

THE FORTISIAN

HAPPENINGS IN THE WORLD OF FORTIS

Fortis observes World Cancer Day





MD & CEO's Message

Dear Fortis Family,

Warmest festive greetings and good wishes. I hope you have had a wonderful Holi celebration, and had an opportunity to spend quality time with your family and friends.

Like every year, we have commenced the process of drawing up the blueprint for our journey through the coming financial year. The leadership team has been very busy giving finishing touches to our Annual Operating Plan (AOP) and the Budget. I hope you too have been actively participating in the annual appraisal exercise and drawing up your own personal growth trajectory.

While we will continue to pursue our ambitious growth plans in the new fiscal by focusing on upgrading our hospital infrastructure, adding bed capacity and acquiring top-of-the-line medical equipment as well as talent, what remains unchanged is our focus on patients. Our priority is – and will always be – clinical excellence combined with superlative patient care.

At the same time, it is important to keep an eye on costs. This is crucial for our long-term success and it is important for all of us to stay focused not only on achieving our goals and targets but also doing so in the most economical manner.

Before I conclude, I would like to thank all our clinicians, nurses and frontline staff. Our success is a reflection of your wholehearted support and hard work. I thank all of you for your continued commitment towards our patients and their attendants.

Thank you once again.

Best,

Dr Ashutosh Raghuvanshi

MD & CEO

New Beginnings

Fortis Healthcare launches Fortis Institute of Blood Disorders for specialised treatment of blood cancers and related disorders



The Fortis Institute of Blood Disorders was inaugurated at a well-attended event held at Fortis Memorial Research Institute, Gurugram, on January 5, 2024. Dr A. Raghuvanshi, MD & CEO and Mr Anil Vinayak, Group COO were among the senior leaders present on the occasion. The advanced facility, led by Dr Rahul Bhargava, Principal Director & Chief - Bone Marrow Transplant, is a dedicated centre for the specialised treatment of blood cancers and disorders. The Institute fills a critical gap in addressing the urgent need for a comprehensive institute focusing on the diverse spectrum of blood disorders, integrating paediatric and geriatric care, advanced transplant procedures and hematopathology expertise.

The Institute also introduced the revolutionary CAR-T cell therapy, NexCAR19™ (Actalycabtagene autoleucl), to its extensive network of Bone Marrow Transplant centres in Mohali, Delhi, Gurgaon, Noida, Mumbai and Bangalore. The initiative was supported by a commercial collaboration with ImmunoACT, an IIT-Bombay spin-off and pioneer in India's first fully indigenous and commercially approved gene-modified cell therapy. NexCAR19™, India's first market authorized CAR-T cell therapy, offers a new ray of hope for treating B-cell lymphomas and B-acute lymphoblastic leukaemia in patients aged 15 and above, who have previously found limited success with other treatments.

Fortis Hospital Mohali acquires most advanced Elekta Versa HD with SGRT for cancer treatment



Team Radiation Oncology

Fortis Hospital Mohali has acquired the most technically advanced Elekta Versa HD with SGRT to attain greater precision in cancer care. The state-of-the-art radiotherapy treatment will revolutionise cancer treatment with its advanced capabilities and offers unparalleled opportunity for both precision Radiation Therapy and Surface Guided Radiation Therapy (SGRT) with SRS cones as a non-invasive alternative for small tumours like Brain Mets, AVM, Trigeminal Neuralgia, Acoustic Neuroma, Pituitary Adenomas &

Movement Disorders. Besides this, other standard radiation delivery options like intensity modulation under image guidance and volumetric arc therapy are also offered. Dr Narendra Kumar Bhalla, Director, Radiation Oncology informed that Elekta Versa HD precisely targeted cancer cells, while minimizing the impact on healthy tissues with personalised treatment plans. It also offers stereotactic radiation therapy as a non-invasive alternative for small tumours. The surface guidance also aids Deep Inspiratory Breath Hold (DIBH) Technique for Breast Cancer by temporarily moving critical organs away from the breast during radiation, minimizing exposure and improving treatment efficacy.

Fortis Mulund launches Fortis Medical Centre at Kandivali



(L-R) Dr Saurabh Patil, Ms Rinku Mavani, Dr S. Narayani, along with Shri Yogesh Sagar, MLA, Dr Vishal Beri, and Dr Prashant Kadam inaugurating Fortis Medical Centre at Kandivali

Fortis Hospital Mulund's comprehensive Outpatient Department (OPD) was inaugurated at Kandivali on January 18, 2024. The centre will provide comprehensive care for Liver Care, Neurology, Spine, Urology and Uro-Cancer Care. This facility, set up in collaboration with a partner healthcare institution, was inaugurated by Shri Yogesh Sagar, Member of Maharashtra Legislative Assembly (MLA), Dr S. Narayani, Business Head - Fortis Hospitals, Maharashtra and Dr Vishal Beri, Facility Director, Fortis Hospital, Mulund.

This community-first initiative aims to bridge the geographical gap and provide residents with prompt consultations with skilled specialists across five key specialties. The centre will provide a comprehensive range of services, including advanced screening, robotic surgery, pre-operative and post-operative care, pathology, diagnostics, and more. The clinicians who helm this initiative are - Dr Gaurav Gupta, Dr Kapildev Yadav and Dr Prashant Kadam (Liver Care), Dr Jayesh Sardhara (Neuro & Spine Care) and Dr Saurabh Patil (Urology & Uro-Cancer Care).

Fortis Escorts Hospital, Faridabad, launches state-of-the-art Urology Clinic



Fortis Escorts Hospital Faridabad launched an advanced Urology Clinic on February 14, 2024. The clinic, led by Dr Anup Gulati, Director & HOD - Urology, is well equipped with the latest diagnostic tools, including ultrasound, uroflowmetry, prostate-specific antigen test, urine test and kidney function test.

The facility was inaugurated by Dr Dinesh Gupta, President - Indian Medical Association, in the presence of Mr Yogendra Nath Awadhiya, Facility Director, and all the senior clinicians and hospital staff.

Fortis Shalimar Bagh, New Delhi, introduces a new Dialysis Block with over 25 beds



Fortis Hospital, Shalimar Bagh, New Delhi, inaugurated a state-of-the-art Dialysis Block on February 26, 2024. The specialised Block, which functions under the leadership of Dr Deepak Kalra, Director – Nephrology, Fortis Hospital, Shalimar Bagh, is equipped with over 25 beds and is dedicated to providing the best possible care for patients suffering from end-stage renal disease (ESRD). The facility boasts cutting-edge technology and is staffed by a remarkable team of doctors, nurses and support staff. The inauguration ceremony was graced by Mr Deepak Narang, Facility Director, Mr Mahipal Singh Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj, Dr Rajeev Nayar, Director - Medical Operations (FMRI, Shalimar Bagh, Vasant Kunj & Faridabad) apart from Dr Kalra and the clinical team, and staff of Fortis Shalimar Bagh.

Fortis Escorts Hospital, Faridabad, launches Vertigo Clinic



In a pioneering effort aimed at offering advanced vertigo treatment in India, Fortis Escorts Hospital, Faridabad, launched a dedicated Vertigo Clinic on February 1, 2024. Vertigo is one of the most underdiagnosed problems and the clinic aims to usher in holistic changes in the approach to vertigo treatment.

The clinic was inaugurated in presence of Mr Himanshu Verma, SHO - Kothwali Police Station, NIT Faridabad. The event was also graced by Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad, Mr Yogendra Nath Awadhiya, Facility Director, Fortis Escorts Hospital, Faridabad, and Dr Kunal Bahrani, Director & HOD - Neurology along with other senior clinicians and hospital staff.

Fortis Escorts, Faridabad launches VNG Machinery to Strengthen Neurology Team



(L-R): Mr Yogendra Nath Awadhiya, Facility Director and Dr Kunal Bahrani, Director - Neurology

Fortis Escorts Hospital, Faridabad, has acquired the VNG Machinery (Video Nystagmogram) on December 29, 2023, to strengthen its Department of Neurology. The VNG Machinery is necessary to evaluate patients complaining of with dizziness, light-headedness, vertigo, gait unsteadiness or imbalance. The equipment is used for both diagnostic and therapeutic purposes and for Vestibular Rehabilitation Exercises.

With this acquisition, the Neuro lab of Fortis Escorts, Faridabad, has become the only state-of-the-art lab in Faridabad offering both Neurosonology and Neurootology services.

Fortis inaugurates Information Centre at Nairobi, Kenya



A Fortis Information Centre was launched in Nairobi, Kenya, on January 31, 2024. The centre has been set up at the city's well-known Lang'ata Hospital, in collaboration with Fortis Healthcare's International Healthcare Associate, MediVenue. The centre serves as a dedicated hub for offering comprehensive information and also assists patients to ensure hassle-free and comfortable experience during their medical journey to India.

The inauguration ceremony was attended by over 100 delegates, including doctors, paramedics and the International Sales Team, led by Ms Renu Vij, Head – International Sales and Mr Amit Pal Singh, Head - Africa Business. Among the special attendees were patients treated at various Fortis hospitals, who shared their first-hand experience about the medical care they received.

Fortis Cancer Institute, Vasant Kunj, launches Precision Oncology Clinic



Fortis Cancer Institute, Vasant Kunj (FCI-VK) has launched a Precision Oncology Clinic as part of World Cancer Month, which is being observed throughout February 2024. The clinic aims to provide personalised cancer treatment, tailored according to the specific requirements of each patient. The clinic was inaugurated in the presence of Dr Amish Chaudhary, Director - Surgical Oncology, Dr Sidharth Sahni, Senior Consultant - Breast Oncology, Dr Sanjay Gupta, Director - CTVS, Dr Rashmi Taneja, Senior Consultant - Plastic & Reconstructive Surgery, Dr Gagan Srivastava, Senior Consultant – Cardiac Anaesthesia and Dr Amit Bhargava, Director - Medical Oncology along with Mr Yash Rawat, Facility Director, Mr Gurinder Singh, Mr Somnath Narone, Mr Avik Chauhan, Mr Virendra Joshi and Ms Anjali Nautiyal.

To spread awareness about the clinic, FCI-VK has arranged for a mobile mammography van that visits residential areas in Vasant Kunj and Vasant Vihar, New Delhi. The van visits a different location each day and pre-registered women get their mammography done, followed by an evaluation by an Oncologist. Other than mammography, in the mobile van also offers regular health check-up such as BP, weight, blood sugar, Peak Flow Meter test to evaluate lung capacity and consultation with general physicians, ophthalmologists and dentists. The activity will continue throughout February.

Fortis Healthcare inaugurates state-of-the-art Medical Centre in Greater Faridabad

Fortis Healthcare expanded its network with the opening of a Fortis Medical Centre in Greater Faridabad. The inauguration ceremony on January 9, 2024, was attended by Dr Vinay Gupta, Chief Medical Officer, Faridabad, and Shri Rajesh Kumar Lohan, Assistant Commissioner of Police, Tigaon, apart from Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad, and Mr Yogendra Nath Awadhiya, Facility Director, Fortis Escorts Hospital, Faridabad, and distinguished clinicians. The centre offers consultations across a broad spectrum of medical specialities, including Internal Medicine, Orthopaedics, Cardiology, Neurology, Gastroenterology, Obstetrics & Gynaecology, Paediatrics and General Surgery.



Additionally, the medical centre is equipped with state-of-the-art facilities for ECG, vaccination and blood sample collection, ensuring that patients have access to essential healthcare services in a timely and efficient manner.

Clinical Excellence

31-year-old's eye cancer treated at Fortis Memorial, Gurugram, with Made-in-India Plaque



A 31-year-old female foreign patient successfully underwent Plaque Brachytherapy to treat her eye cancer at Fortis Memorial Research Institute, Gurugram. The patient, suffering from a challenging choroidal melanoma affecting her eye, was treated using an indigenously produced Plaque (Ruthenium 106) made by Bhabha Atomic Research Centre (BARC), Mumbai, which is available at a fraction of the cost compared to the imported one.

The plaque insertion was done on November 3, 2023, by Dr Anita Sethi, Director & HOD - Ophthalmology, assisted by Dr Neeraj Sanduja, Senior Consultant - Ophthalmology, with support from Dr Amal Roy Choudhary, Director - Radiation Oncology and the Radiation Oncology Team. "The case was challenging as the tumour was very close to the Optic Nerve and we needed to limit the radiation dose to protect the Optic Nerve and other sensitive tissue," said Dr Sethi. The plaque was removed three days later. The patient is doing well after the procedure and vision improvement was observed within the first few days.

First in India: Device to prevent sudden cardiac death implanted on 79-year-old at Fortis Jaipur

A team of doctors led by Dr Amit Kumar Singhal, Additional Director & Senior Consultant - Cardiology, at Fortis Escorts Hospital, Jaipur, has performed the first Automatic Implantable Cardioverter Defibrillator (AICD) implantation procedure in India. The device is capable of preventing sudden cardiac death (SCD) due to irregular rhythm of a patient's heart beat (Ventricular Tachyarrhythmias).

The device was implanted in a 79-year-old male patient, who had been brought to the Emergency on February 1, 2024, with complaints of giddiness. Tests revealed that the patient had Polymorphic Ventricular Tachycardia, a potentially life threatening arrhythmia that could lead to cardiac arrest or SCD. The patient was stabilised with anti-arrhythmic drugs and admitted in Critical Cardiac Care Unit for thorough monitoring. As per protocol, AICD device was implanted for secondary prevention of SCD from Ventricular Tachyarrhythmias. The implanted device is one of the most advanced AICDs, which was launched last year. In addition to all advanced features at par with other devices, such as 3 Tesla MRI compatibility, it imbibes unique algorithms, including six parameters to assess heart failure and apnea early (precursors of arrhythmia), thus prompting for early intervention (arrhythmia prevention). The device also has a long life. The patient tolerated the procedure well and was discharged on February 7.



Dr Amit Kumar Singhal

42-year-old male suffering from 'white lung' treated at Fortis Escorts, Okhla with ECMO therapy



The patient with Dr Avi Kumar

Fortis Escorts, Okhla, New Delhi achieved a remarkable feat by successfully treating a critically ill 42-year-old male from Agra with white lung (severe lung infection, wherein the lung shows up as a white patch on an X-ray image) using Extracorporeal Membrane Oxygenation (ECMO). Facing severe breathing issues, fever and coughing with sputum, the patient tested positive for H1N1 and Acute Respiratory Distress Syndrome (ARDS). Despite initial interventions like high-flow nasal cannula and ventilator support, the patient's oxygen saturation remained dangerously low, prompting the medical team to implement Venovenous ECMO, ultimately proving to be a life-saving measure. Under the care of Dr Avi Kumar, Senior Consultant - Pulmonology and Dr Rajat Agarwal, Director - Critical Care, the patient's health gradually improved during the two-week critical care period, and he was discharged in stable condition after a 35-day stay on December 1, 2023, avoiding the need for a lung transplant.

Special Feature



Over 800 cancer specialists from India and abroad discuss Precision Oncology at Fortis Cancer Summit 2024 in Bengaluru



Fortis Healthcare organised Fortis Cancer Summit 2024, a pioneering initiative in Precision Oncology Care at Bengaluru on January 27-28, 2024. The transformative event, themed 'Practice Changing Advances in Precision Oncology,' aimed to revolutionise cancer treatment by showcasing innovations across the entire spectrum of cancer care was graced by eminent dignitaries, including the Hon'ble Health Minister of Karnataka, Shri Dinesh Gundu Rao, as the Chief Guest, and Dr Prem Kumar Nair, Group CEO – IHH and Dr Ashutosh Raghuvanshi, MD & CEO, Fortis Healthcare as the Guests of Honour.

Accredited as a Continuing Medical Education (CME) event, the summit was aimed to highlight advancements across the entire continuum of cancer care. It included screening, diagnostics, prognostics, therapeutics, homecare, and end-of-life care. The gathering of over 800 specialists and faculty members from national and international spheres, featuring more than 250 experts specializing in various oncological disciplines, actively engaged in collaborative sessions. These professionals, representing Fortis Cancer Institutes and other esteemed centres, discussed the latest advancements in diagnostic tools and therapeutic oncology innovations over the 2-day event.

The summit focused on delving into the forefront of cancer research and studies conducted throughout 2023 across a diverse spectrum of cancer types. Discussions revolved around the latest advancements in emerging therapies, including Artificial Intelligence in Precision Oncology, Immunotherapy, Targeted Therapies, Liquid Biopsy, CAR-T Cell Therapy, and Radio Molecular Theragnostic. The event provided a platform for young researchers and clinicians from various regions to contribute to cancer care innovation. Dr Niti Raizada, Senior Director – Medical & Hemato-Oncology, Fortis Hospitals, Bengaluru, and Organizing Chairperson of the Fortis Cancer Summit and several other Corporate and Regional teams played pivotal roles in ensuring the resounding success of this ground-breaking event.

Fortis and Harley Owners Group team up to 'Ride for Cancer,' raise awareness



Over 70 Harley Davidson bikers, including several cancer survivors, braved the winter chill to participate in a motorcycle rally, 'Ride for Cancer,' organised by Fortis Healthcare, on February 3, 2024. The event was held as part of World Cancer Day to underscore the need for early detection, raise awareness about treatment options available and salute the resilience demonstrated by survivors.

The 600-kilometer journey, completed within a single day, commenced with the flag-off ceremony at 7:30 am from Fortis Memorial Research Institute, Gurugram, led by Mr. Anil Vinayak, Group COO. The event was attended by cancer survivors, senior clinicians, and leaders from all Fortis hospitals in Delhi NCR. The rally touched Fortis Mohali and Fortis Ludhiana before culminating at Amritsar. The bikers were warmly received by the hospital staff, clinicians and facility leadership at the stop-over hospitals. The event provided a platform for senior oncologists to offer valuable insights into cancer prevention and care, while also allowing cancer survivors to share their personal stories, challenges, and determination to overcome the disease. With an overwhelmingly positive response from the public and extensive media coverage, the event was a remarkable success.

Fortis Mohali organises 'Ride to Wellness' bus ride for cancer patients and survivors



To raise cancer awareness and support those who fight the disease, Saarthak, the Cancer Support Group of Fortis Cancer Institute, Mohali, organised a joyful day out, 'Ride to Wellness,' for cancer patients and survivors, on February 14, 2024. Around 40 cancer patients and survivors embarked on a special tour of Chandigarh on a Hop-On Hop Off double-decker bus. The ride passed through iconic landmarks in the city, including Sukhna Lake and the scenic Zakir Hussain Rose Garden, where the participants engaged in kite flying and other fun activities.

The Oncology Team comprising Dr Rajeev Bedi, Director - Medical Oncology; Dr Narendra Kumar Bhalla, Director - Radiation Oncology; Dr Naval Bansal, Breast & Endocrine Cancer Surgeon; Dr Ketan Dang, Consultant - Oncology; Dr Shweta Tahlan, Consultant - Gynaec Oncology and Robotic Surgery; Dr Jitender Rohila, Consultant - Surgical Oncology and Robotic Surgery; Dr Dharmender Aggarwal, Consultant - Uro Oncology & Robotic Surgery; Dr Arunjeet Kaur, Principal Medical Officer - Oncology; Dr Rahul Rattan, Consultant -Haematology; and other staff members were also in attendance.

World Cancer Day observed at Fortis Hospital, Vasant Kunj



On February 10, 2024, Fortis Cancer Institute at Vasant Kunj organised a mega event, bringing together 760 participants from diverse groups, including the Rotary Club of Delhi West, RWAs of Vasant Kunj and Vasant Vihar, and various cycling and athletic clubs. The event was organised to celebrate World Cancer Month. The event kickstarted with a Zumba session where participants were grooving to the beats, followed by flag off of Cyclothon. Post flag off, 162 participants completed their yoga session.

Khurafati Nitin, as the Guest of Honor, emphasised the critical importance of early cancer detection. Fortis leaders, including Dr Bishnu Panigrahi, Group Head - Medical Strategy & Operations, Mr Mahipal Bhanot, Business Head - FMRI, FHSB & FHVK, and Mr Yash Rawat, Facility Director, were actively involved. The distinguished medical team from Fortis Cancer Institute also participated, and tokens of appreciation including sweatshirts, medals, folders containing information about Fortis Cancer Institute-Vasant Kunj, and Coffee Mugs were given to all attendees.

International Childhood Cancer Day observed at Fortis Memorial, Gurugram



Over 30 patients and their families attended an event held on February 15, 2024, at Fortis Memorial Research Institute, Gurugram, to mark International Childhood Cancer Day. The event was led by Dr Rahul Bhargava, Principal Director & Chief – Bone Marrow Transplant (BMT), and Dr Vikas Dua, Principal Director & Head - Paediatric Haematology, Haemato-oncology & BMT at Fortis Memorial, Gurugram. Dr Vikas Dua and Dr Rahul Bhargava shared important insights about the treatment of childhood cancers, bringing out the importance of early detection. The doctors also encouraged the young warriors and their families, and expressed their solidarity. Apart from the clinicians and the BMT Team, the event was attended by Mr Mahipal Bhanot, Business Head - FMRI, FHVK & FHSB and Dr Gurvinder Kaur, Facility Director, FMRI.

Fortis Mohali holds health session on cancer awareness for women journalists



Dr Shweta Tahlan



Dr Naval Bansal

Fortis Hospital Mohali held a special health session on breast cancer and cervical cancer awareness for more than 50 women journalists at the Chandigarh Press Club, Sector 27, on January 19, 2024. The session was organised to mark January as the Cervical Cancer Awareness Month and World Cancer Day observed in February. Dr Naval Bansal, Consultant, Endocrine & Breast Surgeon, and Dr Shweta Tahlan, Consultant, Gynaec Oncologist and Robotic Surgeon, Fortis Mohali, briefed the journalists about the warning signs and

treatment options for breast cancer and cervical cancer, respectively. The participants were also given complimentary health check-up vouchers.

26 nurses attend Chemo Nursing training organised by Fortis Shalimar Bagh, New Delhi

Fortis Hospital, Shalimar Bagh, New Delhi, organised a Chemo Nursing training on December 6, 2023. The comprehensive training session was inaugurated and conducted under the guidance of Mrs Girja Sharma, Chief Nursing Officer, along with the Nursing Education team. The instructive training session included hands-on practical experience along with sessions guided by Dr Mohit Agarwal, Director and HOD - Oncology, and his team.

26 nurses attended the training and successfully qualified in the post-test. The session includes a range of practical activities alongside trainer-led sessions to reinforce the relevant knowledge of care related to the Cancer patient. The module has been designed for Oncology speciality and ward nurses, keeping in mind the essential requirement to take care of Cancer patients. The training helped learners to develop their knowledge and skills in the administration of chemo medicines and get some hands-on practice on Chemo Port and PICC line care.



Group photo of the participants and the Organizing team

Team International Patient Services at Fortis Memorial, Gurugram, celebrates spirit of 'Caring for the Cancer Caregivers'



Team International Patient Services at Fortis Memorial Research Institute (FMRI), Gurugram, celebrated the spirit of 'Caring for the cancer caregivers' on February 1, 2024, under the leadership and guidance of Dr Vinod Raina, Chairman – Oncosciences. The session aimed to highlight the pivotal role caregivers play in the journey of cancer patients. Addressing the gathering, Dr Raina emphasised the crucial role of caregivers in providing not only medical assistance but also emotional strength.

Dr Raina and his team encouraged open communication and spoke about providing support.

Regular check-ins and acknowledging the patient's efforts also play a significant role. They also highlighted how Fortis Cancer Institute is unique in its approach towards offering comprehensive cancer care. The response from audience that comprised of patients, caregivers and our international business associates was overwhelming.

Meet Our Clinician



Dr Anoop Jhurani
 Director - Orthopaedics
 Fortis Escorts Hospital, Jaipur

Since how long have you been working with Fortis?

I had joined Fortis in 2007 and have been with the organisation for 15 years now.

Can you tell us about your overall experience in the field of medicine and what inspired you to become a doctor/clinician?

I always dreamt of becoming a doctor, specially a surgeon wearing scrubs and with a knife in my hand. I ended up fulfilling my childhood dream.

How do you balance your personal life with the demands of your profession as a doctor/clinician?

Earlier it was completely skewed towards profession with me spending all day and even late evenings in the OR but over last two years I have tried to balance my work life equation.

What are some rewarding aspects of you being a doctor/clinician, both personally and professionally?

I derive great satisfaction from correcting deformity and alleviating pain through knee and hip replacements. It has kept me grounded and always eager to learn.

How do you manage the emotional challenges that may arise

from working in a high stress medical environment?

Earlier in my career I used to fret over small or big complications, but over the years, I have learned to negotiate them well.

Apart from conventional treatment, what humane qualities accelerate the healing process?

I believe compassion is the central theme of my practice and it goes a long way in building trust while improving the healing and recovery process.

Can you tell us about some of your hobbies that help you rejuvenate outside your personal life?

Travelling , doing long road trips is my detox.

Meet Our Nurse



Ms Ruby Lobo
Chief Nursing Officer
Fortis Hospital, Kalyan

1. How has been your journey working at Fortis?

My journey at Fortis has been incredibly fulfilling, and a constant source of rich experiences and knowledge. From the outset, even as a junior nurse, I was presented with opportunities and entrusted with responsibilities. This culminated in my current role as Chief Nursing Officer (CNO) of the Kalyan unit.

2. What inspired you to pursue your career in nursing and how it has shaped your professional and personal life?

Though nursing might have started as a career choice, the joy and contentment I saw in my patients' eyes as I cared for them became my greatest reward. This sense of fulfilment truly changed my perspective of the profession. My journey is enriched by the diverse patient care areas I have worked in, each contributing to my professional development. Personally helping me to grow as a better person and a leader.

3. Can you share a personal experience that exemplifies the impact nursing had on your life?

During a recent shift as the OT In-charge, I noticed that the family of a patient who had undergone brain tumour surgery was visibly anxious about the patient's condition. Recognising their worry, I took the initiative to connect them by phone. This seemingly small act resonated deeply. Their gratitude was evident at discharge when they presented me with a card, crafted and designed by their grandchildren, with heartfelt appreciation.

4. What qualities or attributes should a nurse possess?

A successful nurse embodies several key qualities. A deep-seated passion for providing care and unwavering confidence in one's abilities are essential foundations for nursing. Staying updated on the latest advancements and evidence-based practices is crucial for providing the best possible care. Maintaining a healthy work-life balance ensures optimal functioning both professionally and personally. A nurse serves as a leader for her team, tirelessly advocating for her patients' needs with unwavering focus on their safety. A caring heart, excellent communication skills, and a deep sense of empathy create a foundation for person-centred care. Strong problem-solving skills and a touch of humour foster a positive, solution-oriented work environment. Efficient time management and unwavering integrity are essential for building trust within both the care team and the patient-nurse relationship.

5. How do you manage a healthy work-life balance as a nurse?

To ensure a healthy work-life balance, I cultivate a habit of planning ahead. By creating a to-do list for the next day before I leave work, I can approach both professional and personal tasks systematically and efficiently, allowing me to complete them on time.

6. Tell us a bit about your family?

I am incredibly fortunate to live within a supportive joint family that includes my in-laws, son and loving spouse. My family is my greatest strength and has been instrumental in my fulfilling professional journey. Their unwavering support has allowed me to chase my dreams and achieve success.

Community Connect

Over 100 psychiatrists participate in workshop on Repetitive Transcranial Magnetic Stimulation at Fortis Memorial, Gurugram



Dr Sameer Kalani speaking about RTMS



Dr Vishal Chhabra delivering the opening address



Dr Sachin Baliga during the training session



Dr Manu Tiwari leading the panel discussion

Fortis National Mental Health Program, in association with Delhi Psychiatric Society, hosted a hands-on workshop on Repetitive Transcranial Magnetic Stimulation (rTMS) on December 10, 2023, at Fortis Memorial Research Institute (FMRI), Gurugram. The workshop had registrations from over 100 psychiatrists from various cities.

Dr Sameer Kalani (FMRI, Gurugram) and Dr Sachin Baliga (Fortis BG Road, Bengaluru) were the trainers for the workshop, which also had eminent psychiatrists participating in the panel discussions and deliberations. This was a first of its kind workshop at Fortis Healthcare.

Over 300 clinicians from across nation attend minimally invasive colorectal surgery conclave hosted by Department of GI Robotic Surgery, Fortis Shalimar Bagh, New Delhi



Department of GI Robotic Surgery, Fortis Hospital Shalimar Bagh, New Delhi, hosted a three-day academic event, 'FALS COLORECTAL 2024,' from January 19-21, 2024. The event, among other activities, offered a Fellowship course in Advanced Laparoscopic Colorectal Surgery. This program was led by Dr Pradeep Jain, Principal Director & HOD - LAP GI, GI Onco, Bariatric & MIS Surgery, Fortis Cancer Institute, Shalimar bagh and

organised under the aegis of Indian Association of Gastrointestinal Endo Surgeon (IAGES). In addition to a galaxy of eminent clinicians, the event was attended by Mr Mahipal Singh Bhanot, Business Head - FMRI, Shalimar Bagh & Vasant Kunj, Mr Deepak Narang, Facility Director and Dr Archana Bajaj, Medical Superintendent. The event witnessed the participation of over 300 enthusiastic attendees from across India, with more than 70 clinicians enrolling in the fellowship program.

The three-day event covered the entire spectrum of colorectal diseases, including anatomical knowledge, diagnostic modalities, surgical techniques, and handling complications. Eminent National faculty from across India participated in panel discussions and interactive sessions, enhancing learning. Participants also engaged in various quizzes and simulator sessions for the Vinci Surgical Robot system. Delegates from across India underwent rigorous assessment, ensuring comprehensive learning.

Over 40 clinicians from across Delhi-NCR participate in Fortis Noida's workshop on point-of-care ultrasound



The Department of Emergency Medicine and Trauma at Fortis Hospital, Noida, organised the '2nd POCUS Masterclass Workshop - Basics of Ultrasound,' on February 11, 2024. The workshop focused on providing an understanding of ECHO Cardiography, Lung Ultrasound, Sonography and Abdominal FAST along with ONSD and AIRWAY ultrasound. The workshop was well-received with participation of 40 doctors from government and corporate institutions of Delhi-NCR.

Point-of-care ultrasound (POCUS) is an advanced diagnostic tool easily obtainable at the patient's bedside. Another advantage is that unlike X-rays or CT scans, the patient is not exposed to radiation. POCUS has therefore become the standard of care for clinicians in Emergency Medicine as it provides a significant amount of diagnostic information for common Emergency presentations.

'Karte Hai Aaj, Dil Ki Baat' live radio broadcast from Fortis Hospital, Greater Noida



Team of Fortis Greater Noida along with Radio City Team

'Karte Hai Aaj, Dil Ki Baat,' a special radio broadcast hosted live from the Fortis Greater Noida hospital premises on January 9, 2024. RJ Divya from Radio City (91.1 FM) engaged in insightful conversations with our senior clinicians, shedding light on crucial health topics.

Dr Rajesh Gupta, Additional Director - Pulmonology, discussed common lung issues in winters, while Dr Dinesh Tyagi, Additional Director - Internal Medicine, delved into lifestyle diseases. Dr Sonali Gupta, Additional Director - Obs & Gyne, enlightened listeners about menstrual health, and Dr Meghna Panchal, Consultant - Pediatrics, shared tips about caring for newborns during winters. The show also featured Dr Atampreet Singh, Director - Neurology, addressing stroke and brain health. Mr Prमित Mishra, Facility Director, provided a comprehensive overview of Fortis Hospital, Greater Noida.

Fortis Memorial, Gurugram, hosts AV Fistula self-care workshop



The Vascular Surgery Department at Fortis Memorial Research Institute, Gurugram, hosted an AV Fistula Care Workshop on November 24, 2023. The event aimed at empowering dialysis patients and dialysis technicians with essential knowledge and techniques for self-examination.

Dr Himanshu Verma, Senior Consultant - Vascular Surgery, Fortis Hospital, Gurugram, took the center stage, introducing the

self-examination techniques. Dialysis intricacies were discussed by Dr Ashwini Gadde, Consultant – Nephrology. Dr. Ashutosh Pandey, Consultant - Vascular Surgeon with a reputed hospital in Lucknow, shared his expertise, offering guidance to the participants.

Fortis Kalyan hosts comprehensive health check for journalists in association with civic body

On the occasion of Patrakar Diwas (Journalists' Day), Fortis Hospital, Kalyan, in collaboration with Kalyan-Dombivli Municipal Corporation (KDMC) organised a comprehensive health check-up camp for media professionals. The camp, hosted on January 6, 2024, witnessed participation from over 100 journalists. The health camp was inaugurated by Shri Sudhakar Jagtap, Deputy Commissioner, Kalyan-Dombivli Municipal Corporation (KDMC). The session got off to a great start with Dr Pradeep Vyavahare, Consultant - Urology, Fortis Hospital, Kalyan, engaging participants in an informative discussion about urologic health. The camp aimed to give participants a complete picture of their health through comprehensive assessments, including Blood Pressure, Body Mass Index, Electrocardiogram (ECG), eye check, and Bone Mineral Density (BMD) check. Basis the bone health report, a consultation with Dr Swapnil Keny, Consultant-Orthopedics, Fortis Hospital, Kalyan was held.



Fortis Hospital Kalyan's Ms Madhavi Varik (3rd from left), Dr Pradip Vyavahare (C), with Mr Sudhakar Jagtap, and the participating journalists at the comprehensive health screening camp

Fortis Escorts, Okhla, launches 'Sankalp,' a support group for kidney patients



Sankalp, a support group initiative for kidney patients, was introduced at Fortis Escorts, Okhla Road, New Delhi, under the guidance of Dr Ajit Singh Narula, Principal Director - Nephrology & Kidney Transplant, on January 25, 2024. Over 25 patients and caregivers participated in the session that touched upon topics such as assessing kidney functionality, various diagnostic

procedures and dietary considerations. The initiative provided valuable insights for individuals having kidney diseases. Ms Daljit Kaur, the Head Nutritionist, provided insights into the recommended diet.

Santa Claus brings cheer to children with heart disease at Fortis Hospital Mulund



Heart transplant recipients with the Paediatric Cardiac Team at Fortis Hospital Mulund

Fortis Hospital, Mulund, spread festive cheer among its paediatric cardiac patients with a heartwarming Christmas celebration on 'Little Christmas Eve', December 23, 2023. Over 50 children, along with their parents, gathered to celebrate and support each other, demonstrating a community of courage and resilience. The event featured inspiring performances by the children, who have shown remarkable courage in overcoming heart-related health challenges. Parents of the young patients came forward to share their emotional stories, spanning from diagnosis to recovery, highlighting their journey towards a fulfilling life. Children received brightly wrapped gifts from Santa Claus. This was followed by an exciting art and craft session, allowing children and their parents to express their creativity with colourful artistry.

The initiative was spearheaded by Dr Swati Garekar, Senior Consultant - Paediatric Cardiology, Dr Dhananjay Malankar, Senior Consultant - Paediatric Cardiothoracic Surgery and Dr Sachin Patil, Senior Consultant - Paediatric Cardiac Anaesthesiology, along with their team.

Fortis Hospital, Vasant Kunj launches 'Fortis Select,' a dedicated program for embassies



Fortis Hospital, Vasant Kunj (FHVK), has launched the 'Fortis Select' program for all diplomats, embassy staff and their families residing in India. Spearheaded by Mr Yash Rawat, Facility Director - FHVK, 'Fortis Select' is an exclusive privilege card with a unique identification number and offers exclusive privileges and benefits for spouses, children and parents for all embassy staff members. The program was launched in the presence of His Excellency Mr Mustapha Jawara, High Commissioner of the Republic of the Gambia, and staff members, on January 8, 2024.

Engagement

Fortis Shalimar Bagh, New Delhi, conducts 'HAPU Drive' to sensitise staff



Celebrating HAPU drive

On December 12, 2023, Fortis Hospital, Shalimar Bagh, New Delhi, conducted 'HAPU Drive,' an educative event directed towards sensitising staff about Hospital Acquired Pressure Ulcers (HAPU) and injuries. The initiative aimed at raising awareness about HAPU/HAPI and driving commitment towards the goal of 'No Incidence of HAPU/HAPI.' The drive, led by the Quality Team, successfully reached out to over 262 nurses, 12 ICU Technician, 28 Housekeeping staff, 32 GDAs and doctors on floor and ICU.

An 'information trolley' containing in-depth information about pressure ulcers and handouts on pressure ulcer stages, its management, prevention, assessment parameters and scales, went around the hospital and staff members were sensitised in small groups. Another fun activity involved a bowl with questions based on pressure induced soft tissue injuries for the staff, fostering a

positive learning environment. Successful answers resulted in staff members receiving prizes, further promoting active participation and knowledge retention.

Digital Marketing Accelerator Programme for Fortis Healthcare Limited



Dr. Ritu Garg, Ms. Arpita Jain along with SPJIMR faculty and Fortis digital marketing team

Competency enhancement in digital marketing is an ongoing process due to the ever-changing nature of the digital landscape. In line with this, a comprehensive Digital Marketing Capability Building program was conducted collaboratively with SP Jain Institute of Management & Research (SPJIMR), on December 21-22, 2023, attended by 30 plus digital marketing team members from across Fortis Hospitals. This initiative marked a substantial leap forward in enhancing the digital marketing capabilities for the participants. Through the program, participants gained invaluable insights into fundamental marketing approaches, honed practical skills for designing effective digital lead generation campaigns, and cultivated SEO competencies essential for guiding both our internal teams and external partners on existing digital assets.

"The training was a stepping stone to upgrade my digital skills". "For me it was an eye opener. The program exceeded my expectations, offering valuable insights and a seamless experience", were some of the feedback received from the participants making this program a resounding affirmation of Fortis' unwavering commitment to achieving excellence in the digital realm.

70 nurses attended Acute Wound Care Summit 2023 organised by Fortis Noida



Group Photo

A comprehensive day-long Acute Wound Care Summit 2023 was organised on December 7, 2023, at Fortis Noida. The event was attended by over 70 nurses from Fortis hospitals across Delhi NCR. The event was inaugurated with the ceremonial lighting of the lamp by Dr Shanu, Medical Superintendent; Capt Neelam Deshwal, Chief of Nursing; Dr Shekhar, Deputy Medical Superintendent and Ms Sujatha. Renowned experts from Fortis Noida, including Dr Vikrant Singh Chauhan, Dr Vishwanath Dhudani, Dr Varun Jain, Dr Anurag Aggarwal, Dr Shubham Garg, Dr Saurabh Mehra and Dr Yogesh, were part of the event.

The Education Department, led by Ms Ancy, Head - Education, along with Ms Marina, Ms Manisha, Ms Athira and Ms Pratiksha, played a pivotal role in organising the summit. The attendees actively participated in hands-on training sessions, indicating a practical and interactive learning approach. Certificates were awarded to the participants, acknowledging their active involvement and completion of the training.

Team Mental Health conducts Happy Heart workshop for children of employees, at Fortis Anandapur, Kolkata



Mr Ashish Mukherjee, Facility Director, Fortis Anandapur, with the children

Department of Mental Health and Behavioural Sciences conducted a 'Happy Heart' workshop at Fortis Hospital, Anandapur, Kolkata on January 6, 2024. The initiative was led by Deboshila Bose, Counselling Psychologist, Fortis, Anandapur, and was aimed at the children of Fortis Kolkata employees. The event involved art-based activities for generating positive emotions and was attended by children in the 6-12 years age group.

The event received the support and participation of Mr Ashish Mukherjee, Facility Director and Dr Suchanda Gadre, Medical

Superintendent, along with Dr Sanjay Garg and Dr Divya Pal from the Mental Health Team.

Fortis Hospital, Ludhiana, celebrates 10th Annual Day



Fortis Hospital, Ludhiana, celebrated its 10th Annual Day on January 16, 2024 with great enthusiasm. The event began with a Sukhmani Sahib Path, adding a prayerful touch to the occasion. The cultural extravaganza unfolded with vibrant dance performances, showcasing the rich diversity and talent within the Fortis family. The beats of Bhangra brought a joyful rhythm to the festivities. The event featured many memorable moments, including the prestigious Fortis Long Service Awards recognising the dedicated service of employees completing 5 and 10 years with the Fortis family. Dr Vishavdeep Goyal, SBU Head, led the event, which brought together the entire team of doctors and staff as everyone renewed their commitment to healthcare excellence. It was also a day to recognise professional milestones and strengthen the bonds that make Fortis Hospital, Ludhiana a close-knit and thriving healthcare family.

Fortis Hospital, Vasant Kunj conducts workshop on Non-Invasive Ventilation



Department of Pulmonary, Critical Care and Sleep Medicine at Fortis Hospital, Vasant Kunj, organised a day-long workshop on Non-Invasive Ventilation on January 7, 2024. Led by Prof J. C. Suri, Director & Head - Pulmonology, Critical Care & Sleep Medicine, and his team of Dr Ayush Gupta, Dr Nikhil Bante, Dr Abhijeet Singh, Dr Deo Shankar Patel, Dr Tejas Suri and Dr Abhishek Pratap, the workshop was attended by 40 doctors from several hospitals across Delhi-NCR. The participants appreciated the content of the workshop and it was a great learning experience for them. The faculty was successful in their endeavor of imparting medical education on important clinical topics.

Fortis Shalimar Bagh, New Delhi, organises cricket tournament for staff



Celebrating the spirit of Team Work, Inclusion and Diversity, Fortis Hospital, Shalimar Bagh (FHSB), New Delhi, organised its first cricket tournament, the 'FHSB Premier League,' on January 28, 2024. More than 100 participants, drawn from all categories of employees including outsourced resources, were divided into eight teams. The teams were captained by Dr Sonal Sharma, Consultant – Obstetrics and Gynaecology; Dr Uma Vaidyanathan, Senior Consultant – Obstetrics and Gynaecology; Dr Suman Lata, Director - Nephrology; Dr Punam Pandyal, Deputy Medical Superintendent; Dr Mehak Kakkar, Associate Consultant – Anaesthesia; Ms Vandana, Head – Patient Experience; Ms Girja Sharma, Chief of Nursing and Ms Shubhra Saxena, Head – HR.

The event was conceptualised by Dr Manish Kulshreshtha, Additional Director – General Surgery, and actively supported by Mr Deepak Narang, Facility Director, wherein the women leaders were made captains and a mock 'auction' of the players was conducted. Team 'The Game Changers' led by Dr Punam Pandhyal won the tournament. The event was well appreciated by the employees and everyone had good fun at the event.

Daring Dinosaurs emerge as winners at SL Raheja Hospital, Mahim's Raheja Champions Trophy 2024



Winning team – Daring Dinosaurs

SL Raheja Hospital, Mahim-A Fortis Associate hosted the Raheja Champions Trophy 2024 – Clash of the Champions on January 21, 2024. A day-long event with teams from various functions and departments teamed together to showcase their talent in cricket and sportsmanship. The tournament had nine teams – Daring Dinosaurs, Pack of Wolves, Baazigar Returns, Bunch of Bagheera, Royal Tigers, Horse Power, Cheerful Cheetahs, Roaring Lions and Horned Rhinos, comprising more than 100 players from the hospital. The championship was conducted in a knock-out model between the teams at the Mrudungacharya Ground, Mahim. With multiple matches back to back and tough fights between the champions, the team Daring Dinosaurs from Housekeeping snatched the winner's trophy for their unbeatable performance alongside the Horned Rhinos the team from CSSD & SCM as the runners up. The event was organized and executed by the hospital's team of Cricket lovers with able guidance from

SL Raheja Hospital, Mahim's CEO, Dr Kunal Punamiya and the HODs. Special thanks to Mr Satish Patil, Cluster Head – HR and Dr Ashutosh Pandey – Head Admin, Hiranandani Hospital, Vashi for gracing the event and ensuring support.

The winning team from housekeeping comprised of captain Manish Dhanu, along with Sagar Rathod, Dnyaneshwar Bait, Rohit Chavan, Prathamesh Kadam, Paresh Shinde, Siddhesh Madgut, Jayraj Raut, Chirag Patil, Sachin Gorla, and Suraj Shelar.

Fortis Hospital, Vasant Kunj organises cricket tournament



Celebrating the spirit of diversity, Fortis Hospital, Vasant Kunj, New Delhi organised its annual cricket tournament on February 18, 2024. More than 150 participants, drawn from all categories of employees and a total of five teams were formed - SuperGiants Admin, Front Office SuperKings, Royal Tigers, Nursing Knight Riders and Daredevil Doctors. The teams were captained by Mr Yash Rawat, Mr Ankush Sharma, Mr Deepak Verma, Mr Suresh and Dr Gagan Srivastava. The final was played between Front Office Superkings and Nursing Knight Riders. A target of 152 runs was set by Front Office SuperKings and they won by 90 runs. Mr Wajid was awarded 'Man of The Tournament' for his 93 runs in two innings, Mr Arsalan was named the 'Best Fielder' and Mr Dheeraj from Nursing was the 'Man of the Match.'

Fortis Hospital, Bannerghatta Road, Bengaluru organises 'Best Room Competition' at nurses hostel



To instil a sense of cleanliness and hygiene, Fortis Hospital, Bannerghatta Road, Bengaluru, organised the 'Best Room Competition' at the nurses hostels (girls and boys), on December 19, 2023. The judges, Mr Ganesh Rao, SBI Head - HR, Ms Kavitha Sachin, Deputy Manager - Bio-Medical, Mr Praveen Wali, Deputy General Manager - General Administration, Ms Himabindu, Billing Head, Ms Hansa, Associate General Manager - Patient Care Services and Mr Dheeraj, Senior Manager – Branding, evaluated the rooms based on cleanliness, hygiene and the proper placement of items. Amidst the competition, three outstanding rooms from both the girls' and boys' hostels emerged as winners. The winners received recognition from senior management including the Business

Head, Vertical Heads and Senior Clinicians, emphasising the hospital's commitment to a healthy living environment.

Fortis Noida launches Young Leadership Program for mid-level nurses



Launch of Young Leadership Program (YLP) for Mid Level Nurse Leaders at Fortis Noida

Fortis Noida launched the Young Leadership Program for mid-level nurses on January 25, 2024. The three-month certified program is designed to equip participating nurses to step into leadership roles, influence positive change in healthcare practices and be at the forefront of innovations that will shape the future of healthcare.

The program was inaugurated by Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad in the presence of Dr Shanu, Medical Superintendent, Captain Neelam Deshwal, Chief of Nursing, Ms Sujatha and the Education Team represented by Ms Ancy Abraham, Head Educator, Ms Marina, Ms Athira, Ms Manisha and Ms Pratiksha. The leaders inspired the 15 participants who have enrolled for the course with their insightful words.

Fortis Hospital, Cunningham Road, Bengaluru introduces Internal Certification Program for Acute Stroke Management



Fortis Hospital, Cunningham Road, Bengaluru, introduced an Internal Certification Program in Acute Stroke Management led by Dr Nithin Kumar, Consultant – Neurology and Dr Pooja Shekhar, Resident Doctor – Neurology on February 2, 2024. This program catered to nursing staff from critical areas, engaging them in an intensive eight-hour module focused on comprehensive stroke management. The curriculum, comprising weekly two-hour sessions, was meticulously crafted to ensure enhanced learning and skill development. The program concluded with a closing ceremony graced by key clinicians and the leadership team from Fortis Cunningham. Ms Jermin Roshini, Chief Nursing Officer, emphasised the program's significance in her address, highlighting its active role in empowering the nursing team. As a testament to their dedication and proficiency, certificates were issued to the participating nurses upon successful completion of the program.

Events

Host of activities mark World Quality Month at Fortis Mohali



Fortis Hospital, Mohali, observed November 2023 as the World Quality Month (WQM) to raise awareness on continuous improvement and acknowledge the accomplishments of people and organisations in making contribution in businesses, communities and institutions. Quality Month is an annual event and calls on Quality staff to share their knowledge and success stories to illustrate the value of quality principles. The theme of this year's event was 'Quality culture: Everyone's Responsibility.' A host of activities were organised at Fortis Mohali including Online Quiz,

Best Unit/Department with 5-S implementation Awareness Compliance & Evaluation (ACE) and Best Quality Improvement Project wherein the winners were awarded with certificate and mementos. Dr Shweta Prabhakar, Head, Quality & Patient Safety also conducted a hands-on workshop on Quality Improvement project implementation.

Fortis Hospital, Cunningham Road, Bengaluru observes World Dietetics Day 2024



Fortis Hospital, Cunningham Road, Bengaluru, observed World Dietetics Day on January 13, 2024, based on the theme, 'Importance of Good Nutrition.' The event, aimed at raising awareness about the significance of balanced diet, began with a welcome address by Ms Rinki Kumari, HOD - Dietetics. Ms Kumari highlighted the importance of nutritious meals and stressed the need for portion control. The event featured engaging activities such as a quiz competition on food and nutrition knowledge, as well as a 'Pictionary' session for fun learning. The day concluded with the felicitation of quiz winners, followed by refreshments. The successful event witnessed enthusiastic participation from vertical heads, inter-departmental HODs, and staff.

Fortis Noida celebrates World Dietetics Day with lip smacking healthy food



World Dietetics Day was celebrated at Fortis Hospital, Noida, on January 10, 2024. The event, organised by the Dietetics Team under the leadership of Dr Namita Nadar, Head – Dietetics, aimed at building awareness about food safety, whilst sharing knowledge about health and nutrition. The team drove home the message with a sumptuous spread of healthy food, including ragi (millet) laddoo, pumpkin halwa, multigrain chilla with peanuts chutney, ragi chilla, gooseberry murabba, strawberry jelly and much more.

A contest was held to judge the best healthy dish with Dr Shekhar and Dr Rashmi as judges. Dr Namita Nadar spoke about the role of nutrition in critical care patients on the occasion. The event received the wholehearted support of Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad and Dr Shanu, Medical Superintendent. The day ended with prize distribution for the best recipe contest by Capt Neelam, CNO, Ms Ajitha, Dr Shanu and Mr Mohit.

Fortis Escort Hospital Faridabad inaugurates Nutrition Stewardship Program

With an aim to address malnutrition thereby improving hospital effectiveness and better patient outcomes, Fortis Escort Hospital Faridabad inaugurated Nutrition Stewardship Program (NPS) in collaboration with Abbott Healthcare.

An interactive session was conducted in the presence of Mr Yogendra Awadhiya, Facility Director, Dr Supradip Ghosh, Director & HOD - Critical Care Medicine, Ms Kiran Dalal, HOD - Clinical Nutrition, Dr Affan Sami Rayeen, HOD - Quality and Patient Safety, along with senior consultants, CNO, Resident Doctors, nurses, dietitians and senior members from Abbott Healthcare Pvt. Ltd.



Fortis Mohali hosts senior nursing officials from 7 countries as part of international health management programme



Group Picture

Fortis Hospital Mohali hosted 28 senior nursing officials from seven countries as part of the 24th International Public Health Management Development Programme on January 17, 2024. The event aimed to foster international collaboration and knowledge exchange in nursing leadership and management. The field visit held at the facility served as a platform for sharing insights, best practices, and fostering relationships among healthcare professionals from different corners of the globe. Ms. Nikethana Nair, Chief of Nursing, provided valuable insights into the remarkable journey of Fortis nurses in

delivering patient care. Dr Shweta Prabhakar, Head, Quality & Patient Safety, briefed the gathering on patient safety standards and highlighted the organization's commitment towards maintaining high standards. Top management officials including Medical Director Dr Vikramjit Singh Dhaliwal, General Manager Indrajeet Singh, Administration Head Jaspreet Kaur, Deputy Medical Superintendent Dr Harinder Kaur, and other healthcare staff also attended the event.

Renovated Neuro ICU inaugurated at Fortis Hospital, Noida



Fortis Hospital, Noida's newly renovated Neuro ICU was inaugurated on January 8, 2024. The inauguration ceremony was attended by Mr Anil Vinayak, Group COO, Fortis Healthcare, Mr Mohit Singh, Head SBU – Noida, Greater Noida & Faridabad, along with senior clinicians and staff of Fortis Noida.

Hiranandani Hospital, Vashi-A Fortis Network Hospital launches the '247' initiative



(L-R) Ms Mohini Chandrasekhar (Chief Nursing Officer), Ms Sandeep Kaur (Sr. Manager - Administration), Ms Saliha Khan (247 team), Ms Komal Yadav (247 team), Mr Nitin Kamaria (Facility Director), Dr Ashutosh Pandey (Unit Head-Administration), Mr Mangesh Karande (247 team), and Mr Yash Chavan (247 team)

Hiranandani Hospital, Vashi-A Fortis Network Hospital on January 9, 2024, launched the '247' initiative. This patient-first initiative is designed to improve the patient experience by addressing issues promptly. 247 is backed by a new system that makes it easy for patients to connect with the team by simply dialling "247" from their landline phone. Additionally, a table top patient information guide is placed near each patient's bedside to empower them with knowledge about their rights and responsibilities, safety guidelines, infection control policies, and other important instructions. The "247" team at Hiranandani Hospital, Vashi, comprising of Ms Saliha Khan, Ms Komal Yadav, Mr Mangesh Karande and Mr

Yash Chavan would be available around the clock to assist patients with their queries. The team consists of Five members spearheaded by Ms Sandeep Kaur.

This initiative, helmed by Dr Ashutosh Pandey, Unit Head-Administration & Ms Sandeep Kaur, Senior Manager-Administration, is a progressive step towards improving patient experience at Hiranandani Hospital, Vashi. By providing patients with easy access to information and support, 247 can help to ensure that patients have a positive and comfortable experience during their stay in the hospital.

Fortis Anandapur, Kolkata, celebrates International Infusion Nurses Day 2024



The Infection Control Team at Fortis Hospital, Anandapur, Kolkata, marked International IV Nurses Day with a host of activities from January 22-25, 2024. The event commenced with a lamp lighting ceremony, attended by senior leaders.

This was followed by multiple engagement and educational activities. A quiz competition was organised by the Nursing Education Team. A Do it Yourself Skill Station on Central Venous Catheter & Peripheral Venous Catheter was set up. Further, 'Exhibit your Art' was held where all Nursing Departments exhibited posters on Safe Infusion Practices. A Diorama on "We are same! Diverse or Equal" on I/V management was also held. The week-long celebration ended with the felicitation of the winners of various competitions followed by a cake cutting and group photo session.

Fortis Escorts, Faridabad, organises poster making competition to mark International Epilepsy Day 2024



Group photograph

On February 12, 2024, Fortis Escorts Hospital, Faridabad, observed International Epilepsy Day by organising a Poster Making Competition for nursing staff. The aim of the event was to raise awareness about epilepsy whilst expressing solidarity with and destigmatisation of epilepsy patients.

Ms Jyoti from ICU won the first place in the competition while Ms Lilfa from the Labour Room and Sovik from the PD Ward won the second and third spots respectively. The event was attended by Mr Yogendra Awadhya, Facility Director, Dr Kunal Bahrani, Director-Neurology, Dr Nitish Agarwal, Consultant-Neurosurgery, Dr Niti Kautish, Director-Obstetrics & Gynaecology,

Ms Ratna N. Rana, Chief Nursing Officer and Mr Tabish Jamshed, Head - Sales & Marketing, along with nursing staff, PCS staff and senior members from other departments. Additionally, an interview with Dr Kunal Bahrani was aired on Radio Manav Rachna to mark International Epilepsy Day.

Awards & Accolades

Team Nursing and Infection Prevention & Control hit a sixer at AHPI Healthcare Excellence Awards 2024



(L-R): Dr Vikram Aggarwal, Mr Arun Unnikrishnan, Ms Minimole John, Ms Girja Sharma, Ms Gurbaksh Kaur Bedi, Capt. Sandhya Shankar Pandey, Ms Charanjeet Kaur, Capt. Neelam Deshwal, Dr Divya Gautam, Dr Shanu, Dr Ravneet Kaur, Dr Priya Goutham, Ms Latha Nonis and Ms Baby Swannghailun at the awards ceremony

Fortis Healthcare's Team Nursing and Infection Prevention and Control (IPC) won two awards, totaling six awards, the highest number among all participating organisations (more than 250 projects from more than 154 healthcare organisations, from India and Overseas) – at the Association of Healthcare Providers India (AHPI) Global Conclave 2024 Healthcare Excellence Awards, held on February 2-3, 2024, at Gandhinagar, Gujarat.

While Fortis Escorts Heart Institute, New Delhi, Fortis Hospital Shalimar Bagh, Fortis Escorts Hospital, Amritsar, and Fortis BG Road, Bengaluru, won the award for the Excellence in Nursing Practices category, Fortis Hospital, Noida, and Fortis Hospital, Mohali, won the recognition in the category of the Excellence in Infection Control Practices.

In total, nine Fortis facilities had qualified for the final rounds, demonstrating the significant and dominant presence of the Fortis Nursing contingent. The criteria being evaluated by the panel of Jury for Nursing Excellence were comprehensive, robust, and tough. It included Nursing Resource Management (Manpower and Materials), Nursing Documentation, Nursing Care & Patient Safety, Management of Medication, Education Communication and Guidance, Infection Control Practices, Use of Technology, and Nursing Quality Indicators.

The criteria for evaluating the hospitals for excellence in IPC included Hospital infection control program, Resources for infection prevention and control activities, Implementation of Infection prevention and control program in support services, Implementation of Infection prevention and control program in clinical areas, Education and Training, Surveillance activities.

Dr Shivani Vats of Fortis Faridabad wins third position for paper at Association of Surgeons of India (Delhi) annual conference

Dr Shivani Vats, DNB General Surgery Resident at Fortis Escorts Hospital, Faridabad, secured the third position for her paper titled 'A case of post traumatic duodenal perforation,' which was presented at the Annual Conference of Association of Surgeons of India (Delhi State Chapter, ASI), held in New Delhi on November 17-19, 2023. The paper was written under the guidance of Dr Manu Shankar, Head – General Surgery and Dr Nitin Sardana, Senior Consultant - General Surgery.



(L-R): Dr Nitin Sardana, Senior Consultant - General Surgery, Dr Shivani Vats, DNB General Surgery Resident and Dr Manu Shankar, Head-General Surgery

Mr Abhishek Tripathi of Fortis Jaipur helps develop training curriculum for cath lab technicians



Mr Abhishek Tripathi (left) being felicitated at the event

Mr Abhishek Tripathi, Technical Supervisor – Cath Lab, Fortis Escorts Hospital, Jaipur, participated in a two-day scientific workshop organised in the city to develop a learning pathway for cath lab technicians. Mr Tripathi presented a paper on 'Guide extension catheter - Tips and tricks' and also spoke on 'Radiation awareness - Myths & facts.' His presentations were appreciated by the key note speakers and the senior cardiologists from various parts of the country, who participated in the event.

Mr Tripathi has previously participated as a speaker and faculty at many platforms such as SPCIT, SINCT, OCCP-India, which was an international conference of cath technician. He also won the first prize in the image interpretation quiz in SINCT 2023 and the first prize for best presentation in OCCP Virtual 2020. He has represented Fortis Jaipur at various

conferences and virtual events, showcasing demanding high-end cath lab procedures.

Deepak Negi of Fortis Escorts, Okhla, New Delhi clinches three Golds at 3rd Khelo Masters Games, New Delhi

Deepak Negi, Manager - Accounts, Fortis Escorts, Okhla, New Delhi, has made all of us proud by winning three Golds medals and one Silver medal at the 3rd Khelo Masters Games held on December 15-16, 2023, at Commonwealth Sports Complex, Akshardham - New Delhi. Deepak delivered a spectacular three gold-winning performances in long jump, triple jump and 110 mtr hurdle race, and bagged a Silver medal in 4x100 mtr relay race. More than 2000 players participated from more than 24 States.



Deepak was honoured by Mr Manoj Tiwari, Member of Parliament, for winning international Medals (2 Gold and one Silver) at the Asia Pacific Masters Games-South Korea. Deepak is no stranger to winning medals at track-and-field events and has won many accolades in the past at prestigious international sports meets held in Singapore, Japan, Australia, New Zealand, Italy and Thailand, to name a few. As of now Deepak has collected 34 International Medals (Gold Medals-21, Silver Medals-5 & Bronze Medals-8) besides a large number of medals at domestic events. He is now preparing for his next event, the Pan America Master Games, to be held in Cleveland in 2024.

Dr Sanjeev Gulati of Fortis Vasant Kunj, New Delhi, delivers presidential speech at ISNCON 2023



Dr Sanjeev Gulati

Dr Sanjeev Gulati, Principal Director - Nephrology & Kidney Transplant at Fortis Hospital, Vasant Kunj and President - Nephrology Society of India, delivered the presidential oration at the annual conference of Indian Society of Nephrology held at Kolkata from December 14-17, 2023. The event was attended by more than 2,000 nephrologists from all over India and South-East Asian countries. Dr Gulati was also honoured for his contributions in the field of Nephrology by Prof Sanghamitra Bandyopadhyay, Professor - Indian Statistical Institute, Kolkata and Padma Shri awardee, and Mr Bhaichung Bhutia, former captain of the Indian Football Team.

Paper drafted by AMS Team at Fortis Mohali published in Journal of Antimicrobial Stewardship Practices and Infectious Diseases (JASPI)



Fortis Hospital Mohali's AMS Team comprising Dr Subhash C Varma, Director, Internal Medicine; Dr Amit K. Mandal, Director, Pulmonology, Sleep and Critical Care; Dr Anita Sharma, Director, Lab Medicine; Dr Parvinder K Chawla, Senior Consultant, Internal Medicine, Dr Shivani Juneja Bedi, Associate Consultant, Clinical Pharmacology; and Mr. Ashwani Kumar, Lead, AMS Pharmacist.

The Antimicrobial Stewardship (AMS) Team of Fortis Hospital, Mohali, documented its AMS journey over the last 15 years in a detailed narrative review that has been published in the Journal of Antimicrobial Stewardship Practices and Infectious Diseases. This review provides an overview of implementation of this program in a tertiary care hospital right from a nascent stage. It talks about how the program started, the major game-changers, main achievements as well as challenges and learnings. It showcases several principles of quality improvement, change management and negotiating complex human behaviour. It will prove to be a good resource for any organization embarking upon its AMS journey.

Ajey Maharaj, Head – Corporate Communications, wins 'PR and Corp Comm Top 100 Influential Game Changers 2023'



Mr Ajey Maharaj, Head – Corporate Communications, has been honoured with 'PR and Corp Comm Top 100 Influential Game Changers 2023' award by Exchange4media, a prominent media house, in their 5th edition of the awards. The felicitation ceremony was held on December 19, 2023, in Delhi. The prestigious award recognises the hard work, vision and leadership that are hallmarks of excellence. Mr Maharaj had been recognised with the award in 2022 as well. The award winners were selected after a stringent scrutiny of nominations, followed by a robust internal auditing process by Exchange4media's editorial team.

Mr Ajey Maharaj, Head – Corporate Communications, receiving the 'PR and Corp Comm Top 100 Influential Game Changers 2023' award

Photo Feature



Fortis Hospital, Faridabad



Fortis Memorial Research Institute



Fortis Hospital, Mohali



Fortis Hospital, Richmond Road, Bangalore



Fortis Hospital, Mohali



Fortis La Femme, GK - II



Fortis SL Raheja Hospital, Mahim



Fortis Hospital, Shalimar Bagh



Fortis Hospital, Cunningham Road, Bangalore



Fortis Hospital, BG Road, Bangalore



Fortis Hospital, Vasant Kunj



Fortis Escorts, Okhla



Fortis Hospital, Kalyan



Fortis Hospital, Mulund



Fortis Hospital, Greater Noida

Congratulations

New Additions to the Family



Baby of Priyanka Rajpoot - Noida



Baby of Alankar Raaj - FEHI Okhla

Newly Weds



Nida Shaikh - Noida



Arun Mathur - Noida