

ST. MARTHA'S HOSPITAL

SERVING GENERATIONS COMPASSIONATELY

CareConnect

“ADVANCING CARE, EMPOWERING KNOWLEDGE”

EDITION 2

• MARCH- MAY 2025



DEAR READERS,

It is with immense pleasure that I welcome you to this edition of our hospital's newsletter CareConnect. As we continue our journey of healing and excellence, I want to take a moment to reflect on the unwavering dedication of our medical professionals, support staff, and the resilience of our patients.

Our hospital has always strived to be a place where medical expertise meets heartfelt care. With new advancements in medical technology and a continuous commitment to patient-centered care, we are shaping a future where quality healthcare is accessible, affordable, and transformative.

In this issue, we highlight how we have been moving forward by acknowledging every important aspect starting from celebrating sick day to having the NABH assessment done, and the incredible work being done within our hospital walls. I encourage each of you to remain engaged with our mission, share your insights, and continue fostering an environment of quality healthcare.

Together, we heal, we hope, and we thrive.

K. Mathai, KAS (Retd)

Director

St. Martha's Hospital



HABEMUS PAPAM!!

Pope Leo XIV, the conclave has elected Robert Francis Cardinal Prevost as the 267th Bishop of Rome. His first blessing to the crowd was “Peace be with you all.”

NEW BADMINTON COURT

On 24th February 2025, our new badminton court was inaugurated by our Director, K Mathai KAS (Retd.) and our Sister Superior, Sr. Gracy Thomas. This court is a symbol of our commitment to promoting holistic wellness and a balanced lifestyle within our healthcare community. It represents not just a place for sport, but a sanctuary for stress relief, physical activity, and mental rejuvenation. With this court we were able to fulfill the much needed requirement of DNB PGs.



SMH @ AERO INDIA 2025

Aero India is an International Air show that demonstrates the technological advancements of the aviation industry besides being a global platform for aviation trade. It was a mega event of huge magnitude that also showcases the IAF and our great nation.

We had this great privilege to collaborate with the Air Force Station Yelahanka while they hosted this prestigious event from 10th - 14th February 2025. Our staffs- Dr. Shashikanth, Dr. Sharath Kumar, Dr. Mukul Prasad, Mr. Jerald Rohith S M, Mr. Arun Raj K, and Mr. Yogesh were the part of the team. We acknowledge their efforts in making our hospital proud through the “Aero India 2025”.

“....A different perspective: as a guardian of health amidst the thunder of jet engines and the energy of thousand spectators....This reassured me that while the skies were being pushed to their limits above us, solid ground support- medical and otherwise- was holding firm below” - Dr. Sharath K



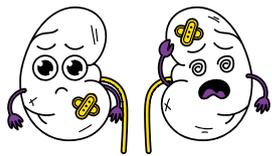
WORLD SICK DAY

On 11th February 2025, we celebrated World Sick Day at the OPD Entrance. The day started with a prayer service led by Fr. Tinto Joseph, our Chaplain. It was established in 1992 by Pope John Paul II as a day for prayer, reflection, and support for those who are ill and their caregivers. The day emphasizes compassion, solidarity, and the importance of caring for the sick, while also recognizing the efforts of healthcare workers and caregivers.



WORLD KIDNEY DAY

World Kidney Day was celebrated on 13th March 2025 for which the theme was- “Are your Kidneys OK?- Detect Early, Protect Kidney Health” emphasizing early detection and prevention of kidney-related issues. It was celebrated in the presence of the chief guests of the day- K Mathai KAS (Retd), our Director, Sr. Gracy Thomas, Sr. Superior, Dr. Christi Dominic Savio, Medical Superintendent, Sr. Deepa, Nursing Superintendent, Dr. N Arun Kumar, Additional Medical Superintendent along with Dr. Kathulapilli Krishna, Nephrologist, and Dr. Sunil Gowda, Urologist at the Urology OPD by the Nephrology Department. The theme for this year was unveiled by our Director and Sr. Superior. The patient’s queries were also cleared by our Doctors.



WORLD TUBERCULOSIS DAY



World Tuberculosis (TB) Day was observed on March 24th to raise awareness about tuberculosis, one of the deadliest infectious diseases globally. The date commemorates the discovery of the TB-causing bacterium by Dr. Robert Koch in 1882. The theme for 2025 is "Yes! We Can End TB: Commit, Invest, Deliver", emphasizing the urgency of eliminating TB through stronger commitments, increased funding, and effective interventions. Despite progress, TB continues to pose serious health, social, and economic challenges, especially in countries like India, which bears the highest burden.

INTERNATIONAL WOMEN'S DAY @ SMH

On 8th March 2025, we celebrated International Women’s Day at the Urology OPD by bringing together all the women staff. The programme was inaugurated by our women pillars Sr. Gracy Thomas, Sr. Superior, Sr. Deepa, Nursing Superintendent along with our Director, K Mathai KAS (Retd.), Dr. N Arun Kumar, Additional Medical Superintendent. We have started our institution on the strong foundation laid by our Sisters of Good Shepherd community. And today we are made of strong women workforce of 400 plus women employees. It is indeed a great privilege for us showing our strength of empowered women. We had Dr. Shilpa Sri from Psychiatry Department who talked about Women’s Mental wellbeing, Dr. Sujoy Mitra- HOD of OBG Department enlightened us about the malignancies in women, and Dr. Kaushik from Orthopaedics spoke about Osteoporosis in women.



INTERNATIONAL NURSES DAY @ SMH

On 12th May, we celebrated International Nurses Day at St. Martha’s Hospital. The Theme for this year was “ Our Nurses. Our Future. Caring for Nurses, Strengthenng the economies”. We have selected Best Nurses of 2025 from 3 categories-Ms. Habeeba Khanum from General Maternity, Ms. Riya Johny from OT and Mr. Anthony from Emergency.



ACHIEVEMENTS

- Dr. Manjunath G - Foundation course in Pain & Palliative Medicine
- Dr. Shaziya Azmathulla - Fellowship and Diploma in Minimal Access Surgery at World Laparoscopy Hospital
- Dr. N Arun Kumar - Moderator of Hernia Workshop at Kauvery hospital.
- Dr. Chitra Dinakar- Faculty Invitee at HIV Congress held at Mumbai
- Dr. Sara Ali- MBA in Hospital & Health System Management.



WELCOME ABOARD

DOCTORS

- Dr. Melita Francina Lobo- Paediatrics
- Dr. Sravani M - Paediatric Nephro
- Dr. Diya Sarah Jacob- Anaesthesia
- Dr. Merlyn Varghese- Anaesthesia
- Dr. Vishnu V C - Anaesthesia
- Dr. Aishwarya Karthikeyan- OBG
- Dr. Krupa Dixit- General Medicine
- Dr. Padma C Anand- General Medicine
- Dr. Mili Thomas- Central Lab
- Dr. Shantha Sheela C- PSO
- Dr. Sunkappa
Dr. Yamuna

NURSES

- Mamadevi - C Floor
 - Swetha S - General Maternity
 - Dhanya Tom - MICU
 - Tpan Paik - D Floor
- Apart from these, 26 other trainee nurses also joined us.

PARAMEDICAL, ADMIN AND S&M

- Alen Jacob- OT Technician
- Keerthana- Nursing
- Salman N - Pharmacy
- Divyashree - Pharmacy
- Rebecca- Pharmacy
- Jobin Joy- Biomedical Admin
- Santhosh Mervin Martis- Admin
- Lizy- Good Shepherd Nurses Hostel
- Uday S - Electrical
- Gurukiran- Fire & Safety
- Saravanan - Driver

Welcome

SMH INTRODUCES "EMPLOYEE OF THE MONTH"



Patient is the ultimate purpose of the hospital. This purpose is achieved through the caring hands of the employees. To encourage employees and to recognize their all round dedication to the cause of patient care, "Employee of the month" which will take place once in two months is being initiated. The selected employee will be rewarded with cash award and certificate of excellence.

The parameters for this will be Professional conduct, Professionalism & ethics, Teamwork & collaboration, Initiative & innovation, Work quality & efficiency. The departmental heads can nominate employees as per the parameters and guidelines. The winner out of it will be announced through careconnect.

B-CHON

We, SMH hosted B-CHON (Bangalore Christian Healthcare Organization Network) on 11th March 2025 for which the theme was "Laws pertaining to Hospitals & Healthcare Organizations". The chief guest for this programme was Dr. Jagadeesh N. The programme started by 06:30 P.M and representatives from various Christian hospitals attended.



SOON TO BE NABH ACCREDITED!

We are delighted to announce a pivotal milestone in our hospital's journey towards excellence in healthcare. Our institution is now entering for the NABH (National Accreditation Board for Hospitals & Healthcare Providers) accreditation—a significant step that reflects our unwavering commitment to delivering the highest standards of patient care and safety. We had our assessment on April 09th, 10th & 11th 2025 by- Dr. Prashant Kelkar, Principal assessor and his associates in the team were- Dr. Shilpa Pandita, Mr. Anilkumar H Mandalia, Dr. Manikant Singhal, and Ms. Sandhya Rani Karike.

The NABH accreditation is a mark of quality that recognizes healthcare organizations for their adherence to stringent standards in quality care, patient safety, and operational excellence. It reflects a hospital's dedication to continuous improvement and ensures that services provided meet national and international benchmarks.



WORST HEADACHE TO BEST RECOVERY

Aneurysmal subarachnoid haemorrhage (aSAH) means bleeding inside the brain because of abnormal dilatation of blood vessel supplying brain. The reported incidence is 6 to 16 cases per 1 lakh people, resulting in 76k- 200k cases each year. This disease can affect all age group, but more commonly seen in 40-60yr age group. aSAH typically presents as sudden, severe, thunderclap headache, often told as worst headache, sometimes can present with seizures, vision changes, vomiting, altered consciousness. In India, the recovery & Prognosis of aSAH vary, with a significant number of patients experiencing poor outcomes including death & disability, but only a small portion of people achieving good recovery.

We recently encountered a 36 yr old female presenting with severe headache and involuntary movements, later diagnosed to have seizures, she underwent relevant neuroimaging and was diagnosed to have DACA aneurysm, Initially she was stabilised with anti epileptics & other supportive care, later we had a multi disciplinary meeting with neurologist, neuro surgeon, anaesthesia, MICU, interventional neuro radiologist & Cath lab personnel. After family's consent, she underwent Coiling of aneurysm under general anaesthesia, followed by uneventful ICU & hospital stay. She was discharged after 15 days of stay in hospital, more importantly she has recovered fully with no neurological deficits in good functional status. At SMH, this is first Neuro interventional coiling after upgrading our cath lab.



OUR NEW STATE-OF-THE ART MODULAR OT

We are proud to announce the successful installation of a Modular operation theatre at our hospital- a significant step forward in our commitment to providing world-class surgical care. This cutting-edge facility is designed with the highest standards of safety, hygiene, and efficiency in mind. Built using prefabricated, high-quality materials and equipped with advanced systems such as laminar airflow, HEPA filtration, and antimicrobial wall and floor panels, the new Modular OT ensures a sterile and controlled environment essential for complex surgical procedures. This proves to be a testament to our hospital's continuous efforts to embrace innovation and improve patient outcomes.



RIP...

We deeply mourn on the passing away of our Beloved Spiritual Leader Pope Francis. His demise is a great loss to the church and the whole world.
"A hospital is a place where humble human beings remove their masks and show themselves as they truly are, in their purest essence...." - Pope Francis

TRAININGS

- Soft Skill Training by Dr. Mona Mendonca on 3rd & 4th March 2025.
- Employee Right & Responsibility by Fr. Ajit Kerketta & Ms. Ann Delishiya on 20th March 2025.
- Induction Training held on 25th & 29th March.
- Importance of Filing system by Mr. Santhosh on 15th April.
- Grievance Redressal Policy by Fr. Ajit Kerketta on 23rd April 2025.



JUBILEE CROSS' 25

The Jubilee cross is a physical representation of faith, hope, and resurrection symbolizing the Jubilee year in the RC Church. Pope Francis has designated 2025 as a Jubilee year to renew ourselves as **"Pilgrim of Hope"**. The cross came to our Community on 09th April 2025 and we were blessed to have this cross which gave an opportunity to all our staffs and patients to come and venerate this cross and obtain blessings.

