



December 2020

Newsletter for Friends of CMC Vellore: for private circulation only

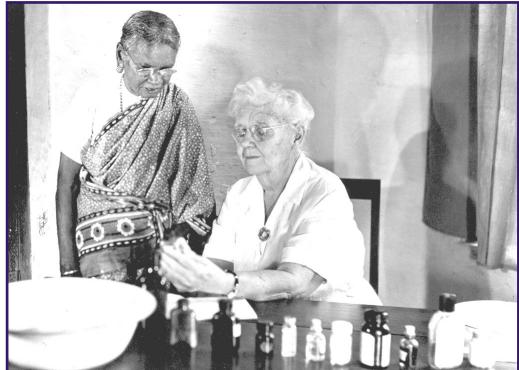


Ida Scudder's 150th birth anniversary

Born in Ranipet, near Vellore, on 9th January 1870, Ida Sophia Scudder started her life's work in Vellore in the year 1900. Over the last 120 years, her single bed clinic-cum-dispensary has grown into a huge institution with over 3,000 beds and seven campuses.

We were determined to mark this important anniversary despite Covid-19. CMC staff, alumni and friends around the world joined together to hold a 24 hour online celebration on 5th December 2020.

Be Thou My Vision was broadcast via Zoom and YouTube. A lively blend of songs and dances was interspersed with messages from departments, people who had met Ida Scudder, former directors and overseas partners.



Ida and her trusted colleague Gnanammaal, whom she trained in 1900 and then relied on for decades



Ida Scudder opened the 40-bed Mary Taber Schell Memorial Hospital for women & children in 1902

Ida Scudder the Trailblazer

Having already broken into the male-dominated world of medicine, she started many quiet revolutions. Right from the start, she drew on Indian help, and began training women as compounders, nurses and doctors. She visited women in their homes, rather than requiring them to come to the hospital. Her roadside clinics took healthcare into the rural communities. She gracefully passed the baton on to others so that CMC became a fully Indian owned and managed institution by the 1960s.

Pandemics are nothing new Ida Scudder and her team served during the Spanish Flu pandemic (also known as Bombay Fever) of 1918-19, which is believed to have killed 18 million people in India. She warned her graduating students: "You will not only be curing diseases, but will also be battling with epidemics, plagues and pestilences and preventing them. Face trials with a smile..."

Inside This Pulse

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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, TN, India. Donations to CMC Vellore attract relief under Section 80G of the IT Act.



For the latest news, photos & videos of CMC Vellore, and for online consultations and appointments, visit <https://cmcvellore.ac.in>. Donate to help patients and for projects through givecmc.org

Friends of CMC

Mr. Bharat (*name changed*) lives and does business on Vellore's busy Gandhi Road, opposite CMC Hospital. In May this year, he had fever and breathlessness. He tested positive for COVID-19 and was admitted in CMC. *“Despite my fears, I received excellent care from the medical teams. I could feel the affectionate concern of the doctors and nurses, even through their goggles, masks and PPE. They looked after not only my medical needs but also my special food requirements. They helped me keep in touch with my worried family. Now I have recovered and getting ready to go home. I want to thank CMC for helping my family over the last 40 years. “I have mixed feelings about the hospital”* he says, *“because some of my family members have breathed their last in CMC’s wards”*. His elder son had passed away from young onset stroke in 1996. In memory of his son, Mr. Bharat donated a drinking water tap for patients and their families. Even today, 24 years later, patients and their families use this facility near our exit gate cycle stand. His generosity has quenched the thirst of thousands of people. We are grateful for friends like Mr. Bharat.



Kannigapuram campus



The Kannigapuram campus is nearing completion. The staff housing complex was inaugurated in March. However, with the onset of the pandemic, all construction stopped for some time. Activities resumed later and three wards with 168 beds were quickly made ready for patients with Covid. Mildly symptomatic patients were treated here. We hope to start full services in the first half of 2021.

Heartfelt thanks to everyone who has donated for the Trauma Centre and hospital. Visit givecmc.org for the latest news and to help us in the last stretch.

Chittoor Campus

Even during the peak of Covid, the Chittoor campus continued to welcome patients. While the numbers coming to the main hospital fell, people flocked to Chittoor. With its well ventilated, wide-open layout it was one of the few private facilities in the area that remained open.



BSc., Nursing and AHS courses have started, but had to go online because of Covid.

Major infrastructure developments:

- Staff housing (left)
- The radiology suite (above) and
- Aashraya, (right) a low-cost home for patients to stay. Donated by the MBBS batch of 1991.



Chittoor ... the next steps

Dr. Nihal Thomas has passed on the leadership of the Chittoor Campus to Associate Director Dr. Kenny David. We need a dedicated Ophthalmology Theatre, and must soon start construction of the nursing college (currently we are renting a facility).



Director's Message: The year of Covid

The year 2020 began with eager expectations of the commissioning of the new Kannigapuram Campus, and the orthopaedic block in the renovated nursing students' hostel.

However what a year it has been! On the one hand it was tumultuous and uncertain due to the COVID-19 pandemic. On the other hand, we experienced God's amazing provision during these difficult months.

In April and May, we reached a low point: just 20% of regular outpatients and 35% of inpatients. We faced a major challenge to keep the institution afloat and retain staff.

We had to spend more on Personal Protective Equipment (PPE) and COVID preparations (creating new facilities, modifying existing ones). Many expenses continued at pre-pandemic levels.

March to May gave us vital time to prepare for the onslaught. At the peak we had over 800 inpatients with COVID with 84 beds in COVID ICUs. Some of our staff contracted the disease, increasing the pressure on vital services. Despite the challenges, we have treated over 10,000 COVID patients till now.

Our staff went the extra mile, cheerfully risking their lives and those of their families. They innovated and adapted to strange and difficult situations. Many donated significant portions of their salaries.

God has looked after us and brought us safely through thus far. We had an amazing and humbling response to requests for help from friends in India and abroad. Many companies donated PPE and grants to purchase ventilators and vital equipment.

This enabled us to continue true to our mission - to serve with a spirit of excellence and compassion, and ensure that those most in need can afford our services. During the COVID period our charity subsidy was a record 20% of income.

It has been a tough year, but we have learned to trust God more, do things in new ways and maintain relationships at a distance.

A very special thank you to all our Friends of CMC Vellore for your support, prayers and gifts. Countless messages of encouragement have lifted us up. Please continue to stand with us. As Ida Scudder said, "we need your help now more than ever!" **Dr. J.V. Peter, Director**



Highlights of the past year

The Clinical Nursing Manual (4th edition) was released by the Nursing Superintendent's Office. This revised manual continues the work of raising standards for basic nursing practice. It is widely used by nursing colleges teachers, students, and hospitals as a reference book.

Right: Release of the CNM 4th Edition



Quick access for local residents

A second Shalom Family Medicine Centre was dedicated in June this year. Based in CMC's Diagnostic Centre in Sathuvachari, it provides outpatient services, blood collection, and diagnostic facilities such as ECGs. Minor procedures are also done and there is a well stocked pharmacy. Local residents have found it extremely useful to come here for consultations and quick treatment, especially during the pandemic. It has reduced pressure on the main outpatient areas.



Shalom Family Medicine Centre & CDC

PLEX – hope for damaged livers

More than 150 patients with chronic liver failure had a new chance through Plasma Exchange (PLEX) in CMC. The patient's blood is cleansed with healthy plasma from donors. Cheaper and safer than a transplant, it can reverse liver failure with no need for long-term medications.

Research

CMC Vellore's status as a leading centre of medical research was confirmed when we were selected for the **Research Excellence Award**, coming first in the Professional College category. This award is from Clarivate Analytics, powered by Web of Science.

CMC Vellore had the largest number of highly cited papers amongst all professional colleges in India, and was ranked 3rd highest in the category normalized citation impact.

Awards and Accolades

During this year, CMC cared for over 10,000 Covid affected patients. We delivered a high standard of care, while ensuring that other patients and staff were kept safe. This has been recognised through three awards:

- **Workplace safety during the COVID-19 pandemic: 1st prize** from the Consortium of Accredited Healthcare Organizations (CAHO) for the very large hospitals category (over 600 beds).
- **Excellence in Hospital Preparedness for COVID-19**: awarded by the Federation of Indian Chambers of Commerce and Industry (FICCI)
- **Best Charity Hospital combating COVID-19** by India Today Group, Healthgiri Awards.



Staff cheerfully went the extra mile

Moving Big Band



The talented *Moving Big Band* from Sweden returned to South India in February this year. Dr. Donald Roberts (MBBS alumnus of 1959) organized their visit, and accompanied them on piano.

Along with guest vocalists, the band gave sparkling performances in Chennai, Vellore and Bangalore. The money raised was donated to the Alumni Medical Assistance Fund. Many of our alumni work in remote parts of the country. Sacrificially serving the community, they have no savings or health insurance. This fund supports them when they need medical help at CMC.

Moving Big Band and Donald Roberts: *thank you for the music and for raising funds and awareness for this cause!*

9th Annual Ida S. Scudder Oration

The 9th Annual Ida S. Scudder Oration was delivered by James H. Taylor who is the great-great grandson of Aunt Ida's uncle, Dr. Silas Scudder, founder of Scudder Memorial Hospital, Ranipet.



He gave a fitting appreciation of Dr. Ida Scudder and the work she had done for the people of Vellore. He said that it was not until he came to visit CMC, pulled more by his wife's medical interests than his family ties, that he realised the magnitude of her impact. His visit inspired him to do more for the hospital and be a part of the ongoing story. Today, Dr. Taylor serves on the Board of the Vellore CMC Foundation in New York.

Pulse by Email

Want to keep in touch with CMC more often? You can receive our regular CMC Pulse emails, delivered directly to your smartphone or computer – sign up using the form on givecmc.org (footer), or send an email with subject 'Pulse' to:

dev.office@cmcvellore.ac.in



We will send you a short email every two or three weeks, with interesting stories and useful health tips. Previous issues of Pulse are available on the website [https://givecmcv.org/Newsletters](http://givecmcv.org/Newsletters)

Join in and Help: 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 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 Hospital, Vellore – 632 004, India. Phone: +91 416 228 3509

Indian citizens can donate online: <https://givecmc.org> or Bank transfer: SBI Vellore Town, Account No. 3033 2718 726 IFS/IBAN Code: SBIN0001618 Please send transaction details to: dev.office@cmcvellore.ac.in

Citizens of other countries & OCIs: please email us.