

# THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS



Corporate Office, Gurugram



Fortis Hospital, BG Road, Bangalaur



Fortis Hospital, Mohali



SL Raheja Hospital, Mahim-A Fortis Associate



Fortis Escorts, Jaipur

**FORTIS IN FESTIVE SPIRIT**  
Gets set for another phenomenal year



Fortis Hospital, Vasant Kunj



Fortis Hospital, Anandapur, Kolkata



Fortis Escorts Heart Institute, Okhla, New Delhi



Fortis Hospital, Mulund



Fortis Hospital, Kalyan



FHKL, Kolkata



Fortis Memorial Research Institute, Gurugram



Fortis Hospital, Noida

## *MD & CEO's Message*

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*Dear colleagues,*

Let me begin by extending heartiest season's greetings and wishing you a very Happy New Year!

As I look back at the year gone by, I am filled with pride and a deep sense of satisfaction at all that we have achieved together. Our hospitals have been doing some exceptional clinical work, thanks to our doctors and nurses. With your support, we have continued to make sure that all our patients are treated and cared for in the best possible way.

We are also strongly focusing on implementing our expansion plans, strengthening infrastructure and adding next-gen technologies across the network. Most importantly, we have been strongly focusing on building a winning team, comprising of some of the finest clinicians, nurses, paramedics, administrators and leaders.

The hard work put in by everyone is evident and amply reflected in the growing trust and confidence of our patients on us. As we step into a new year, let us resolve to put in all our energies and make sure that we continue to deliver exceptional clinical care and unmatched patient experience.

I thank you for your commitment and hard work, and I am sure that we will all continue to do the right things for our patients in the years to come.

Please do take good care of yourselves.

Warm regards,  
**Dr A. Raghuvanshi,**  
MD & CEO.

## New Beginnings & Launches

### Fortis announces launch of EMR project



Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, and Mr Linus Tham, Group CIO, IHH, signing the license agreement



Group picture from the EMR agreement signing session

Fortis is pleased to announce the commencement of EMR implementation project. The kick-off session was held on November 11, 2022 at FMRI, Gurgaon. The event witnessed signing of Cerebral Plus EMR license agreement by Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare, and Mr Linus Tham, Group CIO, IHH, in the presence of Dr Kelvin Loh, MD & CEO, IHH. The visiting team from Acibadem Technology, Turkey (implementation partner for this project), members of Fortis Clinical fraternity and Senior Leadership were present as well.

An Electronic Medical Record (EMR) is a digital collection of health-related information of an individual that can be created, gathered, managed, and consulted by authorized clinicians and care provider staff within a healthcare organization. It includes information about a patient's health history such as diagnosis; medicines; laboratory reports, radiology reports and treatment plans. As an 'integrated' set of interoperable technology, the EMR includes a software, e-Prescription, interfaces to labs, workflow tools, among others, thereby able to automate access to information and streamline a clinician's workflow.

EMRs are the next step in the continued progress of healthcare, further strengthening the relationship between patients and clinicians. Timely access to patient data would improve clinician decision making and delivery of patient care.

The Fortis EMR project would consist of an initial Discovery phase, followed by solution Analysis and Customization, followed by pan-Fortis rollout across network hospitals, in a phased manner. The total project duration is expected to be 18 months.

## Haryana Chief Minister Shri Manohar Lal Khattar launches 'Wellness on Wheels,' a mobile health screening initiative by Fortis Memorial, Gurugram and DLF Foundation



Hon'ble Chief Minister of Haryana, Shri Manohar Lal Khattar, flagging off the mobile screening bus in the presence of Mrs Gayatri Paul, CEO - DLF Foundation, Dr Gurvinder Kaur, Facility Director, FMRI, Mr Mahipal Singh Bhanot, Senior Vice President and Business Head, FMRI, Dr Rahul Bhargava, Principal Director & Chief - Haematology, Haemato Oncology & Bone Marrow Transplant



FMRI leadership with the Hon'ble Chief Minister of Haryana, Shri Manohar Lal Khattar

Fortis Memorial Research Institute, Gurugram and DLF Foundation launched a state-of-the-art mobile screening bus on November 21, 2022, to offer free health screening services to the underprivileged communities as part of a joint programme, 'Wellness on Wheels'. It was flagged off by the Honourable Chief Minister of Haryana, Shri Manohar Lal Khattar. The screening services will include tests such as blood analysis, urine analysis, HBA1C testing, along with doctor consultation, which can be

taken up by any age group. Post the diagnostic reports, if anyone needs further evaluation/treatment, Fortis Hospital Gurugram will help such patients to get the best treatment.

Dignitaries present on the occasion included Mr Mahipal Singh Bhanot, Senior Vice President and Business Head, Fortis Memorial Research Institute-Gurugram | Shalimar Bagh, Vasant Kunj & FCI- Delhi, Dr Rahul Bhargava, Principal Director & Chief - Haematology, Haemato Oncology & Bone Marrow Transplant, Fortis Hospital Gurugram, Dr. Gurvinder Kaur Facility Director, Fortis Memorial Research Institute and Mrs. Gayatri Paul, CEO, DLF Foundation.

## Fortis Escorts Heart Institute, Okhla, New Delhi, introduces Accurate Neo Transcatheter Heart Valve for the first time in India



Fortis Escorts Heart Institute, Okhla, New Delhi performed a successful Transcatheter Heart Valve Implantation using "latest generation Accurate Neo 2 valve" which has been introduced for the first time in India. The device was used on two patients aged 87 & 69 years by Prof. (Dr) Ashok Seth – Chairman, Fortis Escorts Heart Institute and Chairman, Fortis Healthcare Medical Council, and Dr Vijay Kumar - Director, Interventional Cardiology. The 87-year-old patient was in severe heart failure and was very symptomatic. His aortic valve was severely narrow and leaking. The pumping efficacy (EF) of heart was

also very low because of the longstanding valve disease. Accurate neo 2 valve was implanted successfully with cerebral protection using a Sentinel protection device to prevent procedure related stroke. After implantation of the new valve, the heart pressures normalise and the patient was discharged well and is EF has improved and he is asymptomatic. The 69 years gentleman's aortic valve was severely calcified and stoned like pinhole. He was very frail and unfit for open heart surgery. Accurate Neo was implanted successfully. He has been discharged on 3rd day of the procedure and is fully active. This is a new generation Transcatheter Heart Valve accurate Neo 2 has advantageous over previous generation Transcatheter Heart Valve. This valve can be navigated through small-sized groin vessels and implanted with perfect precision by 3-steps technique. The pacemaker implantation rates are very low and the chance of blocking the coronary arteries in low.

## Fortis Hospital, Vadapalani, Chennai, introduces new Digital X-Ray Services



Glimpses from the event



A new Digital X-Ray Services suite was inaugurated at Fortis Hospital, Vadapalani, Chennai, on September 8, 2022, by an in-patient, in the presence of Ms Richa Debgupta - Chief of Strategy & Operations (Chennai, Jaipur & Kolkata), Dr Vasundhara Atre, Director - Medical Operations, along with senior leaders at Fortis Hospital, Vadapalani, including Mr Venkata Phanidhar Nelluri, Head - SBU and Dr Poorna Chandran, Medical Superintendent. Dr Murali Krishnan, Head - Radiology and Imaging Sciences and his team showcased the new equipment, highlighted the benefits and demonstrated the functionality of the new Carestream DRX Compass DR System. The Ceiling-Mount DR helps in delivering high definition image quality for precise diagnosis.

## Fortis Amritsar unveils state-of-the-art Stealth Station™ S8 Surgical Navigation System for neurosurgeries



Fortis Escorts Hospital, Amritsar, has introduced the state-of-the-art Stealth Station™ S8 Surgical Navigation System/Neuro Navigation machine to provide neurosurgeons with improved workflows, efficiency and more complete data integration, as well as relevant surgical navigation information. The device was inaugurated by Dr Charanjit Singh - Civil Surgeon, Amritsar in the presence of Dr Bishnu Panigrahi, Group Head - Medical Strategy and Operations, Dr Vikramjeet Singh, Medical Director of Punjab, Mr Ashish Bhatia, Business Head - Punjab, Dr Vishavdeep Goyal, Head - SBU, Dr Vikram Aggarwal, Facility Director, Dr Raj Kamal, Director - Neurosurgery and Dr Sunil Narasimhaiah, Associate Consultant - Neurosurgery.

## Fortis Hospital, Bannerghatta Road, Bengaluru, announces launch of Mako Robotic Technology for joint replacements



Fortis Hospital, Bannerghatta Road organised an event announcing the launch of Mako Robotic Technology for joint replacements on November 19, 2022. Fortis Bannerghatta is one of the few hospitals in Bengaluru and the only hospital across Fortis Network of Hospitals to adopt the cutting edge technology. The inaugural ceremony was graced by Dr. Ashutosh Raghuvanshi, CEO - Fortis Healthcare, Dr. Roopa Dr Moudgil (I. P. S),

Mr. Vishweshwar Bhat, Editor in Chief – Vishwavani, Mr. Manikantan Seshadrinathan, Director - Mako Smart Robotics - Stryker (India), Dr. Narayan Hulse, Director - Department of Orthopaedics, Bone & Joint Surgery, Fortis Hospital, Bannerghatta Road and Mr. Akshay Oleti, Business Head - Fortis Hospitals, Bengaluru.

## Fortis Shalimar Bagh, New Delhi, acquires DaVinci Xi robotic System



Fortis Hospital, Shalimar Bagh, New Delhi, has acquired the DaVinci Xi robotic System. The first robotic surgery was conducted by Dr Rajinder Yadav on November 11, 2022, to treat a patient's Bilateral Inguinal Hernia. This was followed by the robotic removal of gallbladder stone by Dr Pradeep Jain on November 17. The patients were discharged a day after the surgery.

## Clinical Excellence

### Doctors at Fortis Hospital, Vasant Kunj, New Delhi use century old Cross-leg Flap Surgery technique to save Iraqi road accident victim's leg from amputation



Dr Rashmi Taneja



Dr Dhananjay Gupta

Doctors at Fortis Hospital, Vasant Kunj, New Delhi successfully treated a 40-year-old road accident victim from Iraq with cross-leg flap surgery – an over a century old surgical technique – as the newer and more sophisticated ones were not feasible due to the patient's precarious condition. The patient, who had undergone three unsuccessful surgeries in Iraq over a period of eight months, was brought to Fortis Hospital Vasant Kunj

(FHVK) with acute dislocation of the left knee joint and a severely infected, pus oozing leg. A team of doctors led by Dr Dhananjay Gupta, Director, Orthopaedics & Joint Replacement Surgery and Dr Rashmi Taneja, Director, Plastic & Reconstructive Surgery, thoroughly evaluated the patient. Investigations revealed that the patient's affected leg had no intact blood vessel due to the multiple injuries, which is necessary for the reconstructive surgeries currently in vogue. The doctors then decided to perform the cross-leg flap surgery, a technique first described in medical literature in 1854. It was considered the gold standard for the reconstruction of soft tissue defects of the lower limb during its heydays. However, the technique fell into disuse with the advent of the highly sophisticated microvascular techniques, which enable doctors to join or repair damaged blood vessels or nerves.

### Punjab and J&K region's first minimally invasive mitral valve repair procedure conducted at Fortis Escorts, Amritsar



The team of doctors who conducted the surgery

Fortis Escorts, Amritsar, conducted the first Mitraclip procedure in the Punjab and J&K region on November 9, 2022. A team of cardiologists from Fortis Escorts Hospital, Amritsar, led by Dr Arun Chopra, Director - Cardiology, performed the Mitral Valve Repair procedure on an

82-year-old patient. The Mitraclip technique was performed using the latest G4 device by Dr Chopra with the assistance of Dr Ravinder Singh Rao from a Jaipur hospital, Dr Deepak Kapila, Director - Cardiology, Dr Arjun Ved Gupta, Dr Maninder Sidhu, Dr Rishi and Dr Sunila Kapila.

## First in Haryana: Doctors at Fortis Memorial, Gurugram, use power spiral enteroscopy to treat 66-year-old Iraqi patient's bleeding intestine



(L-R): Dr Gourdas Choudhuri, Chairman - Gastroenterology and Hepato-Biliary Sciences, Fortis Memorial Research Institute, Gurugram and Dr Rinkesh Kumar Bansal, Additional Director - Gastroenterology and Hepato-Biliary Sciences, Fortis Memorial Research Institute, Gurugram along with the 66-year-old Iraqi patient

A 66-year-old patient from Iraq, who was suffering for a year from Melena (dark sticky stools containing partly digested blood, as a result of internal bleeding), successfully underwent power spiral enteroscopy, a one-of-its-kind rare procedure, at Fortis Memorial Research Institute, Gurugram. A team of doctors led by Dr Rinkesh Kumar Bansal, Additional Director - Gastroenterology and Hepato-Biliary Sciences, performed the procedure, a first in Haryana.

Doctors in Iraq had transfused 16 units of blood into the patient over the past year to treat her internal bleeding and low hemoglobin, but to no avail. The patient was extremely pale and weak when she arrived at the hospital. Her diagnostic reports suggested an enlarged spleen and low hemoglobin along with severe iron deficiency. MRI abdomen revealed that she was also suffering from liver cirrhosis. An endoscopy of the stomach was also done, which showed angiodysplasia (abnormal vessels in the intestinal wall). Spiral enteroscopy was adopted in this case as it is the latest technique to evaluate and manage small bowel and small intestinal lesions.

## Doctors at Fortis Hospital, Vasant Kunj, New Delhi, treat woman with multiple complications and BMI 88.3



L-R: Mr Zulfli, Brother Elias, Dr Abhijeet, Dr Sumathi N, Dr Ayush Gupta, Dr Hemanth Kr Kasargod, Patient's brother, Dr A K Tilak, Ms Charoo Piplani & Dr Minal Bhan Agnihotri

A 42-year-old female came to seek consultation of Dr J C Suri, Director - Pulmonology at Fortis Hospital, Vasant Kunj, New Delhi, due to difficulty in breathing. Upon investigation she was found to have Obstructive Sleep Apnea, hypothyroidism, grade 3 fatty liver and dyslipidaemia. A multi-speciality team was formed including Dr Suri, Dr Hemanth Kr Kasargod, Additional Director - General

Surgery and Dr Ambrish Kumar Tilak, Director- Anaesthesia. Due to her weight, every radiology and pathology test was a challenge. A planned surgery of laparoscopic single anastomoses gastric bypass with laparoscopic cholecystectomy was the only option for her.

The surgery was challenging in view of large liver, thick omentum and overall contour of abdomen. The surgery took three hours and post-surgery extubation was smooth. She responded well after surgery and was discharged on the sixth day post-surgery.

## First in India: Doctors at Fortis Anandapur, Kolkata, treat 53-year-old's rare Rosai-Dorfman Heart Disease



Dr. KM Mandana with the Patient

A team of doctors led by Dr K. M. Mandana, Director - Cardiothoracic and Vascular Surgery, has successfully treated the country's first reported case of Rosai-Dorfman Heart Disease (RDD). RDD is a rare immune system disorder, which presents as a massive enlargement of the lymph nodes (lymphadenopathy) due to overproduction and accumulation of Histiocytes, a special type of white blood cells. The exact cause of this disease is unknown.

The 53-year-old male patient presented at Fortis Anandapur on August 24, 2022, with recurrent pericardial effusion (fluid

build-up around the heart) leading to swelling in the eyes, bloated face and shortness of breath. The patient's eyes were protruding out of the eye sockets. The fluid had been drained repeatedly at various other hospitals, where the patient had consulted earlier. Upon admission at Fortis Anandapur, the lesion in his eyes was detected by a computed tomography (CT) scan. A biopsy of tissues behind the eyes revealed enlarged lymph nodes. A high-resolution CT Scan also found a nodule in the kidney and right thyroid, confirming the diagnosis of RDD.

## India's first laparoscopic Urinary Bladder & Ureter Reconstruction done at Fortis Hospital & Kidney Institute, Kolkata



Dr. RK. Gopala Krishna

Dr R. K. Gopala Krishna, Director - Urology, FHKI, and his team of surgeons have conducted India's first laparoscopic Urinary Bladder & Ureter Reconstruction surgery (Laparoscopic ileal ureter & bladder augmentation) at Fortis Hospital & Kidney Institute, Kolkata on November 23, 2022. The patient, a resident of Durgapur, West Bengal, was suffering from severe pain in his lower abdomen and frequent urine output due to shrinkage of his urinary bladder and left ureter due to tuberculosis in urinary track.

Dr Gopala Krishna has done reconstructive surgeries of the urinary track in recent past, but this is the first instance of reconstruction of both urinary bladder and one of the ureters laparoscopically. Laparoscopic reconstruction is a better option than open surgery as the patient doesn't have to undergo a long abdominal incision, the hospital stay as well as post-operative care is less; chances of developing hernia is reduced; and the patient gets back to normal life quickly without much hassle.

## Milestones

### Dr Ashok Gupta of Fortis Mohali performs 1001 Cochlear Implantation surgeries



Dr Ashok Gupta, Director - ENT, Fortis Hospital, Mohali, completed 1001 Cochlear Implantation surgeries on September 1, 2022. Dr Gupta is a well-known otorhinolaryngologist with over 35 years of experience in the field of ENT surgery and one of the distinguished ENT Surgeons in North India to perform the maximum number of cochlear implants. Cochlear Implantation is the only technology in the world which can restore hearing loss and improves speech understanding. Dr Gupta is also the Founder Member of Head and Neck Oncology Society of India. Earlier, Dr Gupta was President of the All India Rhinology Society, President of the Association of Otolaryngologists of India, North Zone, President of Association of Otolaryngologists, Tricity branch, Chandigarh, Honorary Secretary Association of Otolaryngologists of India North West Zonal Branch (2001-02, 2002-03), and Treasurer, Association of Otolaryngologists of India North West Zonal Branch (1997-1999). DrGupta has more than 200 national and international publications to his credit.

### 5,000 successful cardiac surgeries accomplished at Fortis Anandapur, Kolkata



The Cardiac Surgery Team of Fortis Hospital, Anandapur, Kolkata, has achieved the milestone of successfully completing 5,000 complex cardiac surgical procedures. The first successful cardiac transplantation in Eastern India was performed by this team on May 21, 2018. Following this feat, the team has performed six such surgeries. This team has also performed over 500 thoracic surgery procedures in the last 10 years. The team at Fortis, Kolkata, comprises of surgeons, Dr Kayapanda Muthana Mandana, Dr Tapas Raychaudhury, Dr Ashima Bhelotkar, Dr Soumen Kumar Paul and team, and Dr Sarajit Das. The other members of the team include Dr Saikat Banyopadhyay, Dr Sanjay Singh & team, Mr Aloknath Tiwari, Mr Chittaranjan, Mr Subhajeet, Mr Tanmoy Acharya & team, Ms Ansuya & team (SICU) and Ms Najma & team (OT).

## Dr Pramod Bhor of Hiranandani Hospital, Vashi - A Fortis Network Hospital completes over 50 Robot-assisted Knee Replacements since April 2022

Dr Pramod Bhor of Hiranandani Hospital, Vashi - A Fortis Network Hospital, has performed total of 53 Robot-assisted Knee Replacements since the commencement of the programme in April 2022. The hospital is equipped with CUVIS robot, which is the only fully automatic robot available in the world for knee replacement surgeries. Dr Bhor and his team has been collecting data in comparison with conventional Total Knee Replacement (TKR) procedures as well and have found that compared to conventional TKR, the robotic knee replacement is less painful, offers faster recovery and has lesser blood and bone loss.



## 38-year-old patient from Bangladesh is first to undergo LVAD implantation at Fortis Hospital, Shalimar Bagh, New Delhi



A 38-year-old patient from Bangladesh has become the first to undergo Left Ventricular Assist Device (LVAD) implantation at Fortis Hospital, Shalimar Bagh, New Delhi. A team of doctors led by Dr Naresh Goyal, Director & HoD – Cardiology & Heart Failure Programme and Dr Dinesh Kumar Mittal, Director & HoD - CTVS, conducted the procedure. The patient was admitted with severe left ventricle dysfunction, moderate right ventricle dysfunction and multiorgan dysfunction. The patient weighed 140 kgs and had a BMI of more than 45. He had history of repeated hospitalisation due to heart failure episodes and was airlifted to Fortis Shalimar Bagh from Bangladesh. After initial stabilisation, he was planned for artificial heart implantation. He was implanted LVAD (HEARTMATE III) and t-RVAD on September 11, 2022. This was the first time in India that a patient weighing 140 kgs underwent LVAD implantation. After recovering well during hospital stay he has been discharged. He was able to walk on his own without any support or without oxygen at discharge.

## Fortis Escorts Heart Institute, Okhla organises high-level dialogue on TAVI procedure with two world-renowned pioneers of Cardiology

*Prof Alain Cribier, Interventional Cardiologist from France, who invented the TAVI therapy, and Padma Bhushan Awardee Prof Ashok Seth, Chairman - Fortis Escorts Heart Institute, engage in an enriching, knowledge-sharing session.*



It was a landmark, prestigious occasion on November 11, 2022, for Fortis Escorts Heart Institute, New Delhi to celebrate 20th anniversary of TAVI invention. Two pioneers - Prof Alain Cribier, world-renowned interventional cardiologist from France and best known for inventing the world's first procedure of Transcatheter Aortic Valve Replacement (TAVR) in 2002, the non-surgical methodology for changing heart valve under local anaesthesia like angioplasty and Padma Bhushan Awardee Prof. Ashok Seth, Chairman, Fortis Escorts, credited with the first Transcatheter Valve procedure (TAVI) in India and also, one of the highest number of TAVI procedures - engaged in a high-level dialogue on non-surgical Heart Valve Replacement Therapy and its benefits for patients and to the field of cardiac sciences. Dr Cribier also watched Dr Seth perform TAVI using the latest generation of Indian Transcatheter Valve (Octacor Migral) in an elderly patient with severe aortic stenosis. TAVI therapy is especially useful for patients who are elderly and is the standard of treatment today for calcific aortic stenosis in the elderly. It is done at low risk, with rapid recovery, and the patient is discharged from the hospital in 2-3 days.

## Latest Modified Early Warning Score (MEWS2) implemented at Fortis Vasant Kunj, New Delhi



Modified Early Warning Score 2 based on the latest NICE guidelines has been implemented at Fortis Hospital, Vasant Kunj, New Delhi. Early warning sign scoring and corrective measure template comprising of further plan of action if EWS goes up to escalation was introduced and training and awareness sessions for doctors and nurses were conducted. It was put forward by Dr Nadeem, HOD- Emergency, that the MEWS 2 has driven a step-change improvement in safety and clinical outcomes for acutely ill patients in our hospital by standardising the assessment and scoring of simple physiological parameters and the adoption of this updated approach refines and

improves the MEWS2 without changing its core principles to prevent the Code Blue by providing early warning of clinical deterioration and the need for more intensive treatment. The initiative aimed for an effective Rapid Response Team and enhancing patient safety thereby preventing Code Blue.

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# Congratulations



**Dr. Atul Mishra & Team**  
 on completing 1000+ successful Joint Replacement Surgeries  
 in the year 2022 and still counting.

Thank you to the entire doctor fraternity for the continuous support  
 in helping us achieve this milestone!

## Patient Experience

### 'WORLD PATIENT SAFETY DAY'

#### Fortis Hospital, Vasant Kunj, New Delhi



Patient Safety Day was observed at Fortis Hospital, Vasant Kunj, on September 16-17, 2022. The two-day awareness building programme included sessions with doctors, nurses, housekeeping, GDA, security and paramedical staffs. The poster competition on 'Medication Safety Without Harm' received 57 entries and the winners were awarded. Over the two days, the hospital staff members were sensitized about the importance of patient safety and multiple sessions were organised.

#### Fortis Escorts, Okhla, New Delhi



Fortis Escorts, Okhla, New Delhi, celebrated Patient Safety Week from September 12-17, 2022. The theme of the event was 'Medication Without Harm.' The event was inaugurated with a traditional Lamp Lighting by Mr Bidesh Chandra Paul, Head – SBU and all the senior heads of departments. Mr Paul emphasised the need for delivering quality health to patients and preventing medication errors. Educational and fun filled activities were carried out for employees and patients, to build awareness about patient safety. Training on all six International Patient Safety Goals were done in specific departments to drive safety awareness as 'one goal-each day'. In-service session for Nurses was taken by Clinical Pharmacology department on 'Prevention and Identification of Medication Errors' followed by patient/attendant education sessions on 'Medication Safety and its Moments' in waiting area and lobby. To honour WHO's cause, all the nurses, doctors and paramedics took the pledge with CAHO to work towards medication safety. Other activities and competitions included in-patient counselling, poster competition, safety video competition, inter-departmental quiz competition and best selfie-point picture. The winners of the various competitions were awarded on the closing day.

## S L Raheja Hospital Mahim – A Fortis Associate



Address by CEO – Dr Kunal Punamiya



The Safety Team



Felicitation

S L Raheja Hospital – A Fortis Associate, celebrated World Patient Safety Day from September 17-21, 2022. The theme of the event was 'Medication Safety - Medication without harm.' The event focused on three pillars, Medication Safety, Infection Control and Fire Safety, to build awareness and promote a culture of safety among the staff. Dr Kunal Punamiya, CEO, addressed the employees on the importance of safety for the patient. He mentioned that when the patient does not feel safe at home, he comes to the hospital. It is our responsibility to ensure the patient's safety 24x7 in the hospital. The Admin Team, Nursing Team, Infection Control Team and Clinical Pharmacists were felicitated for their continued contribution towards patient safety.

## Special Feature



### Spotlight on 'NUTRITION' across Fortis

#### Fortis Memorial, Gurugram



Nutrition Month was celebrated throughout the month of September 2022 at Fortis Memorial Research Institute (FMRI), Gurugram. The event was conducted under the leadership of Ms Deepti Khatuja, Head - Clinical Nutrition and the Dietetics Department. Nutrition awareness talks were held at various prominent locations across the city and at corporate offices of several large organisations. In addition, nutrition games and fun events such as 'Healthy Plate' competition were organised in the hospital premises for staff members, patients and visitors. An article writing competition was organised for clinical nutritionist and interns. The event concluded with prize distribution and felicitation of the winners.

#### Fortis Escorts Hospital, Amritsar

Fortis Escorts Hospital organised National Nutrition Week (Poshan Mah) activities throughout September 1-7, 2022. During the event, a healthcare programme was held in the hospital's central atrium, followed by lectures on Adolescence & Healthy Nutrition at schools. On September 7, a healthy mocktail competition was organised at the hospital, which was attended by doctors, staff, nurses and paramedics.



In addition, Ms Guljeet Kaur, Chief Dietician, was invited as a panelist at various conferences, including one held at the Government Medical College, Chandigarh. Dr Vikram Aggarwal, Facility Director, congratulated the Nutrition Team for their efforts in organising the Nutrition Week on a grand scale.

## Fortis Escorts, Okhla, New Delhi



Nutrition Week was celebrated at Fortis Escorts, Okhla, New Delhi from September 1-7, 2022, by the Dietetics Team. The aim was to raise awareness about healthy eating and balanced diet among staff, patients and their attendants. Various activities such as crosswords games, slogans on healthy eating, nutritional recipe competition, quiz, balloon games with the staff and the general public were conducted.

## Fortis Escorts Hospital, Jaipur

Fortis Escorts Hospital, Jaipur, observed September 2022 as National Nutrition Month. The Department of Clinical Nutrition and Dietetics organised various activities including daily quiz competition, educational training programmes and contests. An interactive session on nutritional and healthy eating knowledge was attended by over 100 attendants and OPD patients. In-house series of activities included educational training for ICU staff and dialysis patients/attendants. FB live session and articles covering various nutritional topics were published in leading newspapers. Outside activities included health talk with corporates and educational institutes. An in-house non-fire cooking recipe contest was also organised, which was judged by Dr Shallu Kakkar, Additional Director - Obstetrics & Gynecology, Dr Ritu Sharma, Additional Director - Anaesthesia, Dr Vaibhav Bhargava, Senior Consultant - Critical Care Medicine. First winner was Ms Soniya Sharma from F&B, and runners-up were Ms Rimjhim Jain and Ms Khushboo Arora. Closing ceremony and prize distribution event was organised at the hospital in the presence of Mr Neerav Bansal, Head - SBU and Dr Mala Airun, Director - Medical Operations.



## Fortis Cunningham Road, Bengaluru



The Department of Nutrition at Fortis Hospital CG Road, Bengaluru organised a host of activities on September 17, 2022. Nutrition Week is celebrated across India to raise awareness about healthy eating habits as well as the importance of nutrition. The event witnessed a talk on healthy eating followed by a cake cutting ceremony. The event also witnessed various activities like recipe contest and guess the flavours followed by prize distribution to the winners.

## Fortis Hospital, Vasant Kunj, New Delhi



Glimpses of the event

The Nutrition Department at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi (FHVK) organised series of events to mark National Nutrition Week. The event saw participation across all the departments. On the first day, a quiz was organised in the OPD area. Participants received a free Body Composition Analysis along with gifts. Recipe competition with beetroot as key ingredient was organised on the second day along with slogan competition. A special health talk on 'monsoon illnesses and how to deal with these

complications with diet' was organised for neighbourhood residential society members. The closing ceremony was held on September 7, with another set of fun activity and quiz contest. Winners were from all departments including OPD, IPD, Billing, Nursing, Doctors, Engineering, F&B and Medical Administration. Mr Yashpal Singh Rawat, Facility Director, congratulated the Nutrition Team, headed by Ms Ruchika Jain, for organising the event on a grand scale.

## Fortis Hospital, Mohali



Dietician Sonia Gandhi, Head, Department of Clinical Nutrition and Dietetics, Fortis Mohali.



As part of the National Nutrition Week, a host of activities were organised by Fortis Hospital, Mohali. The events focused on promoting right nutrition, right food choices and right eating habits among different age groups. Dietician Sonia Gandhi, Head - Clinical Nutrition and Dietetics, Fortis Mohali, spearheaded the awareness week activities. As part of the celebrations, a slogan writing competition was organised for school students. An educational programme on 'Healthy eating habits and food hygiene', and a health talk for senior citizens were also held wherein the participants were sensitised about issues such as metabolism, changes in the digestive system and appetite.



## Spotlight on 'HANDWASHING DAY' across Fortis

### Fortis Hospital, Shalimar Bagh, New Delhi



Fortis Hospital, Shalimar Bagh, New Delhi, observed Global Handwashing Day on October 15, 2022, with the theme 'Unite for Universal Hand Hygiene.' The campaign was dedicated to raise awareness about handwashing as a key factor in disease transmission and prevention. The highlights included handwashing awareness in the OPD area, poster competition and on-the-spot quiz competition at floors. Awards were given as a token of appreciation.

### Fortis Hospital, Vasant Kunj, New Delhi

Hand hygiene has become an integral part of everyone's life. To mark the importance of hand hygiene, Fortis Hospital, Vasant Kunj, celebrated Global Handwashing Day on October 15, 2022. The day started with a quiz engaging all the healthcare providers including nurses, doctors, housekeeping staff, GDA, security and other paramedical staff. In keeping with the theme, 'Unite for Universal Hand Hygiene,' multiple rounds were conducted to sensitise patients and attendants.



### Fortis La Femme, GK-II, New Delhi



On the occasion of Global Handwashing Day, Fortis La Femme, GK-II, New Delhi, organised a poster competition on October 14-15, 2022 to build awareness about hand hygiene among staff. The best teams were recognised by our Senior Clinicians, Dr Anjila Aneja, Dr Juhee Jain, Dr Meeta Dixit, Medical Superintendent and Sister Suma Alias, Chief of Nursing. The event was organised by Sister Vincy, Infection Control Nurse and reflected this year's theme, 'Unite for Universal Hand Hygiene.'

## Fortis Hospital, Kalyan



Fortis Hospital, Kalyan, celebrated Global Handwashing Day on 15th October 2022 with much fanfare. Themed 'Unite for Universal Hand Hygiene' the celebrations began with departmental rounds to create awareness and build reinforcement about the importance of hand washing. Using illuminating solution and light, which glows to show the missed area of hands post handwashing, the activity was effective in

furthering awareness. The activity was followed by posting a message on the message tree that would grow in the form of awareness. Enthusiastic participation from the nursing staff, consultants, support staff and administration teams made the event a great success! All planned activities focused on building awareness that good hand washing forms the first line of defence against spread of illnesses. These events were organized by Ms Priyanka Giri, Infection Control Nurse and Ms Azra Momin, Nurse Educator, Fortis Hospital, Kalyan.

## Fortis Hospital, Noida

To mark Global Handwashing Day on October 15, 2022, Fortis Hospital, Noida, organised a two-day awareness campaign, under the leadership of Capt Neelam Deshwal, Head of Nursing, Fortis Hospital, Noida. On Day 1, a team of nurses visited a school to impart knowledge about the importance of keeping hands clean. On Day 2, a talk was delivered by the Infection Control Officer, followed by a quiz session by ICNs and distribution of badges to attendants. Various activities were organised for active engagement of healthcare workers, including classroom training, oath taking, quiz competition, group discussion, fun activities and cake cutting.



## Fortis Hospital, Anandapur



Global Handwashing Day was observed at Fortis Hospital, Anandapur, Kolkata, on October 15, 2022. The global campaign is dedicated to raising awareness of hand washing with soap as a key factor in disease prevention. Fortis Anandapur Team- Infection Prevention and control conducted an extensive campaign on the theme of 2022, 'Unite for universal hand hygiene.' Team Education and Quality together carried out roadshow, health education, demonstration, return demonstration on hand hygiene, steps, and moment of hand hygiene with Nurses, Doctors, Patients, and their family members. Spot quiz with prizes and gifts was the key attraction of the program.

## Fortis Escorts, Okhla, New Delhi



In keeping with this year's theme for Global Handwashing Day (Unite for Universal Hand Hygiene) Fortis Escorts, Okhla, New Delhi, focused on fostering a culture of safety and quality by encouraging people to wash their hands with soap and water, which is

one of the best ways to get rid of germs. The event held on October 15, 2022, was led by the Infection Control Team, which organised multiple activities such as 'count the germs, spin wheel quiz, word puzzle and awareness session for healthcare workers' at all levels and all areas of hospital.

Senior clinicians including Prof (Dr) Ashok Seth, Chairman - Fortis Escorts Heart Institute & Fortis Healthcare Medical Council, along with Mr Bidesh Chandra Paul, Head – SBU, Dr Amrita Gupta, Medical Director, and other staff came forward to sensitise and create an awareness on the importance of handwashing.

## Fortis Hospital, Cunningham Road, Bengaluru



Fortis Hospital, Cunningham Road, Bengaluru, observed Global Hand Washing Day on October 17 and International Infection Control and Prevention Week 2022 for five days from October 17-21, 2022. The Global Handwashing Day event witnessed an initiative by ICNs wherein the team demonstrated the simplicity and value of clean hands in OPD, Lobby and patient areas, highlighting the importance of keeping hands clean by washing frequently. The Infection Control and Prevention Week focused on imparting knowledge about the hospital SOP, inter-departmental process, arrangement of articles for procedure in emergency, protection from germs and protection of others by wearing right PPE. The programme was inaugurated by Mr Anand Angadi, Facility Director, Fortis CG, Dr Shilpa Kyadiggeri, Hospital Infection Control Officer, Dr Harish Ambedkar, Hospital Infection Control Chairperson, Ms Jermin Roshini, CNO, Dr Aparna, Head-Medical Services, Mr Ranjith, Head-HR, Mr Vittal, Unit Head-Finance and Mr Narendra K, Unit Head-Administration. The events were a grand success with many fun filled learning activities with participation from many healthcare workers.

## Meet Our Clinician



**Prof. Dr. Gokulraj Dhanarajan**  
 Head – Department of  
 Orthopaedics & Trauma  
 Fortis Hospital, Vadapalani

Prof. Dr. Gokulraj Dhanarajan is the Head of Department of Orthopaedics and Trauma at Fortis Hospital, Vadapalani. A second generation Orthopaedics surgeon, Dr Gokulraj grew up seeing his father's clinical work from 11 years of age. He was deeply moved by the joy seen in a patient's face when they were able to get back to normal movement as they recover from a fracture or a joint surgery and could empathise with the pain they felt on being dependent on others. He fell in love with the field and was certain that he too wanted to do work that benefitted society.

Dr Gokulraj was also keen on playing with mechanical structures as a child and would often be found playing with garden tools and drills, breaking and mending them. Little did he know that this would help him in the future as he pursued his post graduation studies in orthopaedic surgery.

Dr Gokulraj completed his MBBS at Raja Muthaih Medical College, Anna Malai University Chidambaram, Chennai in 1991. After MBBS he completed a one year internship in hand and plastic

surgery in Stanley Medical College. He completed another year internship in orthopaedics at Royapettah Hospital, Chennai before pursuing MS Orthopaedics at Gulbarga university, Mahadevapa Rampurai Medical College in 1996.

He then joined Sri Ramamchandra Medical College, Chennai in 1996 as a tutor in Orthopaedics and continued in this position for over two and a half decades. He is a well respected teaching professional, passionate to share his knowledge on the field and has played an invaluable role in the blossoming careers of hundreds of orthopaedic surgeons. Dr Gokulraj has also served as the President of Madras Orthopaedics Association from 2018 to 2020.

To Dr Gokulraj, it is equally important for trained surgeons to continue to learn and grow in the field or as his college professor would express, "you have to run ahead of the mass and set your bar higher". He received training at Ludwig Maximilian University of Munich, Germany in Arthroplasty and Poly Trauma Skeletal Injuries under Prof. Wolfgang Mutschler 2001. He was also trained in Joint Replacement under Prof. Shuler at St. Vincent's Hospital, Karlsruhe Germany in 2010 and subsequently in Pelvis and Acetabular Surgery in Graz, Austria Prof. Dr Gokulraj has been invited to various National and International forums and conferences as a Faculty. He has authored multiple papers in leading National and International Publications.

Dr Gokulraj vehemently believes on the need to impart knowledge and was instrumental in establishing a connection with the prestigious Ivy League medical centre - DHMC University, New Hampshire, USA to facilitate cross border learning. This association meant a mutually beneficial learning experience for Post Graduates students, as this would give them an opportunity

to travel across the continents to experience training on best practises, new techniques, share knowledge on new technologies to each other. For those arriving from USA, it also meant discovering an economical approach to standard surgeries. This association spanned over 4 years from 2016 – 2020 with over 60 post graduate students switching borders.

Dr Gokulraj is amongst the handful of surgical specialists trained to execute kinematic joint replacement surgeries, a technique established in USA. He has performed over 400 knee and over 140 hip kinematic replacements since 2016. performed thousands of knee and hip replacement surgeries.

Dr Gokulraj believes that for patient's getting the most appropriate treatment for their health concerns can sometimes be a daunting prospect, and aims to help patients overcome the confusion and worry by providing clear, straight forward, options-based advice that would help patient's make an informed decision about the next step in their recovery – be it surgical, physiotherapy focused or manageable with medication.

He specializes in Kinematic Knee Replacement, Minimally Invasive Hip Replacement, Pelvic and Acetabular Fractures and Poly-Trauma Skeletal Injuries. He works with a team of orthopaedic surgeons, arthroscopy specialists, spine surgeons and nurses exclusively trained in orthopaedic care.

Dr Gokulraj has been awarded for his work by Solidarity Council of India, New Delhi in 2017; by Indo US Commerce Council in 2020 and even received a Fellowship Award from IGOF.

Currently Dr Gokulraj is working on establishing an association with Harvard University, USA to provide promising Orthopaedic Surgeons in India and opportunity to be trained in Harvard.

## Meet Our Nurse

### Durga Vaidya, Chief Nursing Officer, SL Raheja Hospital – A Fortis Associate



#### Since when are you associated with Fortis?

I have been associated with SL Raheja Hospital – A Fortis Associate as the Chief of Nursing since May 2021. However, my association with Fortis is for more than a decade!

#### What do you like the most about your work?

The empowerment I have in my role as Chief of Nursing! I am encouraged to voice my opinions, unlike at some of the other organisations I have been associated with. In turn, this helps me to plan and manage situations in the hospital as well as deploy my team according to their strengths. I look forward to interacting with my team. Each day needs new thinking, planning; and what motivates me is their faith and trust on my ability to steer them through.

#### How has your experience with Fortis been?

Brilliant! I have been able to successfully execute and sustain many nursing initiatives at my hospital. For instance, I initiated a hybrid model (non-COVID along with COVID patients) of care at our hospital after the second wave of COVID-19. I helped execute the “Virohan” programme, a pan-Fortis nursing induction program, for my new joinee nurses. Nursing manpower optimization has been a constant focus for me, with nursing engagement and attrition control being priorities. Structured nursing manuals have been designed to guide the Nursing Practice. I also oversee the effective use of Fortis Nursing Operating System (NOS) to monitor and improve nursing practice and outcomes. Nursing Training and Development initiatives to increase SLRH nurses’ visibility in the city and successful completion of re-certification assessment for NABH Nursing Excellence were also among the memorable aspects. Besides, I enjoy organising training and upskilling programmes for nurses such as the Nursing Simulation Workshop on high fidelity mannequin for Mumbai cluster nurses.

#### Tell us about your educational and professional achievements

Sure! Educationally, I am a Gold medalist in MSc Nursing and was felicitated as university topper by the Prime Minister of India’s office on January 26, 2009, Republic Day at Rajpath, New Delhi. I am also

an MPhil. Professionally, I am a Certified Critical Care Nursing Professional and Certified in Neuro Stimulation for Pain Management from Hospital de Morges, Switzerland. I have presented papers on Professionalism in Nursing, Patient Choice of Hospital-Influence of Safety Culture and many others at national and International forums and acknowledged with honours. I am an Executive Member of Association of Nurse Executives of India (ANEI) and Critical Care Nursing Society (CCNS), India, and a Life Member of Nursing Research Society of India (NRSI).

#### What are your hobbies & how do you make time for them given your hectic schedule?

My hobbies are reading and singing. My favourite authors are Robin Sharma, Simon Sinek, Sudha Murthy, Gaur Gopal Das, Swami Sukhbodhanand, Chetan Bhagat and Ruskin Bond among others. I am passionate about singing and music, adding a feather to my cap here as, I am a trained in Hindustani classical music for over four years, and I make good use of this skill by enjoying musical sessions with my elder brother, son and nephew during weekends!

## Community Connect

### Fortis Hospital, Anandapur, Kolkata, conducts lung health assessment camp for journalists



On the occasion of World Lung Day, Fortis Hospital, Anandapur, Kolkata, in association with the Press Club, Kolkata, organised a 'Pulmonary Health Assessment' Camp for journalists. The camp started with a session by Dr Shivaresmi Unnithan and Dr Angshuman Mukherjee, wherein they spoke about how lung health can be maintained and the things to be taken care of. After the session, the

participants underwent medical tests to understand their lung health, which included random blood sugar sampling, Pulmonary Function Test (PFT), weight check and blood pressure examination. The initiative was helmed by a multi-disciplinary team of doctors and technicians from Fortis Anandapur, Kolkata.

### Support group program for head and neck Cancer warriors hosted at Fortis Hospital, Mulund



(L-R) Dr Anil Heroor, Dr S. Narayani, Dr Manisha Pathak and Dr Hitesh Singhvi at the lamp lighting ceremony

To mark National Cancer Awareness Day on November 7, 2022, Fortis Hospital, Mulund, organised a support group program for the head & neck Cancer warriors. Themed 'Back to Life, Back to Work', 130 patients with their relatives attended the event with much enthusiasm. A small walkathon was also organised outside the hospital building. This was followed by a training session hosted by teams from Physiotherapy and Dentistry. Subsequently, a check-up by head and neck Cancer Surgeon and a Medical Oncologist was hosted. On the day, a very exciting talent show was hosted which drew engaging performances by the Cancer warriors. The initiative was led by Dr Hitesh Singhvi, Consultant – Head & Neck

Cancer Surgery, with support from Dr Hardik Patel, Consultant – Physiotherapy and Ms. Rasika Parab, Nutritionist & Dietician. Dr S. Narayani, Business Head, Fortis Hospitals Maharashtra, Dr Manish Pathak, Medical Superintendent, and Dr Anil Heroor, HOD & Senior Consultant – Surgical Oncology, attended and supported the initiative.

## Fortis Hospital, Noida, conducts Breast Cancer Survivors Meet



Fortis Hospital, Noida, organised a Breast Cancer Survivors Meet on October 28, 2022. The meeting was attended by more than 70 cancer survivors and caregivers. Dr Shanu Sharma, Medical Superintendent, Dr P. K. Sharma, Director - Medical Operations (IOSPL), Dr Jalaj Baxi, Senior Consultant - Surgical Oncology, Dr Shubham Garg, Senior Consultant - Surgical Oncology, Dr Kabir Rehamani,

Senior Consultant - Surgical Oncology, Dr Rajat Bajaj, Senior Consultant - Medical Oncology, Dr Ishu Gupta, Consultant - Medical Oncology, Dr Sandeep Sharma, Consultant - Radiation Oncology and Dr Tripti Saxena, Senior Consultant - Radiation Oncology also attended the meeting. The survivors shared their experiences and received guidance from the clinicians. The event was well appreciated by the attendees.

## Fortis Escorts, Faridabad, organises Walkathon to mark World Stroke Day

Fortis Escorts, Faridabad, organised a Walkathon to mark World Stroke Day on October 29, 2022. Over 110 fitness enthusiasts participated in the event, which was flagged off by Dr Kunal Bahrani, Director -Neurology. The walkers covered a distance of 2.5kms. At the culmination of the event, the participants received T-shirts, certificates and badges as mementos.



## Fortis Shalimar Bagh, New Delhi, organises Breast Cancer Survivors Meet



Fortis Shalimar Bagh, New Delhi, organised a Breast Cancer Survivors Meet on October 8, 2022. The meeting was attended by over 50 breast cancer survivors and care givers. Dr Vineeta Goel – Director & HOD – Radiation Oncology, Dr. Uma Vaidyanathan – Senior Consultant – Obs & Gynae, Dr. Arpana Jain – Director – Obs & Gynae, Dr. Shubha Garg – Consultant – Surgical Oncology, Dr. Sanjeevani Khanna – Director &

HOD – Obs & Gynae, Dr. Tripti Raheja – Senior Consultant – Obs & Gynae, Dr. Neha – Associate Consultant – Medical Oncology, Dr. Suhail Qureshi – Consultant – Medical Oncology also attended the meeting. The survivors shared their experience and received guidance from the clinicians. The event was well appreciated by all the invitees.

## Over 125 people attend World Stroke Day event organised by Hiranandani Hospital, Vashi - A Fortis Network Hospital



On October 29, 2022, World Stroke Day was celebrated by Hiranandani Hospital, Vashi - A Fortis Network Hospital to raise awareness regarding Stroke. A seminar was conducted by the Stroke team along with other departments and hospital administration. Over 125 community members, including stroke survivors, Rotary Club members, senior citizen's groups, corporate groups, neighbouring housing societies and schools participated in the event. Dr Trupti

Rathod, Medical Superintendent, inaugurated the seminar. Mr Nitin Kamaria, Facility Director, emphasized on the need to create awareness about Stroke and the important role of doctors, hospitals and community leaders. Dr Pawan Ojha, Director - Neurology and Stroke Services, gave an excellent overview of Stroke, how to recognize it and bring the patient to a Stroke-ready hospital, and how such patients should be efficiently managed by rapidly using special diagnostic and therapeutic techniques to salvage the brain tissue at risk. Other speakers shared techniques of interventional procedures (Mechanical Thrombectomy and Carotid Angioplasty), rescue surgical procedures, stroke rehabilitation, stroke prevention with use of medicines and control of vascular risk factors such as BP, diabetes, cholesterol, homocysteine, smoking cessation, healthy diet and regular exercise. A panel discussion involving the Critical Care Team, Internal Medicine, Chest and ENT Team highlighted various other aspects of stroke management. The psychological aspects of Stroke on the patient, caregivers and their family were also discussed. This was followed by a question answer session where the audience interacted with the experts. The meeting concluded with distribution of Stroke Ambassador Mementos to the invited speakers and community leaders.

## Over 60 nurses from across Delhi NCR hospitals participate in Stroke masterclass at Fortis Memorial, Gurugram



Group picture, after the workshop

On October 29, 2022, World Stroke Day was celebrated at Fortis Memorial Research Institute, Gurugram, to create awareness about Stroke and its management. A masterclass was conducted by the Nursing Team along with other departments and the hospital administration. Over 60 participants across from various hospitals participated in the event. The

Chief Guest, Prof (Dr) Anjana Dhal, President - Delhi Nursing Council & Principal, Florence Nightingale College of Nursing, New Delhi, inaugurated the workshop. Mr Mahipal Singh Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj, highlighted the important role of doctors and nurses in managing the condition. Dr Praveen Gupta, Director - Neurology, gave an excellent overview of Stroke. Other speakers, including physicians, nurses, physiotherapists, dieticians and clinician coordinators also shared their knowledge. A quiz competition was conducted by Ms Merlin Gayathri, MSOG, which was the highlight of the masterclass.

## Fortis Anandapur, Kolkata, conducts awareness session on World Stroke Day



Unveiling of the Pan India poster for World Stroke Day

On World Stroke Day, Fortis Hospital, Anandpur, Kolkata, conducted an awareness session to educate people about the importance of timely diagnosis and treatment of stroke. The session focused on the identification of stroke symptoms and types, lifestyle suggestions to prevent stroke, and how to treat patients who have had a stroke. The event was attended by more than 50 participants from in and around the vicinity, which also included nurses and medical staff. During the session, the doctors from the Neurology and Emergency department emphasized the importance of F.A.S.T which is an acronym used to detect signs and symptoms of a stroke. The session was concluded by unveiling the Pan India poster for World Stroke Day.

## Fortis Hospital, Bannerghatta Road, Bengaluru, organises two-day 'Bengaluru Knee Course' for doctors



The Orthopaedics Team of Fortis Hospital, Bannerghatta Road, Bengaluru, under the guidance of Dr Narayan Hulse, Director – Orthopaedics, Bone & Joint Surgery and Dr Yogesh K, Senior Consultant -Arthroscopy and Sports Medicine, (Organising Secretary) organised a two-day master course called Bengaluru Knee Course on Arthroplasty, Arthroscopy, and Trauma around the knee on November 5-6, 2022. A first-of-its-kind course, Bengaluru Knee Course, was organised with a mission to ensure young budding surgeons in the state get comprehensive knowledge from basic clinical examination to the management of complex cases from eminent national faculties. The event witnessed a live Mako Robotic knee replacement performed by Dr Hulse (first in the state and Fortis Network of Hospitals) and a live Arthroscopic ACL surgery by Dr Abhay Narvekar, re-live video demonstrations, panel discussions and keynote lectures. A banquet was also organised for all the doctors post workshop. The two day event was a grand success with many industry experts sharing their experiences.

## World Stroke Day 2022 celebrated at Fortis Hospital, Kalyan to create awareness



(Center) Host Dr Sudhir Gore & Ms Valsamma Joseph (R) at the Stroke awareness session

On the occasion of World Stroke Day 2022 on October 29, 2022, an informative session was hosted by the Nursing team and Dr Sudhir Gore, Head-Emergency Medicine, Fortis Hospital, Kalyan, for patient relatives. This session focused on - how to recognise signs and symptoms of Stroke at the earliest, and how to bring the patient to a tertiary care setup for astute management in time. During and after the session, patient relatives engaged with the host, Dr Gore, to have their Stroke-related queries answered. This initiative was spearheaded by Ms. Priyanka Giri, Infection Control Nurse and Ms. Azra Momin, Nurse Educator, Fortis Hospital, Kalyan.

## International Infection Prevention Week celebrated at Fortis Hospital, Shalimar Bagh, New Delhi



International Infection Prevention Week was celebrated at Fortis Hospital, Shalimar Bagh, from October 16-22, 2022, by the Infection Control Department in collaboration with an external partner. The event commenced with the infection control pledge and moved towards training sessions on Healthcare Associated Infections (HAIs), specifically Central Line Associated Blood Stream Infections; cleaning and disinfection. Poster and quiz competitions were organised on floors, sessions were conducted for support staff and to raise public awareness about hand hygiene. The International Infection Prevention Week concluded with prize distribution and commitment towards infection prevention and control.

## Infection Prevention Week celebrated at Hiranandani Hospital Vashi-A Fortis Network Hospital



Inauguration ceremony led by Facility Director Mr Nitin Kamaria & HODs

Themed 'INFENO - we say 'No' to Infection', teams at Hiranandani Hospital Vashi-A Fortis Network Hospital celebrated Infection Prevention Week from October 15-20, 2022. The initiative led by the nursing teams witnessed enthusiastic participation across all departments. The week-long initiative was kicked off by Mr Nitin Kamaria, Facility Director, Mohini Chandrashekhar, Chief Nursing Officer, Dr Trupti Rathod, Medical Superintendent, Sumit Dalvi, Infection Control Nurse, Dr Rekha Nair,

Infection Control Officer and the senior consultants.

The initiative began with the hand washing pledge-taking ceremony, followed by Hand Hygiene Survey (using WHO Tool), Community Connect session for 60 women from local NGOs, multidisciplinary debate competition on hand hygiene issues, model making competition on prevention bundles of Hospital Acquired Infections (HAIs), annual pan-unit training on Biomedical Waste Management, session on Antimicrobial Stewardship for Doctors, Nurses & Pharmacy teams, and a demonstration on "Culture Collection Competency" for nurses was initiated for coverage across the unit. This high-engagement initiative was thoroughly appreciated by consultants, employees and the administrative staff.

## International Infection Prevention Week celebrated at Fortis Memorial, Gurugram



Flash mob

International Infection Prevention Week was celebrated from October 15 - 22, 2022, by the Infection Control Department at Fortis Memorial Research Institute (FMRI), Gurugram. The event was led by Dr Arti Gupta, Head - Lab Operations and Infection Control along with Dr Neha Rastogi Panda, Consultant - Infectious Diseases. It was a fun and educational week for all staff members. The event started with Hand Hygiene dance and flash mob. Exciting poster making, slogan writing and Rangoli competitions were organised, in keeping with the theme, 'Unite to Fight Infection.' A quiz and a panel discussion with senior clinicians was also organised. Infection Control Champion awards were distributed.

## Fortis Hospital, Vasant Kunj, New Delhi, observes World Diabetes Day and National Children's Day



On the occasion of World Diabetes Day, the Dietetics Department of Fortis Hospital, Vasant Kunj, organised awareness activity in the OPD area. This included Diabetes-related diet education for all, footcare and how to deal with hypoglycaemia. Queries from the audience were answered by the team of dietitians. Also, free random blood sugar test and HbA1c was conducted for visitors. A quiz on diabetes was arranged and prize distribution was done for all the participants. Children's Day was also observed with colouring activity for all admitted kids, which saw active participation by all.

## Fortis Hospital Ludhiana celebrated Children's Day by visiting an orphanage

On the occasion of National Children's Day on November 14, 2022, Management of Fortis Hospital Ludhiana celebrated Children's Day by visiting an orphanage in Lalton Kalan, Punjab, and spent quality time with the children; gifts & refreshments were distributed and everyone participated in fun activities. The occasion will be very memorable for everyone.



## Fortis Hospital, Bannerghatta Road, Bengaluru Celebrates Children's Day



The Paediatric Department at Fortis Hospital, Bannerghatta Road, along with Ms Shobha Achaiah and Ms Sameena Hanif, Service Line Managers, under the guidance of Ms Joyce Jayasheelan, Lactation Consultant, organised a host of activities on the occasion of Children's Day. The event witnessed cake cutting ceremony and fun activities like quiz competition. The prize distribution for quiz competition was facilitated by Mr Akshay Oleti, Business Head, Bengaluru and Dr Priya Goutham, Medical Director, at Fortis Hospital,

Bannerghatta Road. Dr Hariram, Director – Paediatrics, Dr Yogesh Kumar Gupta, Consultant – Paediatrics and Dr Ashok MV, Consultant – Paediatrics at Fortis Hospital Bannerghatta Road, also participated in the event, which was a grand success with several children participating in the competition.

## World Diabetes Day 2022, celebrated at Fortis Hospital, Mulund with much fanfare



Dr Sweta Budyal (center) giving away token of appreciation to the invitees



Dr Sweta Budyal (center) hosting a cake cutting ceremony with the invitees

Teams at Fortis Hospital, Mulund, Mumbai, celebrated World Diabetes Day 2022, by spreading awareness about different concerns related to Diabetes and its management. On the occasion, an informative and engaging session was hosted, for over 50 participants, by Dr Sweta Budyal, Senior Consultant-Endocrinology, Fortis Hospital, Mulund. The event also comprised of performances by kids having Type 1 Diabetes, across several competitions including dance, painting, poetry recitation and singing. The initiative was spearheaded by Manjusha Vinod, Manager-Community Connect, Fortis Hospital, Mulund.

## World Diabetes Day 2022 observed at Fortis Hospital Kalyan



Demonstration by Ms Pratibha Shimpi, Patient Safety Officer



Dr Sudhir Gore, Head-Emergency Medicine, hosting a session on management of Hypoglycaemia & Hyperglycaemia at home

World Diabetes Day 2022 was observed at Fortis Hospital, Kalyan, on November 14, 2022. The event began with a session on awareness about signs and symptoms of Hypoglycaemia and Hyperglycaemia. This was followed by a demonstration by Ms Pratibha Shimpi, Patient Safety Officer, Ms Priyanka Giri, Infection Control Nurse and Dr Sudhir Gore, Head-Emergency Medicine, on management of Hypoglycaemia and Hyperglycaemia at home. This was followed by a role play by the Nursing Team. The ideal diet plan for diabetic patients was explained by Ms Sumaiya Ansari, Dietician. The initiative was spearheaded by Ms Priyanka Giri, Infection Control Nurse and Ms Pratibha Shimpi, Patient Safety Officer, Fortis Hospital, Kalyan.

## Fortis Hospital Bannerghatta, Bengaluru in association with Fortis Cancer Institute host the 27th Annual Conference of Southern Chapter of Society of Nuclear Medicine (India)



The Department of Nuclear Medicine at Fortis Hospital, BG Road, Bengaluru, under the guidance of Dr Gayana S, organised the 27th Annual Meeting of the Southern Chapter of Society of Nuclear Medicine (India) from 13th-14th August 2022. The conference was a grand success with participation of eminent Nuclear Medicine physicians from South India. Over 180 delegates attended the conference and 21 abstracts were selected and presented during the conference. During the conference, Prof. N Ramadas Memorial Oration Award was bestowed upon Dr Sheela Chakravarthy, Director –Internal Medicine, Fortis BG Road, Bengaluru.

The conference was graced by many doctors from Fortis Hospitals, Bengaluru, including Dr Vivek Jawali, Chairman – Cardiovascular Sciences & the Executive Council of the Fortis Hospitals, Bangalore, Dr Mohan Keshavamurthy, Chairman – Renal Sciences Specialty Council, Fortis Hospitals (India) & Director Urology, Uro-Oncology, Andrology, Transplant & Robotic Surgery at Fortis Hospitals, Bangalore, Dr. Sandeep Nayak, Director – Surgical Oncology, Robotic & Laparoscopic Oncology, Fortis Cancer Institute, Bangalore, Dr Niti Raizada, Director – Medical Oncology and Hemato-Oncology, Fortis BG Road Bengaluru, Dr Suresh Babu, Senior Consultant – Medical Oncology, Fortis Rajajinagar, Bengaluru Dr Vivek Belathur, Senior Consultant – Medical Oncology, Fortis BG Road, Bengaluru, Dr Sudha Menon, Director – Department of Internal Medicine, Fortis BG Road, Bengaluru, Dr Chandran Gnanamuthu, Senior Consultant – Neurology, Fortis BG Road, Bengaluru, Dr Srinivas P Munigoti, Consultant Endocrinologist and Diabetologist, Fortis BG Road, Bengaluru, Dr Athira Ramakrishnan, Consultant ENT - Head & Neck Surgery, Fortis BG Road, Bengaluru, Dr Bharath G, Consultant – Surgical Oncology, Fortis Hospitals, Bengaluru, Dr Adil Hassan, Consultant - Medical Oncology, Fortis BG Road, Bengaluru and Dr Keshava R, Director - Interventional Cardiology, Fortis CG Road, Bengaluru among others.

## Fortis Hospital, Mulund hosts health check-up camp for Mumbai and Maharashtra Police



Mr Sanjay Darade IPS Additional Commissioner of Police inaugurating the health camp

On November 16, 2022, Fortis Hospital, Mulund, hosted a health check-up camp for Mumbai & Maharashtra Police. The health check-up initiative was supported and inaugurated by Mr Sanjay Darade IPS, Additional Commissioner of Police. The camp witnessed enthusiastic participation from over 200 Police personnel who underwent checks for bone health, blood sugar, Body Mass Index (BMI), Body Composition Analysis (BCA) and eye check-up. The initiative was spearheaded by Corporate Sales Team at Fortis Hospital, Mulund.

## Fortis Kalyan celebrates World Mental Health Day



Dr Fabian Almeida-  
Psychiatrist



WMHD Participants

As part of World Mental Health Day celebrations on October 10, 2022, Fortis Kalyan organised a fun session for its employees under guidance of Dr Fabian Almeida, Psychiatrist. The staff members participated in the session and appreciated Dr Almeida for sharing his fun-filled insights.

## Fortis Anandapur, Kolkata, observes Quality Week and Patient Safety Week



Inauguration ceremony

Fortis Anandapur successfully celebrated Quality & Patient Safety Week from November 7-12, 2022. The week-long celebration started with a welcome speech by Ms Banrishisha Basaiawmoit, Quality Head, on the theme, 'Quality Conscience- Doing what is Right,' followed by an opening speech from Mr Ashish Mukherjee, Facility Director, Dr Anuradha Mazumder, Medical Superintendent, Dr Sanjay Singh, HOD of Anaesthesia, Dr Sanjukta Dutta, HOD – Emergency, Dr Arindam Chakraborty, Infection Control Officer, Ms Doli Biswas, Chief Nursing Officer and other senior dignitaries. All the senior leaders and consultants wrote a pledge on safe and quality healthcare. Sessions were conducted by Dr Yashesh Paliwal, Director - Critical Care, on Medication safety while Dr Ramesh Agarwalla, Director - General & Laparoscopic Surgery, spoke about Quality & Patient Safety. The programme also had a poster making competition, highlighting the best practices and training on how to take up Quality Improvement Projects to improve patient care. The week concluded with the prize distribution to all the participants.

## Fortis Hospital & Kidney Institute, Kolkata, celebrates 'Quality Week'



Quality and safe nursing practices was illustrated by means of colourful diagrams and flow charts. A training session on Braden Score & Pressure Ulcer, a poster-making competition on 'Patient Safety/IPSG' and a quiz competition on 'Quality & Safe Nursing Practice' were among the other initiatives to drive home the message. The winners of various competitions were recognized at the concluding session. The event drew to a close with a 'Vote of Thanks' by Senior Consultants and Mr Subhendu Prakash, Facility Director - FHKI-FMC.

Quality Week was celebrated at Fortis Hospital & Kidney Institute (FHKI), Kolkata from November 8-15, 2022. The week-long event was inaugurated on November 9 with a cake-cutting ceremony, followed by a presentation on the CQI theme – "Quality Conscience: Doing the right thing" by Sister Sathya Ananda Kumar, CNO, FHKI & FMC. A road show on building 'Quality' awareness among nurses wherein the import of

## Fortis Hospital, Bannerghatta Road, Bengaluru organises 'Baby Shower' for moms-to-be



Following which Mrs Joyce Jayaseelan, Lactation Consultant delivered a talk on benefits of breast feeding. The baby shower also witnessed Ms. Dharitri Rajbangshi, Senior Physiotherapist, Fortis BG delivering a talk on abdominal muscle exercise and importance of Lamaze Classes during pregnancy followed by warm wishes from Dr. Gayathri D Kamath, Senior Consultant - Obstetrics & Gynaecology, Dr. Mangala Ramachandra, Senior Consultant - Obstetrics & Gynaecology and Dr. Anu Sridhar, Senior Consultant Obstetrics & Gynaecology. The event was a grand success with many to be parents sharing their experiences.

NEST Team at Fortis Hospital, Bannerghatta Road, Bengaluru, organised a baby shower for moms-to-be on November 19, 2022. The event witnessed awareness talks by experts and clinicians, fun activities like games, instant photography, cake cutting ceremony etc. The event commenced with a welcome speech on importance of pregnancy and how to be connected to a new born by Dr Parimala Devi, Senior Consultant - Obstetrics & Gynaecology who also sang a beautiful song which was dedicated to all the pregnant

## Hiranandani Hospital, Vashi – A Fortis Network Hospital, joins hands with Indian Wheelchair Tennis Tours Mumbai Open 2022, as the official medical partner



IWTT team with the medical & nursing teams, led by Chetan Surani, Sales & Marketing Head-Hiranandani Hospital, Vashi (fifth from right)



A player in action

Mumbai Open 2022, the 11th tournament of Indian Wheelchair Tennis Tours (IWTT) in India, was for the first time hosted in Navi Mumbai, Maharashtra, at the Navi Mumbai Sports Association Tennis Complex, Vashi from November 2-5, 2022. Hiranandani Hospital, Vashi – A Fortis Network Hospital, joined in as the official medical partner for the tournament. At the tournament, people from Navi Mumbai and beyond witnessed the grit and determination of men and women with disabilities as they competed for top slots in singles and doubles events for men and women.

## 'Pregnancy Carnival' for parents-to-be hosted at Fortis Hospital, Mulund



(2nd from left) Dr Sonal Kumta, Senior Gynecologist, Fortis Hospital, Mulund with parents to be



(R) Dr Sangeeta Raodeo, Gynaecologist, Fortis Hospital, Mulund with the invitee

Fortis Hospital, Mulund, recently hosted a pregnancy carnival for parents-to-be. The carnival comprised of informative sessions hosted by Dr Sonal Kumta, Senior Consultant-Gynecology & Dr Sangeeta Raodeo, Consultant-Gynecology focused towards antenatal mothers. The carnival highlights included photo shoot, Karaoke session and fun games for couples. The carnival was attended by 18 couples.

## Fortis Hospital, Noida organises Pre-conference Workshop: Stillbirth in Your Practice



The Department of Obstetrics & Gynaecology, Fortis Hospital, Noida, in association with Noida Obstetric & Gynaecological Society organised a pre-conference workshop of 22nd Annual Conference of Noida Obstetrics & Gynaecology Society on 'Still Birth in Your Practice' on October 14, 2022. The workshop was organised under the leadership of Dr Aradhana Singh, Associate Director – Obstetrics & Gynaecology, Fortis Hospital, Noida and Organising Chairperson, President – Noida Obstetric & Gynaecological Society. The workshop was inaugurated by Mr Mohit Singh, Zonal Director, Fortis Hospitals Limited, Dr Shanu Sharma, Medical Superintendent, Fortis Hospital, Noida, Dr Monica Wadhawan, Associate Director, Obstetrics & Gynaecology, Fortis Hospital, Noida apart from guests, including Dr Uma Sharma, Dr Rakhi Singh, Dr Sujata Bhatt and Dr Uma Ram. The workshop focused on the

clinical and practical management of stillbirth. The four-hour workshop had 10 lectures and a panel discussion. The event was attended by around 80 gynaecologists from Noida, Delhi, Ghaziabad, Greater Noida and Chennai. The workshop was well appreciated by the gynaecological fraternity and was also awarded 2 ICOG (Indian College of Obstetrics & Gynaecology) credit points to all the attendees.

## Fortis La Femme, GK-2, New Delhi, installs sanitary napkin vending machine at Jesus and Mary College



In an effort to spread awareness about women's health and hygiene, Fortis La Femme, GK 2, New Delhi, has collaborated with the prestigious Jesus and Mary College of Delhi University to install a sanitary napkin vending machine in the college campus, on December 16, 2022. Fortis has shouldered the responsibility of the machine's upkeep and will ensure that it is adequately stocked at all times. The initiative received appreciation from the principal, faculty, administration and students. The academic team has also shown interest in associating with Fortis, including for talks by Gynaecologists as part of their teaching curriculum. Jesus and Mary College is currently the only college under Delhi University to offer an honours degree in Healthcare.

## Fortis Hospital, Ludhiana, organises meet for Cancer warriors



On December 16, 2022, Fortis Hospital, Ludhiana, organised a meet to honour cancer warriors, who fought the battle and emerged as heroes. The event was an emotional boost and motivation for other patients suffering from cancer and their family members. Over 50 cancer survivors attended the event. Dr Vishvadeep Goyal, Zonal Director, Fortis Ludhiana & Amritsar, and several eminent oncologists, including Dr Harish Matta, Additional Director - General & Oncology Surgery, Dr Parveen Kaur, Additional Director - Radiation Oncology, Dr Davinder Paul, Senior Consultant - Medical Oncology, Dr Anish Bhatia, Associate Consultant - Surgical Oncology and Dr Ravinder Singh Sidhu, Senior Consultant - Nuclear Medicine, attended the event.

## Fortis C-DOC, New Delhi, observes World Diabetes Day



Dr Anoop Misra, Chairman – Fortis C-DOC, delivering a speech at the event

Fortis-C-DOC, New Delhi, celebrated World Diabetes Day November 14, 2022. A Mega Camp was organised within the hospital premises on the occasion. The event was inaugurated by Dr Anoop Misra, Chairman - Fortis C-DOC and Mr Bidesh Chandra Paul, Zonal Director, in the presence of senior clinicians and hospital staff. A large number of neighbourhood residents and patients availed of complimentary blood sugar and HbA1c tests, and received free consultation on Obesity and Bariatric Surgery.