis BG Road, Bengaluru



Team of doctors along with Actress Rachel David and cancer survivors



Dr Sandeep Nayak addressing the participants

Fortis Hospital, Bannerghatta Road, Bengaluru, conducted a Surgical Workshop and CME on the topic, 'Early Stage Breast Cancer – Is Lesser Better?' The CME was inaugurated by Breast Cancer survivors who underwent

successful treatment and recovery at Fortis Cancer Institute along with Dr Vijayakumar, Vice Chancellor of a prominent university; Ms Rachel David, a budding Malayalam and Kannada film actress and Dr Priya Sreedharan, Facility Director, Fortis Hospital, Bannerghatta Road, in the presence of senior doctors.

The highlight of the CME led by the Organising Chairman, Dr Sandeep Nayak, Director- Surgical Oncology and Organising Secretary, Dr Bharath, Consultant - Surgical Oncology, was treating early breast cancer using most innovative and advanced techniques. The new and advanced technologies like Intrabeam TARGIT IORT (Intra Operative Radiation Therapy) which can deliver the entire 30 days of radiation in 30 min more effectively in selected patients, Sentinel Lymph-Node Biopsy (SNB) using Fluorescence Technology avoiding radioactive elements and various techniques of breast conservation surgery called Onco-plastic surgery, were demonstrated. Around 100 cancer specialists and surgeons from reputed hospitals and universities from across India took part in the informative session. A live procedure of breast cancer surgery was also showcased during the surgery wherein the team of doctors explained about new techniques and treatment modalities for breast cancer surgery.

Fortis Rajajinagar, Bengaluru, conducts Basic Life Support session for gym goers



Fitness enthusiasts undergoing Basic Life Support training

Fortis Hospital, Rajajinagar, Bengaluru, conducted a Basic Life Support session at a gym on March 16, 2022. The session commemorated the birthday of Mr Puneet Rajkumar, the popular cine actor who passed away last year after a sudden cardiac arrest. As part of the session, 40 members of the gym received hands-on education using mannequins about handling a medical emergency. They were also apprised of the mindset required to address the situation and were trained on how and whom to call for help.

Fortis Mulund joins hands with Critical Care Nurses Society (CCNS) to organise Extracorporeal Membrane Oxygenation (ECMO) conference



(R-L) Lamp lighting ceremony in the presence of Ms Minimole Varghese, Dr Manisha Pathak, Head-Medical Services, Dr Charudatt Vaity, Dr Jitendra Choudhary and Dr Bindu Mulakavalupil



Ms Minimole Varghese, Chief Nursing Officer, Fortis Hospital Mulund enabling the inaugural address



Trolley set-up at the conference



Workstation set-up at the conference



The organizing team lead by (centre) Ms Minimole Varghese, Chief Nursing Officer, Fortis Hospital Mulund

Fortis Hospital, Mulund, in collaboration with Critical Care Nurses Society (CCNS) organised a conference on Extracorporeal Membrane Oxygenation (ECMO) on April 8, 2022. The conference began with the inauguration ceremony and lamp lighting followed by welcome address by the Chief Guest Ms Minimole Varghese, President-CCNS & Chief Nursing Officer, Fortis Hospital, Mulund. The sessions hosted during this conference included introduction and basic concept of ECMO, indications and contraindications of ECMO, the ECMO circuit and its handling, medical management and weaning from ECMO, Nursing Management and complications. The sessions were delivered by Dr Bindu Mulakavalupil, Consultant-Critical Care and Dr Jitendra Choudhary, Consultant-Critical Care, Dr Charudatt Vaity, Associate Director-Critical Care, Ms. Vanita Kamble Nurse Manager-Surgical ICU and Ms. Sofy Cherian, Team Leader-Surgical ICU, from Fortis Hospital, Mulund.

The skill-based conference also had workstations set up on ECMO machine and the circuit, and insertion trolley and ECMO patient set up, which was led by Mr Yogesh Ludbe, Senior Perfusionists and Mr Ganesh Naik, Ms Neha Padwal, Medical ICU In-charge and Ms Prerna Mulye, EICU In-charge. The event was attended by 78 participants across leading hospitals in Mumbai and received tremendous response.

Kamna Chhibber and Dr Samir Parikh of Fortis National Mental Health Program participate in telethon conducted by Kailash Satyarthi Children's Foundation with NDTV on child abuse



Kamna Chhibber participating in a panel discussion



Dr Samir Parikh sharing his thoughts

#Justice4EveryChild, an initiative by the Kailash Satyarthi Children's Foundation (KSCF) and NDTV focuses on raising awareness on the issues relating to victims of child sexual abuse. A five-hour 'telethon' was telecast on May 8, 2022, and streamed on social media channels which was curated by and featured Shri Kailash Satyarthi, Nobel laureate and Mr Prannoy Roy, noted journalist. The telethon featured renowned people like Dr Narayan Murthy, H. S. Phoolka, Vasvi Bharat Ram, Amod Kanth, Sushmita Sen, Taapsee Pannu amongst others.

The Fortis National Mental Health Program has been working closely with KSCF, supporting the Foundation's work across 100 districts within the country, providing training to staff and teachers on basic counselling skills and the mental health curriculum, as well as pro bono counselling and assessments for the children and staff, when required. The Kailash Satyarthi Children Foundation recognized the support being provided by the department.

Kamna Chhibber expressed the need for building awareness on the psychological impact and psychiatric consequences of sexual abuse and assault, emphasizing that adults need to recognize signs and symptoms that indicate a problem that a child may be experiencing.

Dr Parikh highlighted the need for all stakeholders to support and work towards #Justice4EveryChild and extended continued support from the Fortis National Mental Health Program towards the initiatives run by the Foundation.

Engagement

Fortis Hospital, Noida, organises in-house Advanced Cardiac Life Support (ACLS) course



The training session in progress



The participants of the Advanced Cardiac Life Support training

Fortis Hospital, Noida, organised an Advanced Cardiac Life Support (ACLS) for nurses working in the all critical care areas, on March 22, 2022. The extensive training session with hands-on practice was conducted by the Education Team under the guidance of Capt Neelam Deshwal, Chief Nursing Officer. Total 51 nurses participated in the programme and 48 nurses successfully qualified in the post assessment. The goal of Advanced Cardiac Life Support (ACLS) is to achieve the best possible outcome for individuals who are experiencing cardiac arrest. The programme aimed at providing extensive insights and skills by teaching airway management, CPR, algorithm and managing Code Blue situation.

Fortis Hospital, BG Road, Bengaluru, conducts 'Safety First & Safety Always' session



Lamp lighting by the leaders



NICU In-charge and speaker of the day, Mrs Preema Jose addressing the gathering

A session on 'Safety First & Safety Always' was held at Fortis Hospital, BG Road, Bengaluru. The session started with pre-test, followed by lamp lighting. Thereafter, a session on IPSG II by Mrs Preema Jose (NICU In-charge) and a panel discussion on different components of safety protocols by experts from different of departments was held. The discussion was moderated by Dr Yamini K R (HOD Quality). A Total of 50 nurses participated in the event.

The senior leadership team, including Mr Praveen Wali, Mr Ganesh Rao, Dr Priya Sreedharan, Ms Latha Nonis and Ms Sunithamma Tomy also took part in the event. Three panellists, Mrs Komala Naik (Regional Quality Head), Mrs Sani Anto (Quality Nurse), Mr Jnaneshwar (Housekeeping Supervisor), Mr Rakesh (Biomedical Engineer) and Mr Manjunath (CSSD Technician) participated in the discussion.



The panelists for the discussion



Sister Latha addressing the gathering

Annual Service Milestone Awards ceremony held at Fortis BG Road, Bengaluru



Glimpses of the event

In recognition of the exemplary contribution, dedication and commitment of Clinicians and employees, Fortis Hospital BG Road, Bengaluru, hosted the Annual Service Milestone Awards. Senior Clinicians and employees who have completed 5, 10, 15 & 25 years in FY21-22 across various verticals were felicitated by the Senior leadership team.

The event commenced with lamp lighting ceremony by Mr Ashish Bhatia, Business Head – Rest of India, along with the Senior Leadership team. The gathering was addressed and welcomed by Dr Priya Sreedharan, Medical Director-Fortis BG Road. As a token of appreciation, more than 100 employees who had completed 25, 20, 15 and 10 years with the organisation were felicitated with a certificate and an appreciation letter. They were also presented with gold coins. Employees who had completed 5 years were presented with wrist watches.

Team BG Road also gave a warm farewell to Mr Chandrashekar Balse, who retired after a 28-year-long stint as a paramedic with the hospital's OT department.

SL Raheja Hospital, Mahim – A Fortis Associate, conducts ‘Safety Codes’ training



Dr Amit Nabar, Head-ICU & Emergency Department hosting a session on the 'Importance of Safety in Hospital and Code Yellow'



Mr Pravin Naik, Security Supervisor hosting a session on Code Purple and Code Pink



(L-R) Ms Sanam Finix, Asst Manager – Quality, Dr Gaurav Wani, Attending Consultant – ER, Mr Balam Kanojiya, Deputy Manager – Housekeeping, Ms Mubina Karbari, Unit Head – Quality, Dr Amit Nabar, Head – ICU & Emergency Department, Mr Krunal Uttekar, Fire Safety Officer & Mr Daniel Tamanna, Security Supervisor, SL Raheja Hospital, Mahim



Mr Balam Kanojiya, Deputy Manager – Housekeeping hosting a session on 'Code Orange'



Dr Gaurav Wani, Attending Consultant – ER hosting a session on 'Code Blue'

SL Raheja Hospital, Mahim – A Fortis Associate has always adhered to the mantra of 'Safety First Safety Always'. Continuing this journey, the team conducted a month and a half-long Safety Code Training programme in February 2022 for over 400 employees across the hospital. The training was conducted on understanding and importance of Code Yellow, Code Blue, Code Orange, Code Pink, Code Red, Code Grey, Code Purple. The training was also conducted in the state language – Marathi, so all staff members have a better understanding of the emergency codes. The training focused on sensitising all the staff members about importance of safety in the hospital; this initiative was spearheaded by Dr Amit Nabar, Head-ICU & Emergency Department and the Quality Team comprising of Ms Mubina Karbari, Unit Head – Quality & Ms Sanam Finix, Asst Manager – Quality. The focus of the Safety Code Training program was creating awareness amongst the staff for emergency preparedness, thereby strengthen Patient Safety.

Code specific training was spearheaded by:

- 1) Dr Amit Nabar Head-ICU & Emergency Department, SL Raheja Hospital: Importance of safety in hospital and Code Yellow
- 2) Dr Gaurav Wani, Attending Consultant – ER: Code Blue
- 3) Mr Balam Kanojiya, Deputy Manager – Housekeeping: Code Orange
- 4) Mr Krunal Uttekar, Fire Safety Officer: Code Red and Code Grey
- 5) Security Supervisors Mr Umesh Gangdhar, Mr Daniel Tamanna & Mr Pravin Naik: Code Purple and Code Pink

Events

World Kidney Day 2022 observed at Fortis Hospital & Kidney Institute, Kolkata



World Kidney Day celebrations at FHKI, Kolkata

Fortis Hospital & Kidney Institute (FHKI), Kolkata, celebrated World Kidney Day on March 10, 2022, with the objective of 'bridging the knowledge gap to improve kidney care and maintain kidney health for all.' The daylong celebration started with lamp lighting by Dr Arup Ratan Dutta, Director - Nephrology, Dr Shivaji Basu, Director - Urology; Dr Upal

Sengupta, Senior Consultant - Nephrology and Mr Subhendu Prakash, Facility Director, FHKI-FMC, followed by short speeches by Dr Shivaji Basu, Dr Arup Ratan Dutta and Dr Upal Sengupta on the importance of World Kidney Day and the importance of maintaining kidney health.

Several other activities were conducted as part of the event. A health check-up camp was organised. Live social media sessions were organised with Dr Upal Sengupta. Dr Sengupta, along with a Kidney Transplant patient, interacted with the media. World Kidney Day branded masks were distributed among the consultants, patients and staff. To spread awareness, the hospital facade and the interior was decked-up with dropdowns; standees and posters with messages about keeping the kidneys healthy. The Dialysis Department organised a poster competition for the dialysis patients, which were put on display. The winners of the competition were adjudged on the World Kidney Day by panel of judges including Mr Subhendu Prakash, Dr Gautam Hazarika, MS, FHKI & FMC and Dr A. R. Dutta.

On World Kidney Day, Fortis Escorts, Okhla, New Delhi spreads awareness about kidney health



Glimpses of the event

On the occasion of World Kidney Day on March 10, 2022, Fortis Escorts, Okhla, organised an interactive session with members of Residents Welfare Associations in the neighborhood. The event started with the lighting of the ceremonial lamp and was attended by Dr Z. S. Meharwal, Executive Director & Head – Adult Cardiac Surgery, Heart Transplantation & VAD Programme, Mr Bidesh Chandra Paul, Head – SBU, Fortis Escorts, Okhla, Dr Sanjeev Gulati – Principal Director, Nephrology & Kidney Transplant, Dr Ajit Singh Narula – Principal Director, Nephrology & Kidney Transplant, Dr Anil Gulia – Director, Urology & Kidney Transplant, Mr Harpreet Singh – Deputy General Manager, Sales & Marketing. The Nephrology & Kidney Transplant experts shared their insights about the importance of keeping the kidney healthy. The event ended with a fun activity followed by the distribution of gifts to the winners.

Fortis Vasant Kunj marks World Kidney Day with awareness-building session



On the occasion of World Kidney Day, Fortis Ft Lt Rajan Dhal Hospital, Vasant Kunj, New Delhi, organised an event with the Resident Welfare Association (RWA) and senior citizens of the hospital's neighbourhood. The event commenced with an introductory video of the hospital and a welcome speech by Dr Sanjeev Gulati, Principal Director - Nephrology & Kidney Transplant. Dr Gulati also shared tips on how to protect the kidneys. As part of the session, 75 RWA members were present. The event ended with a vote of thanks by Mr Rajat Bajaj, Head - Sales & Marketing. T-Shirts and gifts were also distributed to RWA members.

Fortis Anandapur, Kolkata, celebrates World Health Day



Fortis Hospital, Anandapur, Kolkata, celebrated World Health Day on April 7, 2022. The event was coordinated by the Nursing Team and focused on raising awareness of wellness among the community based on the theme 'Our health, our planet.' Some of the key events included, basic health check-up of patients and their relatives in OPDs along with BMI, Blood Pressure and Capillary Blood Sugar readings. Health tips were also shared. People actively participated and showed interest to know more about warning signs of various diseases such as hypertension.

In IPD, the staff nurses delivered health education and performed a skit to increase awareness among patients. A wall magazine was prepared by the staff nurses in coordination with the Nursing Education Team. A knowledge sharing session commenced with lamp lighting and inauguration of the wall magazine by Mr Pratyush Shrivastava, Head - SBU, Dr Anuradha Majumder, Medical Superintendent, Ms Doli Biswas, Chief of Nursing, Ms Sathya Anand Kumar, DCON and the Nursing Team. Staff nurses from Critical Care Department participated in an extempore on 'Hypertension and its management.' All the participants were appreciated by the leaders. The celebration ended with a group photo session with the leaders.

Fortis Hospitals Mumbai's survey on bone and joint health of Mumbaikars unveiled on World Health Day 2022



The COVID-19 pandemic struck chaos in the past two years and everyone remained homebound as lockdowns became the norm. In the initial months, people had limited opportunities to venture outdoors and work from home (WFH) was quickly adopted. Drastic reduction in mobility, changed working patterns, and altered lifestyles had a severe impact on Mumbaikars bone and joint health. Doctors

witnessed a surge in the number of orthopedic complaints being reported across the city. This alarming trend prompted teams at Fortis Hospital, Mulund & Kalyan, Hiranandani Hospital, Vashi and SL Raheja Hospital, Mahim, to reach out to Mumbaikars to understand people's awareness levels about their bone & joint health and its long-term impact that would shape their post-pandemic functionality.

The survey which engaged with 5005 Mumbaikars, 65% females & 35% males, focused on critical elements such as risk factors, preventive & reactive measures, and the importance of exercise & dietary modulation. It also focused on gadget use, work-household balance, behavior & lifestyle changes made during the pandemic, and the significance given to bone health. The findings reveal bone & joint health isn't a priority for many despite increasing awareness over the past few years, here are some interesting findings:

- 41% Mumbaikars spent over 10hrs each day working from home & 18% agreed to being glued to their phone, when not working on their computer
- 75% Mumbaikars faced varying types of bone & joint issues
- 26% Mumbaikars attributed disrupted sleep cycle as the key reason for their pain & discomfort
- 70% Mumbaikars employed various tactics to relieve their pain, while avoiding consult with a doctor - 16% used heating pads, 13% used pillows, 13% used simple painkillers, 8% oil massaged their knees & hips & only 4% used a standing desk hoping to better their posture & relieve the pain
- 26% Mumbaikars did not get any time to exercise at all & 24% attempted to make time to exercise, but could not sustain the efforts

Dr S. Narayani, Head SBU, Mulund, who spearheaded this initiative, said, "This survey reveals the impact of reduced mobility and drastically changed lifestyle patterns over the past two years on bone and joint health of Mumbaikars. Minor joint pain and discomfort, which has long-term consequences, generally remains underreported and the pandemic only aggravated this. With restrictions now eased out, it is of utmost importance that we take charge, and give bone and joint health due care. We must do all we can to progressively reverse the health-related damage caused over the past two years, by seeking appropriate medical aid right away; let's not have COVID19 take the upper hand!"

A social media live was hosted on World Health Day 2022 with Dr. Sachin Bhonsle, Senior Consultant - Orthopaedic Surgery and Dr Kaushal Malhan, Director - Orthopaedics & Joint Replacement Surgery, Fortis Hospital, Mulund, Dr Manish Sontakke, Senior Consultant - Orthopaedic Surgery, Hiranandani Hospital, Vashi-A Fortis Network Hospital, Dr Manan Gujarathi, Consultant - Orthopaedics, Fortis Hospital, Kalyan and the moderator was Dr Siddharth M. Shah, Consultant, Orthopaedics and Joint Replacement Surgeon at SL Raheja Hospital, Mahim, who unveiled the survey findings and shared their insights on the impact of the pandemic on bone and joint health.

Fortis BG Road, Bengaluru, celebrates National Safety Week



Glimpses of the event

Fortis Hospital, Bannerghatta Road, Bengaluru, organised a fun filled day to celebrate National Safety Week on March 17, 2022. As part of the event, staff from housekeeping, Food & Beverages, Radiology, OT, ER doctors and the Security team performed ramp walk to create awareness about the safety equipment they use and showcase the latest equipment adopted by the hospital. A quiz competition was conducted, which received enthusiastic participation from all the departments.

Various stalls were put up to educate the participants about the safety measures adopted by Physiotherapy, Infection Control, Bio Medical, Fire Safety, Security, Engineering, Infection Control, Clinical Pharmacy, Dietetics and Security. Around 100 staff took part in the ramp walk and were felicitated with plants and certificates.

Patient Safety Awareness Week celebrated at Fortis Escorts Hospital, Faridabad



Patient identification

Labelling of IV fluids

Hand Hygiene awareness

Health education for patient safety

Patient Safety Awareness Week was celebrated from March 14-16, 2022, by the Nursing Team, wherein various training programmes were conducted for nurses, patients, attendants and supporting staff. The programme focused on enhancing Patient Identification prior to medicine administration, importance of Safe Drug Policy, Patient & Family Education and Hand Hygiene Awareness. The special project "Save The Line" was initiated to counter the trend of phlebitis events by improving flushing techniques, choosing right sites, right gauze, insertion and maintenance of care bundles. Post training, an interactive session was organised to help the participants consolidate the learnings and carry home the key messages.

On World Health Day 2022, Fortis Hospital Mulund hosts blood donation camp



Blood Donation Drive

To mark World Health Day 2022, Fortis Hospital, Mulund, hosted a blood donation camp in association with a third party on April 7, 2022. The drive enabled the team to collect 117 units of blood. The drive was a huge success and received the whole-hearted support of Dr Lalit Dhantole, Head-Blood Bank, Manjusha T., Head-Community Connect & MCH Coordinator and the Community Connect Team comprising of Avinash Waghmare and Jaseem Khan.

Fortis Escorts Hospital, Jaipur, organises mock drill to mark Fire Safety Week



Brief by Civil Defence Team



Team FEHJ



Fortis Escorts Hospital, Jaipur, observed Fire Safety Awareness Week during April 14-20, 2022. The theme this year was 'Learn Fire Safety, Increase Productivity.' The event commenced with doctors, nursing staff and all the employees taking an oath to ensure fire safety. Throughout the week, hospital staff members received fire safety training in groups. The highlight of the week was a mock drill to ensure fire safety readiness and coordination during evacuation procedures. The drill was conducted in conjunction with the Jaipur Collectorate, Civil Defence - Jaipur, Disaster Management and Control, the City Police and the Fire Department.

Mr Neerav Bansal, Head-SBU, said that such training activities are of great significance in identifying areas of improvement, enhancing collaboration between the hospital authorities and the Government organisations and sensitising people, thereby minimising the possibility of collateral damages during an actual hazard.

SL Raheja Hospital, Mahim - A Fortis Associate, in conjunction with Municipal Corporation of Greater Mumbai organises certification course on Disaster Risk Reduction & Risk Management



Dr Paritosh Baghel, Senior Consultant – Internal Medicine, Dr Ashutosh Pandey, Unit Head – Administration, SL Raheja Hospital, Mr Rajendra Lokhande, Shift In-charge (Training) – Disaster Management Cell, MCGM, Shri Pranay Ashok, Deputy Commissioner of Police (Zone 5), Mr Sumedh Desai, Head Security-Hiranandani Hospital Vashi, Mr Kishor Dhoke, Chief Fire Officer, Fortis Hospital Mulund and Mr Atil Gavande, Chief Security Officer, SL Raheja Hospital, Mahim



Mr Rajendra Lokhande, Shift In-charge (Training) – Disaster Management Cell, MCGM offering expert advice to the audience on the 'do's and don'ts during a disaster'



Shri Pranay Ashok, Deputy Commissioner of Police (Zone 5) addressing the attendees during program inauguration



C) Dr S Narayani and a representative of MCGM's Disaster Management team hand out certificate of participation and appreciation to (L) Dr Paritosh Baghel, Senior Consultant – Internal Medicine, SL Raheja Hospital, Mahim

SL Raheja Hospital, Mahim - A Fortis Associate, on March 29-30 2022, organised a certification course on Disaster Risk Reduction & Risk Management in association with Disaster Management Department, Municipal Corporation of Greater Mumbai (MCGM). The initiative was inaugurated by Shri Pranay Ashok, Deputy Commission of Police (Zone 5), Mumbai. The session helped train over 100 hospital employees to handle and manage disaster situations. The training team consisted of MCGM officials, officials from Mumbai Fire Brigade and external speakers. The sessions hosted over the two-day training included basics of disaster and identification of hazard, risk and vulnerability, firefighting – principles of combustion, methods of extinction and hospital fire management, hospital disaster management plan and handling of mass casualty, etc.

"As a large healthcare institution, it is our duty to safeguard our patients, relatives, and caregivers during an emergency situation. The course was aimed at strengthening the existing safety system and disaster management processes, building awareness, and adequately equipping hospital staff on ways to effectively manage any emergency." said Dr Kunal Punamiya, CEO-SL Raheja Hospital, Mahim - A Fortis Associate.

Fortis Sales Team conducts 'Guardians of Health' HR Conclave in Mumbai



Glimpses of the event

As part of its efforts to revitalize the Private Corporate Sales channel, the Domestic Sales Team organized an HR Conclave in Mumbai on April 8, 2022. The event, which is part of a series of engagement initiatives directed at large businesses, was held under the 'Guardians of Health' banner. The event attracted over 200 HR professionals, including over 20 Chief HR Officers from over 100 corporates across the country. Three panel discussions were held, featuring 17 CXOs of several major corporates. The speakers shared their views on 'Reinventing the role of HR in the new normal.' All Fortis hospitals in Mumbai also participated in the event. The programme was very well received and appreciated by the participants.

Third Edition of 'Rendezvous with Team Fortis' – Public Sector Enterprise Meet held in Bengaluru



Snapshots from the event

'Rendezvous with Team Fortis', an event for networking with Public Sector Enterprises and Govt. Institutions, is a platform where who's who from the PSUs are present and key clinicians & ZDs/FDs from our units are available for networking. After the success of this event in Delhi NCR and Kolkata, the Domestic Sales Team had organized the third edition of 'Rendezvous with Team Fortis' event in Bengaluru on April 22, 2022. The event attracted over 250 representatives from over 66 PSUs and Govt. Institutions. This platform promotes interaction amongst the leadership and doctors of PSUs as well as senior leadership and key consultants from our units.

Fortis Sales Team conducts 'Guardians of Health' HR Conclave in Punjab



The organising team members



The audience attending the event

After a series of successful events in Delhi, Chennai, Kolkata, Bangalore and Mumbai, the sixth edition of HR Conclave was organised by Fortis Hospital, Mohali, on April 22, 2022. The conclave was attended by over 200 HR professionals, including Chief HR Officers, HR Directors and CEOs from leading corporates of the Tricity who shared their views on 'Reinventing Role of HR in the New Normal-2022'. Three panel discussions were held on

Employees Mental Health & COVID-19, Reimagining the Workplace and Redefining Employee Benefits. The event witnessed some great minds of leading corporates from IT, Pharma, Banking, Education, Food Corporation, Telecom, Automobile, Realty, Sports and Textiles among others. All Fortis hospitals in Punjab also participated in the event. The programme was very well received and appreciated by the participants.

Fortis Hospital, Mulund, organises Fortis Priority Partner Meet for industry partners



Fortis Hospital, Mulund's Fortis Priority Partner Meet in progress



Dr S. Narayani, Head-SBU, Mulund at the Fortis Priority Partner Meet



Dr Sandeep Gore, Director-Emergency Medicine, Fortis Hospital Mulund at the Fortis Priority Partner Meet



Ms Rinku Mavani, Business Partner-Sales, Fortis Hospitals Mumbai at Fortis Priority Partner Meet

Fortis Hospital, Mulund organised a Fortis Priority Partner Meet on March 9, 2022. The event received enthusiastic participation from over 150 delegates from the Third-party Assurance (TPA) and Insurance partners. Talks by Dr S. Narayani, Head-SBU, Mulund, along with leaders from the Insurance partners were the highlights of this meet. Dr Sandeep Gore, Director-Emergency Medicine, Fortis Hospital, Mulund, hosted an intriguing session on need for and importance of Emergency Medicine and the crucial role it plays in patient care.

Ms Rinku Mavani, Business Partner-Sales, Fortis Hospitals, Mumbai, enabled this meet.

Awards & Accolades

Fortis hospitals shine brightly on the 'Outlook Health Best Hospital Ranking 2022' list

OUTLOOK HEALTH

ALL INDIA RANKING

Best Multi Speciality Hospitals – All India	Rank
Fortis Memorial Research Institute, Gurugram	6
Fortis Hospital, Anandapur, Kolkata	13

Best Hospitals Cardiology – All India	Rank
Fortis Escorts Heart Institute & Research Centre, Okhla	3

Best Hospitals Gastroenterology – All India	Rank
Fortis Memorial Research Institute, Gurugram	7

REGIONAL RANKING

Best Multi Speciality Hospitals – East	Rank
Fortis Hospital, Anandapur, Kolkata	1

Best Multi Speciality Hospitals – West	Rank
Fortis Hospital, Mulund	9

Best Multi Speciality Hospitals – North	Rank
Fortis Memorial Research Institute, Gurugram	3
Fortis Hospital, Mohali	7

Best Multi Speciality Hospitals – South	Rank
Fortis Hospital, Cunningham Road, Bengaluru	7
Fortis Malar Hospital, Chennai	8

CITY-WISE RANKING

Best Multi Speciality Hospitals – Kolkata	Rank
Fortis Hospital, Anandapur, Kolkata	1

Best Multi Speciality Hospitals – Delhi NCR	Rank
Fortis Memorial Research Institute, Gurugram	2
Fortis Hospital, Noida	4
Fortis Escorts Hospital, Faridabad	6

Best Multi Speciality Hospitals – Delhi	Rank
Fortis Hospital, Shalimar Bagh	4
Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj	6

Best Multi Speciality Hospitals – Chennai	Rank
Fortis Malar Hospital	2

Best Multi Speciality Hospitals – Bengaluru	Rank
Fortis Hospital, Cunningham Road	2
Fortis Hospital, Bannerghatta Road	10

Best Multi Speciality Hospitals – Mumbai	Rank
Fortis Hospital, Mulund	7

Four Fortis hospitals win prestigious AHPI Awards for Excellence in Healthcare-2022



Dr A. Raghuvanshi, MD & CEO, with Team Fortis at the awards ceremony

AWARDS WON BY FORTIS HOSPITALS

Unit	Category
Fortis Memorial Research Institute, Gurugram	: Digital/Smart Hospital
Fortis Hospital, Mulund	: Quality Beyond Accreditation
Fortis Hospital, Mohali	: Quality Beyond Accreditation
Fortis Escorts Heart Institute, Okhla	: Nursing Excellence

Fortis registered a strong presence at the prestigious AHPI Awards for Excellence in Healthcare-2022. Four Fortis hospitals won awards in multiple categories at the Global Conclave held in Mumbai on April 22-23, 2022. These awards have been instituted by the Association of Healthcare Providers of India (AHPI), a representative body of healthcare organisations in India, and aim at recognising excellence in healthcare whilst promoting the adoption of value-based best practices and patient health outcomes in healthcare.

Society of Critical Care Medicine of Kolhapur confers Dr Rahul Pandit of Fortis Mumbai with the 'SCCM Oration Award 2022'



Dr Rahul Pandit (centre) receiving the certificate of appreciation from Society of Critical Care Medicine of Kolhapur

Society of Critical Care Medicine of Kolhapur has honoured Dr Rahul Pandit, Director-Critical Care & Member-National and Maharashtra COVID-19 Taskforce with the 'SCCM Oration Award 2022'. At a ceremony that witnessed participation from the medical fraternity as well as socially responsible stakeholders, SCCM Kolhapur's President, Dr Saiprasad and the leadership council conferred this prestigious certificate upon Dr Pandit. Dr Pandit was also the keynote speaker at this ceremony. The certificate

and the gesture of appreciation honoured Dr Pandit for his contribution, during the COVID19 pandemic, towards training of medical professionals, for enabling critical care education across all geographies of Maharashtra and for relentlessly working towards patient care, especially towards patients who needed critical care intervention.

Paediatric Cardiology Team at Fortis Escorts Heart Institute, Okhla Road, New Delhi receives 'Solo Operator Certification for Percutaneous Melody Valve Implantation'



The Paediatric Cardiology Team led by Dr S Radhakrishnan, Executive Director – Paediatric Cardiology and Dr Sushil Azad – Additional Director, Paediatric Cardiology, have been certified as 'Solo Operators for Percutaneous Melody Valve Implantation.' Fortis Escorts Heart Institute, Okhla, is one of the few centres in the country to be certified for this extremely challenging procedure.

Team Nursing from Fortis Mulund bags top two positions at Anveshan 2022, showcasing 'Best Point of Care Nursing Research Innovations' in India



Fortis Hospital Mulund's Ms. Minimole Varghese, Chief Nursing Officer & Ms. Bincy Sunil Thomas, Nurse Educator, receiving the winner's certificate from Dr Jaya Kuruville (Principal) and Ms Wilma Valsalan (Professor) PD Hinduja College of Nursing



Fortis Hospital Mulund's Ms. Minimole Varghese, Chief Nursing Officer & Ms. Sherin Chandy, Nurse Educator, receiving the certificate from Dr Jaya Kuruville (Principal) and Ms Wilma Valsalan (Professor) PD Hinduja College

The Nursing Team from Fortis Hospital, Mulund, bagged the top two positions at Anveshan 2022, a nation-wide competition for Best Point of Care Nursing Research Innovations in India, organized by PD Hinduja College of Nursing, Mumbai in April 2022. From 16 abstracts 12 were shortlisted by a panel of 16 eminent judges and after four rounds of rigorous review process, the winners were declared from among 6 finalists. The final judging panel had jury members from USA, UAE, Philippines, and India. The study, which bagged the 1st prize was on "PUSH Tool for Pressure Ulcer Monitoring" by Ms. Bincy Sunil Thomas, Nurse Educator, Fortis Hospital Mulund. The study focused on adopting the evidence-based Pressure Ulcer Scale for Healing (PUSH) tool for creating awareness and improving pressure ulcer monitoring practices by nurses.

The study, which got the first runner-up award on "Improving awareness among patients using Dialysis Card" by Ms. Sherin Chandy, Nurse Educator, Fortis Hospital, Mulund was done in the Dialysis department for improving patient awareness about specific Dialysis-related parameters and vaccination schedule using a Dialysis Card. The contestants also got an opportunity to directly interact with the international expert judging panel and received valuable insights for furthering the studies.

Fortis Anandapur, Kolkata, receives First Runners-up award at 34th CII Quality Circle Convention 2022, West Bengal



Glimpses of the event

Team Nursing at Fortis Hospital, Anandapur, Kolkata, received the First Runners-up award for a project presentation on 'Value Optimisation on Arterial Blood Gas – Improving Organisational Efficiency,' at the 34th Confederation of Indian Industry (CII) Quality Circle Convention, organised at Kolkata, West Bengal. This was a zonal level competition where seven other hospitals participated and presented their work. The Nursing Team of Fortis Anandapur in collaboration with Finance prepared the project to optimise the appropriate Arterial Blood Gas analysis

numbers with accurate charging at all patient areas. The Nursing In-charges and Supervisors played a key role in this achievement. The project was supported by Mr Pratyush Srivastava, Head – SBU, Kolkata, and was well appreciated by the CII.

Dr Rahul Pandit of Fortis Mumbai nominated to Maharashtra Government's "Organ Donation and Transplantation Taskforce"



Dr Rahul Pandit, Director- Critical Care, Fortis Hospitals Mumbai & Member - National & Maharashtra COVID19 Taskforce

The Maharashtra Government has set up a task force, led by the state's Public Health Minister, Shri Rajesh Tope, to coordinate the process of organ donation and organ transplantation in the State. Dr Rahul Pandit, Director-Critical Care, Fortis Hospitals Mumbai and Member - National & Maharashtra COVID-19 Taskforce has been nominated to the new group alongside other leading medical practitioners, members of the Public Health Department, Additional Chief Secretary, Medical Education Department Secretary, Health Services Commissioner and prominent members associated with Medical Education and Research. The State-appointed taskforce's mandate is to work towards increasing deceased organ donations and authorise private and government hospitals with ICUs and operation theatres (OTs) as organ retrieval centres.

Dr Anil Heroor, Director, Advanced Onco Surgery Unit (AOU), Fortis Hospitals Mumbai conferred with 'Lokmat Kalyan Dombivli Gaurav 2022'



(L-R) Dr Anil Heroor, Director, Advanced Onco Surgery Unit (AOU), Fortis Hospitals Mumbai receiving the award from Dr Vijay Suryawanshi, IAS, Commissioner - Kalyan Dombivli Municipal Corporation & Hon. Governor of Maharashtra - Shri Bhagat Singh Koshyari

Dr Anil Heroor, Fortis Hospitals Mumbai was recently conferred with the prestigious 'Lokmat Kalyan Dombivli Gaurav 2022' award by Hon. Governor of Maharashtra - Shri Bhagat Singh Koshyari in the presence of Shri. Dr Vijay Suryawanshi, IAS, Commissioner - Kalyan Dombivli Municipal Corporation! Dr Heroor was honoured for his relentless service towards cancer patients during the COVID 19 pandemic. The Lokmat Kalyan Dombivli Gaurav 2022 awards was hosted on March 15th 2022, and witnessed support and enthusiastic encouragement from civic administrators, public health officials, and other socially & politically responsible dignitaries.

Ajey Maharaj, Head – Corporate Communications, wins 'Corporate Communications Professional of the Year 2021'

Mr Ajey Maharaj, Head – Corporate Communications, has been honoured with the prestigious 'Corporate Communications Professional of the Year 2021' by Exchange4Media, Business World Group. The award was presented at an event held in New Delhi on April 8, 2022. The award recognises the contributions and outstanding performance of corporate communications professionals in the public relations and communications industry. Notably, he was recognised as one of the 'Top 100 Influential Game Changers' recently.



Mr Ajey Maharaj receiving the award

Mr Veera Prakash of Fortis Vadapalani, Chennai, receives prestigious 'Healthcare Business Mentor of the Year' award



Mr Veera Prakash receiving the award in the presence of Shri Anurag Singh Thakur, Hon'ble Minister of Sports, Youth Affairs and Minister of Information and Broadcasting, Government of India

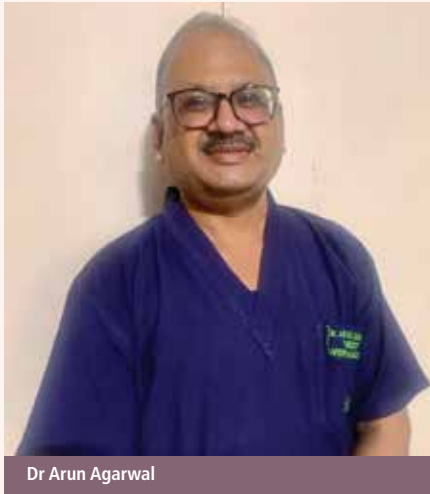


Mr Veera Prakash with the certificate and the trophy

Mr Veera Prakash, Head – Unit Sales & Marketing at Fortis Hospital, Vadapalani, has been recognised as a Healthcare Business Mentor of the Year at the Six Sigma Excellence Awards & Leadership Summit 2022. The award was presented by Shri Anurag Singh Thakur, Hon'ble Minister of Sports, Youth Affairs and Minister of Information and Broadcasting, Government of India, at a ceremony held in New Delhi on March 16, 2022. The event also commemorated the birthday of late General Bipin Rawat, India's first Chief of Defence Staff.

Mr Prakash was selected as a winner after a scrutiny of over 600 nominations. The recognises outstanding leaders for their contributions to society.

Dr Arun Agarwal and team from Fortis Escorts, Jaipur, publishes four articles on COVID-19



Dr Arun Agarwal

Dr Arun Agarwal and team from Fortis Escorts Hospital, Jaipur, has published four articles on COVID-19 in 2021 in peer reviewed national and international journals. His work included incidence, clinical characteristics and impact of Influenza virus infection in COVID -19 patients. It was reported that the predominantly H3N2 Influenza A strain was seen as a coinfection with COVID-19 patients. They reported that a synergistic effect leading to hyper-inflammation and a longer clinical course is seen in co-infected patients (Impact of influenza A co-infection with COVID-19. *Int. J Tuberc Lung Dis.* 2021 May 1;25(5):413-415). They also published a case series of clinical characteristics in these co-infected patients. They suggested that testing for influenza virus and its stain alongside COVID-19 needs to be implemented and priority should be towards maximizing COVID-19 and influenza vaccine uptake to mitigate these risks (The clinical characteristics of co-infection of COVID-19 and influenza viruses- A case series. *Journal of the*

*Association of Physicians of India.*2021;69(May):33-38).

Dr Agarwal and his team also published a case series on role of IVIG as an adjuvant immunotherapy in deteriorating patients with severe COVID-19 disease. They reported that severe COVID-19 patients who did not respond to usual standard of care treatment, use of IVIG at right time could improve clinical outcome and reduce mortality rate (High- Dose Intravenous Immunoglobulin's as an adjuvant Immunotherapy for Deteriorating Patients with Severe COVID-19 Disease – A Case Series. *European Journal of Medical and Health Sciences.*2021;3(5):38-44). The team also reported an interesting case of catastrophic COVID-19 disease who developed acute acro-cyanosis and digital gangrene. Very few articles have been published on this association (Severe Acute Acrocyanosis and Digital gangrene as a sign of Catastrophic COVID-19 infection. *Journal of clinical and diagnostic research.*2021 April; 15(4): OD12-OD15).

Ms Paumi Sam of Fortis Escorts, Okhla Road, wins second prize in E-Poster competition at CAHOCON 2022



Ms Paumi receiving the award



The poster



The certificate

Ms Paumi Sam, Infection Control Nurse, Fortis Escorts, Okhla, New Delhi, bagged the second position amongst 30 national and international competitive submissions for E-Poster at the 6th Edition of CAHOCON 2022 held in Kochi, Kerala on April 2-3, 2022. The E-Poster was titled 'Stop raising awareness, make them conscious for better understanding, thus to improve the effectiveness!' The poster described the real-time evaluation of hand hygiene training and handwashing efficacy with the help of an ATP bioluminescence assay. This was one of the quality improvement projects done in the hospital to increase hand hygiene awareness and increase compliance of healthcare workers.

Meet Our Clinician



Dr R Tongia
 Director & HOD – Cardiology
 Fortis Escorts Hospital, Jaipur

Today when I look back, after being happily married for over 5 decades and blessed with two talented sons, two smart grandsons and two beautiful grand-daughters, I am overwhelmed with joy!

A similar sense of pleasure and satisfaction is there with my parallel journey of medicine.

Destiny brought me into Medicine. I was all set to choose engineering as a career which was the most sought after option those days, having scored a perfect 100% in mathematics in High School Boards. My father suggested that I should consider becoming a doctor as it was a very noble profession and there was not a single doctor in our entire Jain community in Bhilwara, our home town. Simply because – “father knows best!” – I didn’t take a minute and opted for biology as a subject in Maharaja’s College Jaipur. Imagine the response I will get today from my grandkids were I ever to make such a suggestion to them!

Thanks to the double promotions (twice) in St. Xavier’s School I was only 15 when I got into SMS Medical College, Jaipur. My official documents showed my age to be 17, which those days was the minimum for admission (my father got my age

changed before filling the form for high school, else I would have wasted two years). Perhaps I was one of the youngest doctors to have graduated, though not officially! And yes, got married at the beginning of internship at age 20 it would have been illegal in today’s India.

After completing MD in medicine I went to England with the aim of obtaining MRCP and getting trained as a Cardiologist. I was at the Regional Cardiothoracic Centre, Newcastle-upon-Tyne with Dr. Ronald Gold and Professor Desmond Julian and was the first Cardiology Registrar at the newly commissioned Freeman Hospital. With God’s grace I managed to fulfil my aim in three and a half years and decided to come back home to keep my word to my mother who had permitted me to go only if I would return ‘soon’. However, I could not resist the opportunity to work as a faculty at Riyadh University (later called King Saud University) and accepted a one year assignment to help set up the new Medical College there. That one year extended to eight, and when I left in 1986, the Division of Cardiology which I established had eight faculty members and four batches of Saudi doctors had graduated.

I decided to practice in Jaipur, the place where I grew up. I felt there was a big vacuum in cardiology, particularly in providing emergency medical care. Only Santokaba Durlabhji Hospital was there apart from the Medical College Hospital. So I set up a small “Heart Hospital” with all necessary infra-structure and focused on providing Emergency Cardiac Care. Initially we had non-invasive equipment and later added a Cath Lab and a Cardiac Surgical program – the first in private sector in Rajasthan. To put things in perspective Escorts was to start operations in Delhi, and I had imported the very first digital Holter in the country. With hard work,

dedication, sincerity and always keeping patient interest first, we soon became the preferred destination for cardiac care in Jaipur. You know that you have made your mark when your peers and teachers choose you for their family members care, and the Chief Secretary of the state opts to come to your facility in the middle of the night for emergency treatment.

I was an instructor for the American Heart Association since 1986 and strongly believed that all doctors and nurses should be skilled in cardiac resuscitation. CPR saves lives. Unfortunately those days this was not emphasized in our country and many doctors would graduate without ever seeing a defibrillator, let alone using it. I took it upon myself to train as many as I could in the art and science of CPR. In 1990-91 I imported a CPR Resusci Anne (mannequin) and an intubation mannequin, along with ECG and arrhythmia training module and started training doctors in Jaipur and later in other areas of the state. Those days there was no AHA course on BLS and ACLS and we used to give Heart Hospital CPR Training Certificates to successful candidates. We were able to train a generation of doctors who have saved many a lives by using these skills.

Scene of medical practice was changing. I had foreseen that a stand alone cardiac center of the size I had would be more and more challenging to run; and practicing medicine in an ethical way, the way I always did, would become more and more difficult. So I decided to move to Fortis Escorts Hospital which was about to start operations in Jaipur. I head the Cardiology Department since the beginning and am happy to say that our department, with all the very experienced and skilled team members, has contributed a lot in the growth of this hospital. It continues to be a pillar of strength.

Meet Our Nurse

Sreeja Nair Singh

Nursing Supervisor, Fortis C-DOC Hospital, New Delhi



Who am I?

I'm a nurse who completed her GNM from Safdarjung Hospital in 2011 and currently pursuing P.B.BSc Nursing. I started my career in 2011 as an oncology staff nurse in RGCI & RC. Later I joined MAX, Saket as staff nurse in oncology department and left as a Medical oncology nurse practitioner after 4 yrs. In 2016 I joined PSRI as a clinical instructor in nursing education department and in 2022 I joined Fortis as a nursing supervisor.

Why did you choose nursing profession?

I had interest in medical field related to forensics but chose nursing profession as per my mother's interest. During my training years my father felt sick and expired, and that turned out to be the face changer of my professional life. During his treatment I understood the value of caregivers as earlier I was only aware that a nurse don't have a so called personal life. Day by day when I started taking interest in my profession I felt proud of choosing a profession like this. My first kick was when I was appreciated by my patient for the care provided. It was more of a blessing than an appreciation. And then the greediness continues...

Journey at Fortis

I joined Fortis in 2022 as a nursing supervisor where I had to manage my department and also work on NABH audit. The team work I saw during

that period was incredible. I was able to bring up lots of new initiatives and changes in my department for improving quality. My journey till now has been very good and looking ahead for more opportunities to grab in.

Most interesting fact of work

As we all are aware that nurses are call the "Angels" in healthcare, a lot of expectations are bound to each nurse. It feels very honourable and empowered when we are able to provide these angels there real wings so that they can spread good health & happiness among their patients by delivering compassionate care. Each word of appreciation by the patients turns out to be the real energy booster for each nurse.

What has been the most memorable moment?

The NABH audit and nurse day followed by nurse's week has turned out to be the most memorable moment in my Fortis Journey. The actual team work was seen on both the events that was highly satisfying. The best part was that my whole nursing team was happy and satisfied for the efforts put up.

Interest and hobbies

I enjoy listening to old & soft music, watching classical dance, doing gardening, playing with my child and pet. I enjoy going to hilly areas, river and sea sides.

Wall of Fame

Fortis Escorts Heart Institute



Dr K.S. Iyer



Dr Parvathi Iyer

Fortis Hospital, La Femme



Dr Tripat Chaudhary

Appreciated by :
Priyam Ghalot

Fortis Hospital, Faridabad

- All the service were good needs were met in time. overall excellent service.
- I am very satisfied with the service of this hospital. All staff was friendly and very helping in nature. service and treatment is good thankyou for taking care of my loved one. All staff nurses and doctors are excellent.
- very nice and care taking behavior of all nursing staff which helps me to recover fast. God bless all.



Ms Bimlesh

Appreciated by :
**Mr Vasdev Sharn,
 Mr Ram Kumar,
 Mr Vikas**

Fortis Hospital, Noida



Fortis Team

Dear Team Fortis Noida

All of you are blessing. Outstanding clinical care and outstanding service excellence! You all are just too good right from your Leader is Mr Mohit Singh to Dr Shanu, Ajitha, Pooja all of you were made us feel proud. We were in the hospital for almost a week. Sister Pushpa and her entire Team of Nursing – They take care of all their patients (we observed that even in JRCC)

So well, compassion runs common across all the staff and Doctors felt so clearly across. Thanks a lot all of you. Most important Dr Atul Mishra really has a magician's hand Dr Atul Mishra you have added more years to Mom's lifestyle. You have a magic in your hands. Mom started to walking on the second day of the knee replacement.

You have A GREAT TEAM

Keep it up.

Ratnesh (Pt's Son)

09/04/2022

Appreciated by : Mr Ratnesh

Fortis Hospital, Nagharbhavi

It makes me feel delighted to express my gratitude to Fortis Hospital Nagarabhavi in general and Dr Pruthvi T N in Particular.

Patient's with pain and agony, admitted with various problems will be glad and contented, if the doctor incharge are very caring and makes the patient feel at home, Dr Pruthvi is one among them.

We are happy with the services vended at your esteemed initiation.

Appreciated by : Mr Prabhu

Fortis Hospital, Ludhiana

Thank you Fortis. Thank you Dr Gursimran Kaur mam. Thank you Dr Gaurav Mittal Sir. Thank you all of you, NICU staff for saving my wife and my baby girl. Thank you Shikha mam. You all are excellent. Thank you once again Dr Gursimran Kaur, Dr Gaurav Mittal and Dr Parneet. Your healing touch was blessings for me and all NICU staff. Sister Gagan, Sister Gurpreet, Sister Charanjit, Sister Praveen and all for caring my baby day and night for one month. I have spent about a month in Fortis Ludhiana and it felt like I was the part of my family. Thank you team Fortis!



Dr Gursimran Kaur



Dr Gaurav Mittal

Appreciated by : Mrs Angali

Fortis Escorts Hospital, Amritsar

My brother was admitted under DR Harkirandeep Singh for surgery. I greatly appreciated him for his dedication and compassion. My heartiest thanks to Dr Rajinder Kaur for her support. She always go above and beyond the work. I have no words to appreciate and OTR staff Ms Anu. She cared my brother very well all the night. My brother is very impressed for her excellence.

Doctor Name: Entire Team of Fortis

Appreciated by : Pt. Surinderpal Singh

Fortis Memorial Research Institute

Patient was extremely happy with the services and gifted a sweet box to the nursing staff on the day of his discharge.



4th Floor Nursing Staff, Eitika (Nursing)

Appreciated by :
Mr Aryan Khalid

Congratulations

New Additions to the Family



Baby of Sunil Kumar - Fortis C-DOC Unit



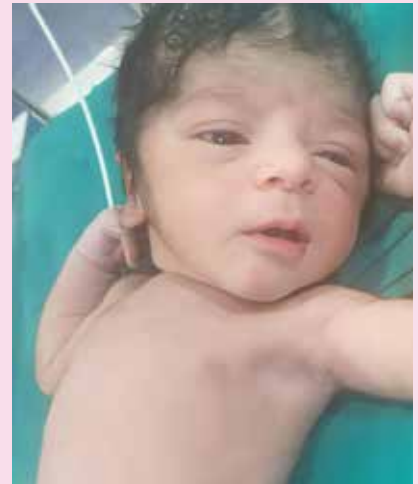
Baby of Thilaga R - Fortis Nagarbhavi Unit



Baby of Rani G K, Fortis Nagarbhavi Unit



Baby of Hemant Kumar, Fortis Jaipur Unit



Baby of Shankar Lal Mali, Fortis Jaipur Unit