



ST. MARTHA'S HOSPITAL

TRUSTED SINCE 1886

CareConnect

"Advancing care, Empowering Knowledge"

JUN - SEP 2025

DEAR READERS,

It gives me great pleasure to reach out to you through this edition of our hospital newsletter. I want to take a moment to thank each of you for your continuous dedication, professionalism, and compassion in the care you provide every day.

As part of our commitment to fostering a positive and supportive work environment, I'm pleased to share some exciting updates about several staff-centered initiatives as part of employees owning the hospital that is already underway like our employee of the month programme which we started in the month of July to recognize individuals who consistently go above and beyond in their roles. Then we have our Employee referral programme through which we are gaining our footfalls. We have also initiated one day outing for our staffs as part of our employee welfare activities to give everyone a chance to step away, recharge, and connect with colleagues outside the hospital setting. It has been heartening to see the enthusiasm and team spirit during the outing. We will continue to organize more such opportunities in the future, as we believe in the importance of balance and camaraderie. I encourage each of you to actively participate and make the most of these programs.

Together, we continue to build not just a hospital, but a culture of care and respect, for our patients and for one another.



K Mathai KAS(Retd.)

Director

NEW LEADERS ONBOARD

We are pleased to announce that Sr. Deepa U has officially taken over the role of Sister Superior and Secretary of our Hospital Community on 05th June 2025, and Sr. Pushpa has assumed duties as our new Nursing Superintendent on 24th April 2025. Sr. Ancy Anto has officially taken over the role of Principal College of Nursing on 8th Sep 2025



Sr. Deepa U



Sr. Pushpa



Sr. Ancy Anto

We warmly welcome them into their new roles and look forward to their guidance and leadership as we continue to grow and uphold the highest standards of patient care and staff support. Their experience and dedication will undoubtedly be a great asset to our hospital community.



MILESTONE ACHIEVED- NABH ACCREDITED

We are delighted to share a proud moment in our hospital's journey toward excellence in healthcare. Following a comprehensive NABH (National Accreditation Board for Hospitals & Healthcare Providers) assessment conducted in April 2025, we are pleased to announce that our hospital has officially been NABH accredited as of June 19, 2025.

This accreditation is a significant milestone, reflecting our unwavering commitment to high standards of patient safety, quality care, and continuous improvement across all areas of our services. Achieving NABH status is not just a mark of compliance, it is a symbol of our dedication to delivering healthcare that meets both national and international benchmarks.

We extend our heartfelt gratitude to every member of our hospital family, from clinical teams to support staff, administration, and leadership, whose hard work, coordination, and persistence made this accomplishment possible.

Let us all take pride in this achievement and continue to uphold the standards that define us as a centre of excellence and compassionate care.

NODAL OFFICERS

As part of establishing the Operations Department in our hospital and with the objective of enhancing patient care as well as identifying requirements for its continuous improvement, seven nodal officers were appointed to conduct regular hospital rounds effective from 01st September 2025. These seven Officers are Mrs. Suni John, Mrs. Rajeshwari, Dr. Shantha Sheela, Ms. Anaswara, Mr. Santhosh Mervin Martis, Mr. Antony Joseph, and Mr. Venkatesh R. They will be conducting rounds every day.



Welcome Aboard

1. Dr. Tanushree (SHO Cardiology)
2. Dr. Manu Vachan (SHO Respiratory Medicine)
3. Dr. Sidharth K Thomas (SR - ENT)
4. Dr. Vinay Kumar D (Visiting Consultant -Radiologist)
5. Dr. Punitha A N R (General Surgery - Consultant)
6. Dr. Aurita Kamat (Anesthetist -SC)
7. Dr. Shobha G Potdar (Anesthetist - Consultant)
8. Dr. Snigdha Pandit (OBG - SR)
9. Dr. Vinu Nelce Antony (Anesthetist - SR)
10. Dr. Ananya Prabhu (EMO)
11. Dr Shishirakumar Goudar (Neurologist - JC)
12. Dr Bhavyashree TN (Visiting Consultant - Interventional Radiologist)
13. Suni John - HR Manager
14. Venkatesh R - Quality Officer
15. Anaswara S Kumar - Assistant Quality officer
16. Mohammed Arfaz Khan - Digital Marketing Executive.
17. Revathy L - Dialysis Technician (Trainee)
18. Rukmani Karupannan - Radiographer (Trainee)
19. Navya N - Dietician (Trainee)
20. Sr. Bini Mathew - Lab Technician
31. Jaysal - OT Technician (Trainee)

CELEBRATION OF ST. MARTHA'S FEAST HONORING DEDICATION AND SERVICE

St. Martha's Feast was joyfully celebrated on 29th July 2025, continuing our cherished tradition of commemorating the patron saint of our institution. True to the spirit of St. Martha, known for her service, hospitality, and dedication, the day was a meaningful occasion to recognize and celebrate the commitment of our staff who have served the institution with unwavering loyalty and excellence.

A special highlight of the celebration was the honouring of employees who completed 25 years of dedicated service, Dr. Sandeep Subbaiah, Dr. Shashikanth R, Mr. Sridhar G, Mrs. Savariammal, Mrs. Arokia Mary A R . Their journey with us stands as a testament to their resilience, professionalism, and deep-rooted connection to the values of St. Martha's. We started with our Employee of the month program on this day, Ms. Velangani A, Hospital Aide, was the employee of the month for the month of July, she was honored with the rolling trophy, cash award, and certificate of appreciation. We also gave prize to Ms. Alice Rebekkal, for suggesting the name CareConnect for our newsletter followed by prize distribution to all the winners of sports event conducted as a part of our Martha's Day celebration.

The celebration was made even more memorable with vibrant cultural programs organized by the employees themselves. From musical performances and dances to skits and heartfelt speeches, the event showcased the incredible talent, camaraderie, and team spirit that define our workforce.



Independence Day



On 15th August 2025, we celebrated our 79th Independence Day at our hospital with flag hoisting by our Director and Chief Guest of the day, Mr. K Mathai KAS (Retd.), Medical Superintendent, Dr. Christi Dominic Savio, Nursing Superintendent, Sr. Pushpa, Addl. Medical Superintendent, Dr. N Arun Kumar, Kardiaca Frontida Director, Dr. Tameem Ahmed, Sr. Bridget Paily. Our staffs as well as the students of College of Nursing displayed Patriotic Spirit through Mime, dance & songs. We also honored Best Security staffs with mementos.

Employee of the Month



Ms. Velangani A - Hospital Aide - For the month of July



Mr. Rajalingam R - Senior Admin Executive - For the month of August



Ms. Swapna Lukose - Staff Nurse - For the month of September



New Partnership with Kardiak Frontida for Enhanced Cardiac Care

We are pleased to announce a new collaboration with Kardiak Frontida, led by renowned cardiologist Dr. Tameem Ahmed, to strengthen and expand our cardiac services. This partnership marks a significant step forward in delivering comprehensive, high-quality heart care to our patients. Dr. Tameem Ahmed and his team involving Dr. Pooja Prasad, Dr. Prasanth S, Dr. Prashant Ramdas Wankhade, Dr. Sriranga R, Dr. Amith R, Dr. Mohamed Ahmed, Dr. Imran Damani, Dr. Suresh Kumar, Dr. Vikas Kumar Keshri, Dr. Manan Desai, Dr. Amit Lal, Dr. Rajiv Byahatti, bring a wealth of experience and a patient-centered approach that aligns seamlessly with our commitment to clinical excellence and compassionate care. Together with Kardiak Frontida, we look forward to offering advanced diagnostic, interventional, and preventive cardiology services within our facility. This association reflects our ongoing dedication to providing state-of-the-art medical care and improving health outcomes for the community we serve.



Guard Your Heart, Every Beat Matters!

On 29th September 2025, we celebrated World Heart Day. The programme was inaugurated by our Sr. Superior, Sr. Deepa, Director, K Mathai KAS (Retd.), Medical Superintendent, Dr. Christi Dominic Savio, Nursing Superintendent, Sr. Pushpa, Cardiologist, Dr. Pooja Prasad.

Heart attacks often strike without warning, but many are preventable. A healthy lifestyle, regular check-ups, managing stress, and controlling conditions like diabetes and hypertension can significantly reduce your risk. Take charge of your heart health, it's never too early to start!



ENVIRONMENT DAY



Our hospital proudly joined millions around the world in celebrating World Environment Day on June 5th, reaffirming our commitment to a healthier planet and a greener tomorrow. This year it was conducted by SBE (E Floor). The theme for this year was "End Plastic Pollution".

A day away from duty

As part of Employee Welfare, a staff picnic was arranged on 14th September 2025 to promote relaxation, bonding, and team spirit among employees. Employees from Admin Department along with their family members actively participated in it. The outing was arranged to RR Retreat Resort located at Nelamangala. This trip was a chance for all of the employees to relax, recharge, and enjoy some well-deserved time away from the office while strengthening our team spirit.



New addition in the Dept of OBG

A new ultrasound machine was installed in the Department of OBG (General Maternity) on 31st May 2025. The machine was provided by South Indian Bank as part of their Corporate Social Responsibility (CSR). It was inaugurated by Dr. Christi Dominic Savio, Medical Superintendent, Mr. Pramooda M G, DGM & Regional Head, Bangalore, Ms. Divyashree K V Menon, Cluster head, Bangalore, Ms. Ashitha Jose, Bank Manager, St. Martha's Hospital.



BIRTHDAY CELEBRATIONS

As part of "Employees Owning the Hospital" through St. Martha's Next, the management has introduced several initiatives to strengthen employee engagement and a sense of belonging. One such initiative was Combined Birthday celebration. Our first combined Birthday celebration from 16th May to 15th June was held on 25th June 2025. After that 3 such celebrations has been done.



B-CHON @ ST. PHILOMENA'S

St. Philomena's Hospital has hosted B-CHON on 16th September 2025, our Sr. Superior Sr. Deepa and Director, Mr.K Mathai KAS (Retd.) was invited to attend. The newsletter of St. Philomena's Hospital was launched by our Director Mr. K Mathai on this event.



Meet our Clinical Pharmacologists -

Dr. Oshiya and Dr. Poovarasan

We have two Clinical Pharmacologists, Dr. Oshiya & Dr. Poovarasan, committed to ensuring safe, effective, and evidence-based medication use across the hospital. Their work bridges the gap between medicine and patient safety, supporting both healthcare professionals and patients.

What do they do?

- Prescription Audits
- Patient Counselling
- ADR & Medication error monitoring
- Formulary Management
- Individualizing Dosage Regimens
- Pharmacy and Therapeutic Committee (PTC)
- Educating Nurses and Pharmacists

Their Initiatives

- ADR Reporting via ADRMS
- Drug Dilution Guidelines
- New Drug Request System
- Drug Information Services
- Antimicrobial Stewardship
- OT Store Setup



Myth vs Fact

Myth: A Clinical Pharmacist is the same as a regular Pharmacist.

Fact: While both are Pharmacists, a Clinical Pharmacist is actively involved in patient care. They work directly with healthcare teams, review therapy plans, conduct rounds, counsel patients and optimize drug therapy based on clinical evidence and patient-specific needs.

Tip of the day

"One of the most powerful drugs in the hospital is not in the pharmacy - it's clear communication." Always counsel with care. A 2-minute conversation can prevent a 2-week complication.

TRAININGS

Induction on June & September



SACRED HEART

FEAST PRAYER SERVICE

In a spirit of faith and unity, our hospital community came together to observe the Sacred Heart Feast with a special prayer service held on 27th June 2025. The service was a meaningful time of reflection, gratitude, and spiritual renewal, invoking blessings for our patients, staff, and their families. Together, we offered prayers of hope and healing, seeking strength and compassion in our mission of care. The celebration reaffirmed our commitment to serve with love, kindness, and dedication.

Renewing Excellence: NBEMS Assessment at SMH



On 09.07.2025, Dr. Yogesh D Parashar, Sr. Consultant, DNB - Paediatrics at the Holy Family Hospital, New Delhi conducted a physical assessment and inspection to renew accreditation with NBEMS for training Post graduate students in the Department of Paediatrics.

On 02.08.2025 Dr. Susan Sodder, Sr.Consultant, DNB - Obstetrics & Gynaecology at Holy Spirit Hospital, Mahakali Road, Andheri (East), Mumbai, conducted a physical assessment and inspection to renew accreditation with NBEMS for training post graduate students in the speciality of Obstetrics and Gynaecology



The department of General Medicine conducted DNB Final Practical Examination of NBEMS on 9th and 10th September 2025

Breastfeeding Awareness Program at SMH

On 8th May 2025, BMS students chose St. Martha's Hospital to host a Breastfeeding Awareness Program. The program aims to educate mothers and families on the benefits and best practices of breastfeeding.



DOCTOR'S DAY

On Doctor's Day (July 1st), we honored the dedication and compassion of our doctors with heartfelt appreciation, small gatherings, and tokens of gratitude, celebrating their immense contribution to patient care.

