



ST. MARTHA'S HOSPITAL

SERVING GENERATIONS COMPASSIONATELY

CareConnect

"Advancing care, Empowering Knowledge"

Dear Readers,

It is with great joy and eagerness that I welcome you to this inaugural issue of **St. Martha's Hospital - "CareConnect"**, our official bi-monthly newsletter. This new venture marks a significant step in strengthening our connection with our patients, staff, and community by sharing stories, updates, and insights that reflect our mission and values.

At St. Martha's Hospital, we believe that healthcare extends beyond clinical care- it's about fostering a sense of belonging, trust, and partnership. Through this newsletter, we aim to provide you with a window into the heart of our institution, showcasing the efforts, innovations, and milestones that define us as a centre of excellence

"St. Martha's Hospital CareConnect" is not just about sharing updates; it's about celebrating the people who make this institution thrive—our dedicated staff, compassionate caregivers, and the community we serve. We invite you to join us in this journey, stay informed, and be inspired by the stories within these pages.

K. Mathai, KAS (Retd)
Director
St. Martha's Hospital



ST. MARTHA'S HOSPITAL

St. Martha's Hospital, Bengaluru was founded in 1886 by the Congregation of Our Lady of Charity of the Good Shepherd (also known as the Sisters of the Good Shepherd) to provide medical care during a devastating plague and famine. From its humble beginnings with just 50 beds, the hospital has grown into a state-of-the-art multi-specialty facility, now accommodating over 450 beds. We are proud to say that we have withstood 3 pandemics.

New Diagnostic Facilities to Enhance Patient Care and Medical Excellence

On 19.04.2024, the state-of-art CT/MRI facility at St. Martha's Hospital was blessed by Mr. Appachan Kuttiath Joseph (Ex-Director), and Sr. Gracy Thomas (Sister Superior) marking a significant milestone in its mission to provide top tier healthcare. However, on 31.08.2024, it was officially inaugurated by the honourable **Minister of Health and Family Welfare of Karnataka Shri Dinesh Gundu Rao**.



Welcome aboard, Our New Director, K. Mathai KAS (Retd)!

On 11.11.2024, **K. Mathai, KAS (Retd)** joined as the new **Director** of St. Martha's Hospital, Bangalore. With a distinguished career in public Administration and a proven track record of excellence, K. Mathai KAS (Retd) brings a wealth of experience and a visionary approach to healthcare management. St. Martha's Hospital family warmly welcomes him and extends best wishes from the management and the hospital staff.



Revamping Dialysis Department

On December 18, 2024, St. Martha's Hospital proudly unveiled its newly revamped Dialysis Department, marking a significant milestone in its commitment to providing advanced and compassionate patient care.

The revamped featured upgraded infrastructure, and improved patient-friendly spaces. These enhancements aim to provide a more comfortable and efficient experience for patients undergoing treatment.

New addition of Bronchoscopy

On 18th December 2024, Bronchoscopy unit under the Department of Pulmonology was inaugurated by our Director, Mr. K Mathai, Sister Superior, Sr. Gracy Thomas, Medical Superintendent, Dr. Christi Dominic Savio, Nursing Superintendent, Sr. Ancy Anto, Dr. Sivasankari and Dr. Emmanuel James. The addition of this unit gives new scope for diagnosis and treatment of lung diseases.



Bronchoscopy, what is it?

Flexible Bronchoscopy is a minimally invasive procedure used for diagnostic and therapeutic procedure where a flexible, fiber optic bronchoscope is introduced through the patients nose or mouth and advanced into trachea and bronchi. This procedure allows direct visualization of the respiratory tract, from larynx to the distal bronchi. It is a key tool for assessing airways, lungs, and identifying various conditions affecting the respiratory system.

New Addition of FENO (Fractional Exhaled Nitric Oxide)

A new additional diagnostic intervention is added in the Department of Pulmonology called FENO. It is a test used to measure the level of nitric oxide in the breath. It is commonly used to assess airway inflammations, particularly in people with asthma. Higher level of nitric oxide in breath can indicate inflamed airways. FENO is used for – diagnosis of asthma, monitoring asthma, assessing response to Corticosteroids, Predicting exacerbation etc.

SMH Innovation Club

SMH launched a new innovative club on 30th January 2025 by Sister Superior, Sr. Gracy Thomas and Director, Mr. K Mathai KAS (Retd.). It is a collective group of young minds to promote creativity and bring in changes. The club is chaired by Dr. Sivsankari, and the members are Dr. Pallavi Singh, Dr. Anusha, Dr. Srivatsa, Dr. Nikhil, Mr. Anto Deol, Mr. Clarence, Ms. Sunanda, Ms. Alice Rebekkal, Ms. Velankanni Basilica, Ms. Smitha, Ms. Ann Delishiya. All new ideas are welcome!



Think Tank!



The Think Tank Committee at St. Martha's Hospital plays a crucial role in strategic planning, brainstorming, and decision-making to enhance hospital operations and patient care. The committee serves as a visionary body, helping the hospital remain at the forefront of medical excellence and compassionate care with their ideas and contributions.

Achievements

Congratulations to:

- ✓ Dr. Pallavi Singh- for completing Fellowship in Rhinoplasty and Facial Plastic Surgery (ISFPRS)
- ✓ Dr. Kavya T- for Completing IAAPS accredited fellowship with Dr. Rajat Gupta at Delhi & ISAPS accredited fellowship with Dr. Tim Papadopoulos at Sydney
- ✓ Dr. Anusha D Correya- for Completing Fellowship in Advanced Aesthetic Dentistry (FAAD)

SMH EVENTS

St. Martha's Hospital Walkathon: A Step Towards Heart Health

In celebration of World Heart Day, St. Martha's Hospital organized a month-long Walkathon in October, aimed at strengthening cardiovascular health among employees. This internal fitness initiative encouraged participants to embrace an active lifestyle, emphasizing the importance of heart health.

Christmas Celebration

The festive spirit of Christmas filled the air as soon as December began. At SMH, the Christmas celebration was beautifully organized to spread joy and warmth among the patients, staffs, and the community. Carol singing was held from 17th to 19th December 2024, bringing cheer to every ward and OPD. The celebrations concluded on a delighted note, with a sumptuous lunch on 23rd December.



A remarkable 157 employees took part in the challenge covering an impressive amount of 23,47,616 steps- approx.. 18,726 km. Their dedication and enthusiasm made the event a great success. Topping the leader board was Mr. Mallikarjunappa, with 4,65,346 steps. Congratulations to Mr. Mallikarjunappa (Maint.Civil).

Spreading Christmas Cheer: SMH Treasure Hunt

The festive spirit came alive at SMH with a vibrant Christmas Treasure Hunt and Carol Singing, the events enhanced the joy of the season and brought together all the employees in carrying out each tasks. Held throughout December, the initiative saw enthusiastic participation from 18 teams, out of which the Emergency Warriors came out as winners.



St. Martha's Gala Nite: A Grand Celebration with a Noble Cause

On January 11th 2025, the St. Martha's Hospital Grounds came alive with music, joy, and a shared spirit of giving as over 3,200 attendees gathered for the much-anticipated St. Martha's Gala Nite. This spectacular event was not just an evening of entertainment but a fundraiser with a purpose, dedicated to supporting the Poor Patients' Fund and making quality healthcare accessible to those in need.

The night featured an electrifying performance by India's renowned playback singer, Mr. Vijay Prakash, and his band captivating the audience with soulful melodies, and high-energy renditions. The event's success extended beyond the hospital ground, as philanthropists and donors continue to come forward, amplifying the impact of this noble cause.

Beyond fundraising, St. Martha's Gala Nite played a vital role in promoting the Hospital's mission through extensive TV, radio, social media, and offline campaigns across churches, schools and colleges. This initiative not only strengthened the hospital's commitment to compassionate care but also reinforced its presence as a beacon of hope in the community.



Republic Day



On 26th January 2025, we celebrated our 76th Republic Day at our hospital with Flag Hoisting by our beloved Director and Chief Guest of the day, Mr. K Mathai KAS (Retd.), Secretary and Sister Superior, Sr. Gracy Thomas, Medical Superintendent, Dr. Christi Dominic Savio, Nursing Superintendent, Sr. Ancy Anto. Our staffs displayed patriotic spirit through mime, dance and song. We also honoured the best security staffs with mementos.

Community Outreach Program

A Community Need Assessment survey was conducted in the outskirts of Bangalore aiming to bring healthcare closer to the community. This survey was collectively carried out under the leadership of Dr. Reubel Coates along with the psychologists and Medico Social Worker and MSW Interns.



Dedication and Blessing of the Infirmary Building

On 2nd May 2024, St. Martha's Hospital takes pride to celebrate the fulfilment of a long-held dream – the dedication and blessing of this new facility. This is the infirmary building named “BETHESDA” comes from the Hebrew which means “House of Mercy” or “House of Grace”. This facility provides accommodation for senior religious sisters as well as doctors who seek for accommodation on the campus.

SMH Introduces Weekend Uniforms



SMH is introducing a weekend dress code for employees, featuring a specially designed T-shirt to create a strong presence while fostering a comfortable and unified work environment. This initiative is designed to enhance team spirit while ensuring a professional yet relaxed weekend look. The T-shirt will represent the hospital's values and brand identity.

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