

Bravehearts of KEM



Dr. Kurus Coyaji
President, Trustee
& Medical Director

“I would like to acknowledge and commend the tireless efforts of the KEM team in their management of the COVID-19 pandemic.

This has been a very difficult time for all of us, yet it is heartening to see our staff and Consultants getting together during this period.

During our 108 history we have been through many ups and downs, but have been resilient and always emerged stronger. I am sure that we will all pull through this too together.

Thank you, all of you for your commitment and dedication to the institute. Stay safe.”

“Dealing with the COVID-19 virus has been an unprecedented situation in so many ways. It is unprecedented in terms of the number of people that are affected globally both health-wise and economically, and unprecedented in terms of the speed at which it has affected communities, countries and the world. Life in our city of Pune has also been deeply affected in a matter of days and the KEM Hospital as one of the city's premier healthcare institutions has stepped up to play a significant and effective role in serving the city in dealing with the crisis.

On behalf of the KEM Governing Council and the Board of Management we would like to express our heartfelt thanks and gratitude to our KEM Hospital healthcare professionals - doctors, nurses, administrators and staff - who have done such a remarkable job first in setting up the Isolation Ward in record time, and now in managing the treatment for COVID-19 suspected or affected patients. They have done so at significant cost to themselves both in terms of the time they have devoted and the risk to which they are being personally subjected.

It is times of crisis that brings out the best in people and we are indeed so proud of how our KEM members have responded in this time of need.”



Mr. Farhad Forbes
Member of
Governing Council



Dr. Farrokh Wadia
Trustee & Director,
Nephrology

“In this unprecedented global crisis, we the KEM Community deeply appreciate the courage, selfless devotion and commitment, in the finest traditions of medicine, displayed by all members of the staff working on the front line - doctors, nurses, technicians, maushis & mamas. Our thoughts and all good wishes are constantly with them for their safety and well being.”

infoKEM

Newsletter - April 2020



How to use a mask

1



Before putting on a mask, wash hands with alcohol-based hand rub or soap and water

2



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

3



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

4



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

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- World Haemophilia Day
- World Liver Day
- World Immunisation Week
- World Malaria Day

Appreciating our Generous Donors

GIVING is not just about making a donation,
it's about **MAKING A DIFFERENCE**

“We would like to acknowledge the generosity of our donors who have contributed magnanimously during our time of need. I would like to make a special mention of our own staff and doctors who have come forward spontaneously to donate to our COVID-19 Fund.

Thank you all very much - your help is deeply appreciated. ”

*Dr. Kurus Coyaji
President, Trustee and Medical Director*



World Day for Safety and Health at Work

April 28th, 2020

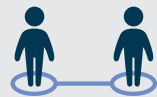
STOP THE PANDEMIC



Let's keep the KEM safe and healthy



Wash your hands frequently



Maintain physical distance at all times



Clean and disinfect the common areas



Safe disposal of contaminated materials



Do not panic

If you wish to donate towards our COVID-19 Fund please visit our website:

www.kemhospitalpune.org

World Health Day 2020: Thanking our Nurses & Midwives



Dr. Madhur Rao
Sr. Dy. Medical Administrator

“ **Nurses are the foundation** of any hospital as they spend the maximum time with patients and their relatives. From the time a patient is admitted to the time they are discharged or sadly

die, a nurse is by their side throughout. The nurse is there to medically carry out instructions, physically help the patient and psychologically support them. The nurse socially interacts with the relatives to keep them informed. Theirs is a truly holistic approach to healthcare. I am amazed and truly grateful that we have so many nurses who are not only dedicated, but loyal to this institute. I salute their selfless service to KEM and patients.

Thank you. ”

“ **To all my nursing staff,**

You are the best team anyone could have. Nowhere has it been more evident than during this time of a COVID-19 pandemic. It is heartwarming that every member of the team has come forward not merely to do his or her bit in treating patients but that so many of you have gone out of their way to take care of suspected or positive cases. I'm sure that all of us are aware of the pressures some of you have had to bear from your homes, of the sacrifices that your families have made so that you could continue working and of the difficulties that so many of you have faced. It has truly been a remarkable achievement and certainly patients and the hospital could not have survived without your effort.

In these times of disease and fear all of you have truly lived up to the tag that Professor John Kellum conferred on you when he called nurses the unsung heroes of medical care. ”



Dr. Valentine Lobo
Consultant,
Nephrology



Dr. Vinod Naik
Consultant,
General Surgeon

“ **Nursing staff form the backbone** of every medical establishment, big or small. Their services involve multitasking and working as frontline warriors in the healthcare system. On the occasion of World Health Day I gratefully acknowledge their contribution without which the healthcare system would come to a standstill. ”

How to Handwash?

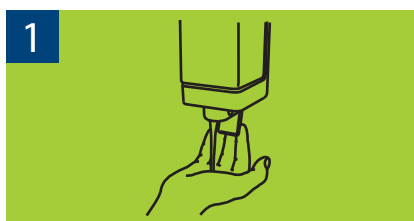
WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



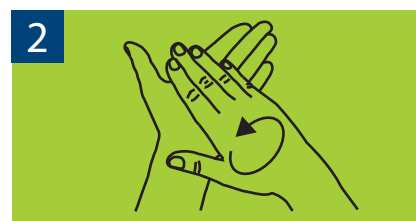
Duration of the entire procedure: 40-60 seconds



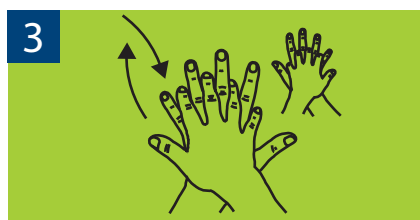
Wet hands with water



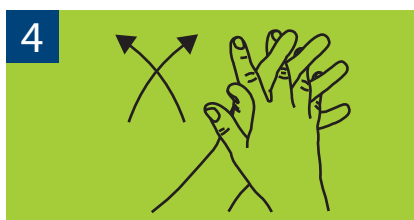
Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers & vice versa



Palm to palm with fingers interlaced



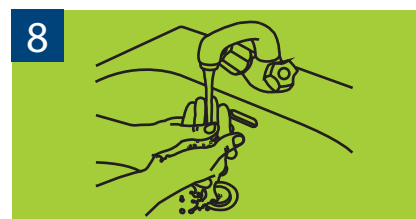
Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm & vice versa



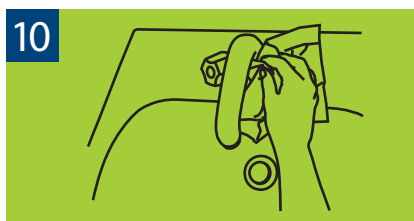
Rotational rubbing, backwards & forwards with clasped fingers of right hand in left palm & vice versa



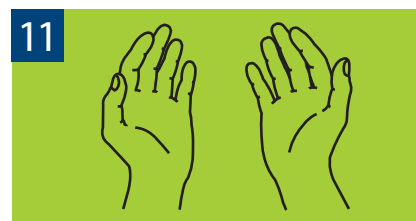
Rinse hands with water



Dry hands thoroughly with a single use towel



Use towel to turn off faucet



Your hands are now safe

Circular



Dr. Rahul Nerlikar
has been appointed
Head, Department of Orthopaedics
from 1st April 2020

Dr. Tushar Borde
MS - General Surgery, M.Ch. - Neurosurgery has joined us as
Associate Consultant Neurosurgeon in the Dept. of Surgery
OPD- Wednesday
Timing: 11:30 AM - 1:30 PM



Health Awareness Communications

**WORLD
AUTISM AWARENESS
DAY**

2nd APRIL 2020

**“ I’m different and socially aloof.
Please accept and love me the way I am.
One amongst us has introduced you to the world of
Pokemon. ”**

Signs of Autism

- ❖ Poor social and communication skills
- ❖ Lack of eye contact
- ❖ Over-reaction or under-reaction to sensory stimuli
- ❖ Difficulty in making friends
- ❖ Stereotyped repetitive mannerisms or rituals

For Enquiry: ☎ +91 20 2621 7460 | +91 20 6603 7460

WORLD HAEMOPHILIA DAY

17th April
2020

— Get involved virtually and stay safe —



Pain & swelling
in the joints



Deep bruises



Excessive bleeding
after injury



Blood in
urine & stool



Irritability
(in children)

SYMPTOMS

#WorldHaemophiliaDay #WHD2020 #LightUpRed

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19TH APRIL 2020

WORLD LIVER DAY



KEEP YOUR LIVER
HEALTHY
AND
DISEASE FREE



Exercise regularly



Consume a balanced diet
and drink plenty of water



Avoid toxins
and illicit drugs



Get medical care if you
are exposed to blood

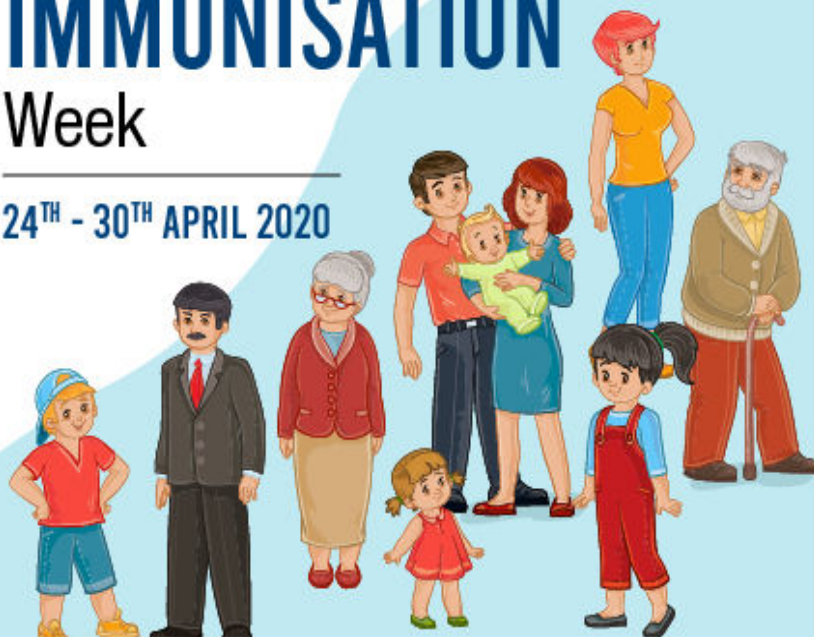


Wash your hands frequently

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World IMMUNISATION Week

24TH - 30TH APRIL 2020



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VACCINATE ALL

WHY VACCINES ?

Stop
serious
infections

Safe
&
Effective

Cost
effective

WORLD MALARIA DAY

25th April 2020



Precautions



Use insecticide-treated
mosquito nets (LLNs)



Wear protective clothing
to prevent mosquito bites



Get indoor residual
spraying



Get intermittent preventive
treatment in pregnancy



Get the authorities to clear
water collections and
spray regularly

Zero Malaria Starts With Me

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