



CMC

Pulse

December 2016

Newsletter for Friends of CMC Vellore: For Private Circulation Only

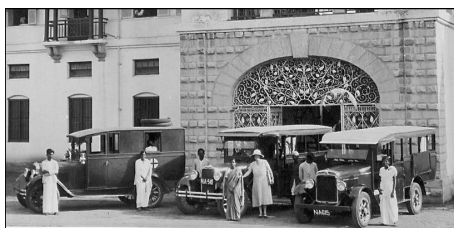
Welcome to CMC! New silver gate



Once the front entrance to the hospital, the Silver Gate was later moved to the side of the main block, near outpatients, where it remains in constant use today. Now we have reproduced the intricate leaf design in glass, for the Private Patients Registration Facility, back at the front of CMC. This serves people arriving without an appointment using computerised booking. Insured and cashless services are also available.

Roadside clinic vehicles leaving from the silver gate as it was, 1930s (right)

However we urge you to book your appointment online before coming here through the website www.cmcvellore.ac.in. The Call Centre has been closed, and we no longer accept postal requests for appointments. The online booking process is quick and easy, and you can pay using Chris Card, Debit or Credit Card.



Christian Medical College Vellore Association is registered under the Societies Act, 1860, (No.5 of 1947). Registered Address: CMC Hospital, Ida Scudder Road, Vellore—632 004, Tamil Nadu, India. Donations to CMC Vellore attract relief under Section 80G of the Income Tax Act.



Dr. B.C. Roy Awards for CMC Alumni

Two alumni received the prestigious Dr. BC Roy Award for their outstanding achievements in health and social care. Following a career in Bangalore Baptist Hospital, Dr. Glory Pushpalatha (MBBS 1970) started her HIV/AIDS-focussed NGO, ASHA Foundation in 1998, which is impacting many lives through its helpline, adolescent health education, integrated counseling and testing centre and other initiatives. Dr. Mammen Chandy (MBBS 1967) trained in Haematology in Sydney. Returning to Vellore he established the Haematology Department in CMC. He led the team that performed India's first bone marrow transplant in 1986. Presently he heads the Tata Medical Centre in Kolkata. The DM (Haematology) course he started in 1999 remains one of the most coveted courses in the country. The team that he built at CMC do almost 200 bone marrow transplants yearly.

Emergency Medical Facility at Katpadi Railway Station



CMC has posted a 24x7 Emergency Team at Katpadi railway station, to provide first aid to any train passengers and patients in medical need who arrive there.

Inside

CMC reaches out to the poor
New CMC hospitals coming up
Model villages in Jawadhi Hills



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For the latest news and many photos of CMC Vellore have a look at our Facebook page <http://www.facebook.com/cmcvelloreindia>
Website: www.cmcvellore.ac.in—for online booking and information

Rosy, the mother who has lost three children



Rosy and Clinton are a very caring couple, they have been married for 19 years. He is a tailor. She assists him with hemming and buttons and runs the home very efficiently. Sadly, only two of their five children are alive now. The first baby died within a week of birth. Second was a son, Christopher, who was healthy and normal till age ten. Thereafter his haemoglobin started dropping and he was sickly most of the time. He was diagnosed with Myeloid Dysplastic Syndrome (MDS), where the red cells are destroyed by the marrow. He died two years later.

Then came Princy, the sweet little girl featured in CMC Pulse in 2014. She put up a valiant and prolonged fight against MDS, supported by

loving family, sympathetic doctors and generous donors who paid for her treatment. However she passed away in May 2015. Only Jennifer and Kevin, two adorable and lively children, are left. Understandably, the parents are very anxious about them and bring them all the way from Tirupattur to Vellore even for minor ailments.

Rosy herself had been feeling unwell. She was breathless, suffering frequent fevers, cough, and loss of appetite. With all the concern for the children she didn't take her symptoms seriously. However her abdomen became bloated and her chest painful, so Clinton brought her to CMC Vellore. She was extremely pale and drowsy, with fluid in the abdomen and high fever. She was admitted at once. The abdominal fluid was tested. X-rays, ultrasound, biopsy and numerous other tests followed, but the diagnosis was elusive.

Because of the children's medical history and her anemia MDS was suspected and the initial tests were geared towards that.

Tuberculosis and malignancy were also possible causes. High fevers continued, despite strong antibiotics. The fluid re-accumulated quickly and her condition kept deteriorating. It was almost ten days before TB was confirmed. Anti TB treatment was started immediately and Rosy responded well enough to be discharged.

Rosy has been taking the treatment since September and attending follow-up clinics as advised. She is feeling much better, despite lack of appetite and nausea. Clinton, who wept openly when Rosy was in the ward, now smiles happily on her return from the brink of death.

Knowing the tragic history of the family the doctors were extremely considerate towards Rosy and did everything possible for her. A grant from the Emergency Fund was used to cover her treatment costs.

How CMC helps people who can't afford to pay for their treatment

Our dream, at Christian Medical College Vellore, is that we should never turn away anyone who needs medical assistance, just because they have no money. However the scale of need in India is huge, and the cost of providing good quality healthcare continues to increase, so we rely on our partners and friends to help us.

During 2015/16 the value of free and subsidised healthcare given at CMC amounted to **Rs.164 Crores**. This was provided in a number of ways, for example:

Community Outreach—top quality care is provided at nominal rates through CHAD, RUHSA, LCECU, College of Nursing, Palliative Care, Eye Camps, and many other teams.

Free Bed Scheme—1,740 patients

all treatment costs covered up to Rs.1 lakh. All general hospital beds are automatically subsidised.

Free Work—CMC doctors write off all or part of the fees for those who cannot afford the full amount.

Centenary Endowment Fund

Rs.10 Crores in grants of up to Rs.2 lakhs for local patients needing major operations.

Person to Person Scheme (PTP) — Rs. 1.26 Crores to help more than 2,000 people with small grants.

Emergency Grants 2016/17

131 Grants worth Rs.82 Lakhs approved. All this money came from gifts from Friends of CMC Vellore and others. We can't provide all the help needed: we need more funds.

Cutting Edge Cardiology : CMC's Cardiology team performed two "first in India" procedures in 2016. They replaced a malfunctioning wire in an Implantable Cardioverter Defibrillator (ICD) through the skin, using a Tight Rail device, which avoided the risks of open heart surgery. Together with Cardiothoracic Surgery, Critical Care and Anaesthesia, they performed the first ventricular tachycardia ablation involving activation mapping with ECMO (Extracorporeal Membrane Oxygenation) Support in Asia. Mapping the damaged heart is crucial before treatment, but would have been very dangerous in this case for the patient; using ECMO gave a safer option.

Construction of Kannigapuram Hospital about to begin



It has taken longer than we expected, and it looks rather different from the earlier designs, but everything is now in place to allow us to start building the new hospital at Kannigapuram, on the outskirts of Vellore (as you approach from the Chennai direction). Planning permissions and environmental clearance have been granted, the budget agreed and the contractors selected. Phase one will include the international standard trauma centre, a vital necessity with the sheer number of road accidents that we are seeing, as well as all the other emergencies that overwhelm the existing casualty facilities in the main CMC Hospital. We will also soon be providing comprehensive facilities there for cancer treatment, neurosciences and cardiovascular diseases, amongst others. The initial focus will be on “lifestyle” and non-communicable diseases that are becoming the primary causes of illness and death. Future phases will see the addition of all specialities, and educational and research facilities. Meanwhile the main hospital will continue to provide all the services currently offered, but with the eventual benefits of more space and a quieter environment. We need a lot of money for this new project. Do let us know if you or your organisation can help: you can “buy a brick” or dedicate a bed, or give any amount!

Chittoor Hospital taking inpatients



Sign of God's Promise: Double rainbow over CMC's Chittoor Campus Chapel.
Photo by Dr. Thomas Samuel.

There has been an outpatient facility functioning in our Chittoor Campus for several years. Now we have opened a 130-bedded hospital on this picturesque site. Many people from Andhra Pradesh will find it convenient to go there, and the state of the art operating theatres are well used. Meanwhile the growing out-patients department offers many general and specialist clinics.



Chittoor Campus Operating Theatre: final preparations before opening

New Facilities opened at RUHSA Campus

The Rural Unit for Health and Social Affairs (RUHSA) opened in 1977, about 20km to the west of Vellore, as a community hospital and centre for economic and social development in the KV Kuppam Block. It has served this area faithfully, and is an important training centre for community health professionals and others. In July 2016 we dedicated a new outpatient block, as well as a small accident and emergency unit and a new entrance to the refurbished wards. Besides health care, RUHSA has drop in centres for isolated elderly people, and runs a community college, offering vocational training such as vehicle mechanics, tailoring, and beautician.



New outpatients block at RUHSA



Jawadhi Hills Initiative—Model Villages

The Community Health Department has been working with people living in the Jawadhi Hills area since the 1980s. Although close to Vellore, the hilly terrain makes many of the small villages and hamlets inaccessible by road; health indices and general development lag far behind the rest of Tamil Nadu. We work in partnership with the Don Bosco Society – CMC provides healthcare, they are helping develop agricultural income and small business opportunities; together we are trying to improve children's education. Our latest initiative is to focus on five villages, that we hope will become pathfinders and models for others. Through discussion with the communities and village leadership we are helping them to improve sanitation through building toilets, set up safe water supplies, train community health workers and run regular clinics, and equip and organise children's education centres.

Meanwhile mobile clinics and community visits, after schools education programmes and summer camps continue. We are seeking funds to develop the CMC clinic in the Hills, so that it can offer a 24-hours service, and we are providing scholarships to several young people from the Jawadhi area who are studying health-related courses at CMC and elsewhere. We hope that they will become the core team of health workers for their own communities.

Skoch Awards for unique projects run by Dental and ENT

The Skoch Foundation offers awards for the best innovative projects in healthcare and other fields. This year projects from CMC's ENT and Dental Departments were selected. The Dental team has been distressed to see the horrific impact of widespread tobacco use. India is the world's capital for oral cancers, caused by the practice of chewing tobacco, and smoking is the leading preventable cause of death in the world. When the dentists identify signs of tobacco use, they provide immediate chairside counseling with the option of group sessions and follow up to help people quit. This low-cost intervention has proved very effective.

Hearing difficulties are often not picked up until children are two or three years old. This slows down their development and puts them at a serious disadvantage at school. Early diagnosis and intervention make all the difference. The ENT IV Audiology team screens all babies born in CMC (about 50 a day!), and provides the help needed to any with defects, so that they can develop to their fullest potential. We believe this is unique in India.



Teams from CMC's Dental I and ENT IV (Audiology) Units receive their Skoch Awards.

News and views ...



Left: New Nursing Students' Hostel opened in the College of Nursing Kagittapatturai in January 2016, accommodates over 1,000 undergraduates and post-graduates.

Right: Dedication of Equinox 80 Telecobalt machine for cost effective and simple cancer treatment in the Radiotherapy Department.



Join in and Help: Membership and Contact Details

Friends of CMC Vellore is free to join and keeps you in touch with our activities and developments. Just send us a letter or email with your name and postal address. Friends support us as they can by prayer, giving and suggestions.

If you'd like to donate towards any charitable needs of CMC, please send a DD or Cheque, payable to **CMC Vellore Association**, to Development Office, CMC, Vellore—632 004, India. Phone: +91 416 228 3509

You can also donate by NEFT/ bank transfer: SBI Vellore Town, Account No.3033 2718 726 IFS/IBAN Code: SBIN0001618 Swift Number: SBININBB473. Please send transaction details to: dev.office@cmcvellore.ac.in