

YOUR COMMUNITY HOSPITAL NEWSLETTER

FROM THE ADMINISTRATOR'S DESK

The recent deaths in some government hospitals in our very own state of Maharashtra speak of the reality of poor healthcare facilities in our times. On the one hand, free medical services are risky and sometimes unreliable. On the other hand, paid medical services are often out of reach of common people. We are living in a time when new knowledge and new technology are expanding but they are accessible only to the rich and the elite. Therefore, with the expansion of new knowledge and technology, there is a need for conscience and a mindset for equity.

The Catholic Church has always been at the forefront as far as healthcare is concerned. The Church is known to be the largest non-governmental provider of healthcare services in the world. It manages 26% of the healthcare facilities in the world through clinics, hospitals, homes for the aged, centres for people with special needs, etc. run by catholic institutions. The source of our inspiration is Jesus' command to his disciples to "*heal the sick*". Christ is the reason for our Healthcare Mission. Inherited from Christ, the emphasis of the early Church on practical charity gave rise to systemic nursing and hospitals.

In the present scenario, between the extremes of commercialisation of healthcare and the free but unpredictable nature of medical services, it is a big challenge for Church Healthcare providers to tread the middle path. We have a mission of making healthcare qualitative as well as affordable for all, especially the poor. While the cost of managing systems is rising, our Christian mission is to give until it hurts. This is the point where Christian charity and collaboration matter.

I am proud to say that Ashakiran JHC Hospital is a part of that 26% of healthcare facilities following Jesus' command to "**HEAL THE SICK**". Though we are but a tiny drop in the ocean, we still make a difference. This is possible only with the collaboration of the community.

Fr. Jeetendra David
Administrator
Ashakiran Jubilee Hope Centre

RADIOLOGY DEPARTMENT PLAYS A KEY ROLE IN PATIENT CARE



Dr. Archana Jadhav
MBBS, MD, DMRE
Consultant Radiologist

Radiology is the science of using imaging techniques in order to diagnose and treat diseases. It plays a key role in the medical field. Diagnostic radiology consists of various modalities such as x-rays, ultrasonography (ultrasound), Computed Tomography (commonly known as CT scan) and Magnetic Resonance Imaging (MRI), which form the backbone in diagnosing numerous diseases. Ashakiran Hospital is equipped with a digital x-ray machine and a team of trained technicians who assist in diagnosing respiratory and orthopaedic problems.

Ashakiran Hospital started providing ultrasound services in 2018 under the able efforts of Fr. Jeetendra David. I joined Ashakiran hospital in 2019 as a consultant radiologist in the ultrasound department. Over the years, I have seen many poor and needy patients benefit from the x-ray and ultrasound diagnoses provided at concessional rates at the hospital.

Ultrasound imaging works wonders in obstetrics and gynaecology. Many women with infertility concerns were able to plan their pregnancies after we helped them monitor their ovulation cycle through ultrasound scans; they are now blessed with babies. All antenatal scans are conducted at Ashakiran with strict adherence to government norms. These include early scans to diagnose pregnancy and check for viability of conception, Nuchal Translucency (NT) scans commonly called 'early chromosomal study scans' and anomaly scans—a dedicated foetal scan to detect anomalies. Additionally, growth scans and doppler examinations which are conducted in the latter months of pregnancy contribute to foetal wellbeing. Through these diagnoses and subsequent physician consultations, many expectant mothers go home knowing they are taken care of well.

Besides pregnancy, other ultrasound examinations such as breast imaging and gynaecological examinations help to diagnose fibroadenomas. These can be removed by expert hands through surgery. Ultrasound examination for abdomen pelvis and renal stones are daily tasks for the radiology team.





Dr. Pramod Kulkarni, consultant radiologist, conducting an ultrasound examination



Mr. Sandeep Kamble, x-ray technician, conducting an x-ray examination

Recently, Ashakiran Hospital added a new advanced machine (LOGIQ P10 XD) to the ultrasound department. This machine is equipped with software for elastography and 3D/4D imaging in obstetrics which will enable diagnoses of liver diseases and tumour masses. I can confidently say that new goals and horizons await Ashakiran's radiology department. We, the radiology team, are delighted to provide diagnostic services to our patients' satisfaction and thus contribute to their recovery.

TESTIMONIALS

"Dr. Archana Jadhav is extremely helpful, friendly and kind. I have undergone all my maternal scans under her supervision. She is professional and well-seasoned expert. I would highly recommend her services. I would also recommend Dr. Sairandhari Kate for gynaecological services. She is well known and a respected professional under whom I underwent all my pregnancy care."

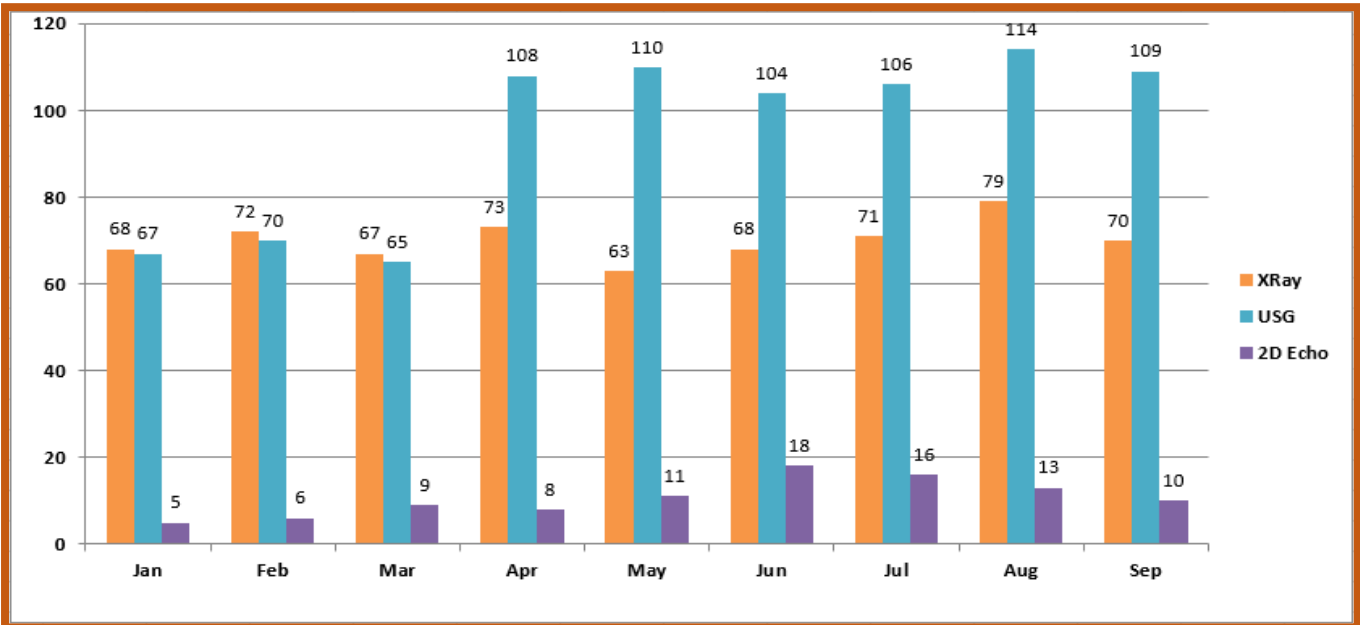
- Source: Hospital feedback

"Ashakiran Hospital is an open area with a good environment; it's clean, hygienic and safe, and even the surrounding area is very clean. Ashakiran is the best hospital in this area. Their service towards each patient is very good. I am Jairaj Pillay. I have a two-month-old baby now who is totally healthy. When my wife was pregnant, we did all our

sonography and blood tests at Ashakiran under the guidance of Rohit sir and Archana Jadhav madam. Each time we had to get a test done, they explained the reports to us really well. I recommend Ashakiran to all my friends and family. This hospital is truly a blessing for us in this area. Thank you.”

- Source: J.P. (Google Maps review)

Radiology Utilisation Trend - 2023



ALZHEIMER’S DISEASE—RECOGNISING IT TO DEAL WITH IT



Dr. Rohit Shukla
BAMS MD
Resident Doctor, Ashakiran JHC Hospital

World Alzheimer's Day is observed globally on 21st September every year. Alzheimer’s disease is a condition that affects the brain. It results in a loss of connection between the nerve cells or neurons in the brain. This means that information cannot pass easily between different areas of the brain or between the brain and the muscles or organs.

Symptoms of Alzheimer’s disease include:

- **Memory loss:** A person may experience difficulty in learning new information and remembering past information. This can lead to repeating questions or conversations, losing objects, forgetting about events or appointments, wandering or getting lost.

- **Cognitive deficits:** A person may experience difficulty with reasoning, complex tasks and judgment. This can lead to a reduced understanding of safety and risks, difficulty with money or paying bills, making decisions and completing tasks that have several stages, such as getting dressed.
- **Problems with recognition:** A person may become less able to recognise faces or objects or less able to use basic tools. These issues are not due to problems with eyesight.
- **Problems with spatial awareness:** A person may have difficulty with their balance, trip over or spill things more often, or they may have difficulty orienting clothing to their body when getting dressed. Problems with speaking, reading or writing. A person may develop difficulties with thinking of common words or they may make more speech, spelling or writing errors.
- **Personality or behavioural changes:** A person may experience changes in personality and behaviour that include becoming upset, angry or worried more often than before, a loss of interest in or motivation for activities they usually enjoy, a loss of empathy, and unpredictable, compulsive, obsessive or socially inappropriate behaviour.

While symptoms are usually mild at first, they become more severe over time. As the symptoms worsen, it becomes harder for people to remember recent events, to reason and to recognise people they know. Eventually, a person with Alzheimer's disease may need full-time assistance.

Stages of Alzheimer's Disease:

- **Mild:** Development of memory problems and cognitive difficulties that may include taking longer than usual to perform daily tasks, difficulty handling money or paying the bills, wandering and getting lost, experiencing personality and behavioural changes, such as getting upset or angry more easily, hiding things, or pacing
- **Moderate:** Greater memory loss and confusion, difficulty recognising friends or family, an inability to learn new things, difficulty performing tasks with several stages, such as getting dressed, difficulty coping with new situations, impulsive behaviour, hallucinations, delusions, or paranoia
- **Severe:** Inability to communicate, dependency on others for care, being unable to leave the bed all or most of the time

Risk factors:

Unavoidable risk factors for Alzheimer's disease include aging, having a family history of Alzheimer's disease and carrying certain genes. Other factors that increase the risk of Alzheimer's include severe or repeated traumatic brain injuries and exposure to some environmental contaminants, such as toxic metals, pesticides and industrial chemicals.

Modifiable factors that may help prevent Alzheimer's include getting regular exercise, following a varied and healthy diet, maintaining a healthy cardiovascular system, managing the risk of cardiovascular disease, diabetes, obesity and high blood pressure and keeping the brain active throughout life.

There is currently no cure, but drugs and other treatments can help slow or ease the cognitive, emotional and behavioural symptoms and improve the person's quality of life.

Apart from medication, a patient suffering from Alzheimer's needs a caregiver to organise and help with daily routines.

Daily Care Plan: Daily routines can be helpful for both—the caregiver and the person living with Alzheimer's. A planned day allows you to spend less time trying to figure out what to do and more time on activities that provide meaning and enjoyment. Structured and pleasant activities can often reduce agitation and improve mood. Planning activities for a person with dementia works best when the caregiver continually explores, experiments and adjusts.

Before making a plan, consider:

- The person's likes, dislikes, strengths, abilities and interests
- How the person used to structure their day
- What times of day the person functions best
- Ample time for meals, bathing and dressing
- Regular times for waking up and going to bed (especially helpful if the person with dementia experiences sleep issues or sundowning)

Allow for flexibility within the daily routine for spontaneous activities. As Alzheimer's disease progresses, the abilities of a person with dementia will change. With creativity and problem solving, the caregiver should adapt daily routines to support these changes.

SPONSORSHIP REQUIRED FOR ECONOMICALLY WEAK DIALYSIS PATIENTS



Three-bed Dialysis Unit at Ashakiran

Dialysis is a life-saving medical intervention for patients with kidney failure. Although government hospitals provide free dialysis services to those who are economically weak, the sheer number of patients can lead to long waiting periods. Delay in receiving dialysis could lead to rise in fluid, minerals and waste products in the body which are detrimental to the health of patients.



ISSUE 4

15 October 2023

At Ashakiran, thanks to our generous sponsors, we strive to provide dialysis at the least possible cost while ensuring the treatment is timely and comfortable. However, patients still have to incur some unavoidable costs of consumables that are required for dialysis.

Currently, the expenditure for a dialysis sitting (without dialyser) is Rs. 800 and with a dialyser is Rs. 1500. A patient generally requires dialysis sittings (without dialyser) twice a week and with a dialyser once in four weeks. Thus, the total expenditure for a patient is a minimum of Rs. 7100* per month. (*These estimates are based on current costs.)

We acknowledge that this amount is unaffordable for patients coming from lower economic backgrounds who cannot avoid dialysis. We therefore appeal to donors to sponsor Ashakiran in treating such patients free of charge. This will ensure that even the poorest of the poor can avail of dialysis when required. We assure you of complete transparency in the sponsorship process.

You may reach out to the following people to extend your help as a sponsor:

- Nirmala Kumar: +91 9850088921 (Sponsorship team coordinator)
- Dr. Rohit Shukla: +91 7038797228 (Resident doctor)

- Shirley Menezes

VACANCIES

Kindly contact us if interested in the following positions:

Nursing staff

Accountant

Receptionist

Operation Theatre technician

Housekeeping staff (female preferred)

SUPPORT US!

All of our work is non-profit. We believe that our work through Ashakiran Hospital can help people all over Pune with our affordable healthcare. If you want to help us, feel free to donate to our institution.

CONTACT US:

Phone number: +91 80100 88276 Email: support@ashakiranhospital.com	Location: Ashakiran JHC Hospital Kalbhor Nagar MIDC, Bhosari Pimpri-Chinchwad Maharashtra 411019
Facebook: Ashakiran_jhc_hospital Instagram: @ashakiranjchospital	

MEET OUR NEWSLETTER TEAM



RENITA SIQUEIRA
Newsletter Editor and
Instructional designer



SHIRLEY MENEZES
Counselling
Psychologist (Adults)



ANISHA REDDY
Freelance Writer
and Content Creator



SEVERINA JOHN
Ashakiran Initiatives
Team Volunteer



CAROL DIAS
Consultant Paediatric &
Adolescent Psychologist



ANGELINE VAZ
Language Professor
and Musician



SUSHMITA KUJUR
X-ray, Sonography
Assistant & Receptionist



**ASHAKIRAN
JHC HOSPITAL**
A Ray Of Hope

If you are interested in joining the media/marketing team, please do reach out to any of us.