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# ECHOLIS<sup>2017</sup>

A QUARTERLY BULLETIN OF LISIE MEDICAL AND EDUCATIONAL INSTITUTIONS



CARE *with* LOVE



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FROM THE  
DIRECTOR'S DESK*Greetings.*

It has been the policy of Lisie hospital to consistently bring the best and latest to our patients. We have expanded our Neurosurgery department, adding state-of-the-art equipments. One such new addition is the Neuronavigator.

Neuronavigation is the set of computer-assisted technologies used by neurosurgeons to guide or "navigate" within the confines of the skull or vertebral column during surgery. The set of hardware for these purposes is referred to as a Neuronavigator.

Just as the Global Positioning System helps the motorists to reach their desired destinations without any difficulty, the Neuronavigator helps the surgeons in charting out the right trajectory in the brain through which they can reach the lesion in a precise manner. When judiciously used, Neuronavigation brings a lot of benefits for the patients. And that is our ultimate aim.

Lisie works as a team and the benefits of good work done in one department spills over to all others automatically. Let us move forward with this spirit of togetherness.

May the Almighty God bless us.

FR. THOMAS VAIKATHUPARAMBIL  
DIRECTOR



# Neurosurgery Department

1986 മുതൽ ലിസി ആശുപത്രിയിൽ ന്യൂറോ സർജറി വിഭാഗത്തിന്റെ മികച്ച സേവനം ലഭ്യമാണ്. പ്രഗല്ഭരായ 5 സീനിയർ ഡോക്ടർമാരുടെ നേതൃത്വത്തിൽ അത്യാധുനിക സംവിധാനങ്ങളോടെയാണ് ന്യൂറോസർജറി വിഭാഗം പ്രവർത്തിക്കുന്നത്. മുതിർന്നവർക്കും കുട്ടികൾക്കും ഉണ്ടാകുന്ന നാഡീസംബന്ധമായ എല്ലാ തകരാറുകൾക്കും സമഗ്രമായ ശസ്ത്രക്രിയ സംവിധാനങ്ങൾ ഇവിടെയുണ്ട്. തലച്ചോറിനും സുഷുമ്ന നാഡിക്കുമുണ്ടാകുന്ന പരിക്കുകൾ, മുഴുകൾ അണുബാധ, അർബുദം, ഡെവലപ്മെന്റൽ ഡിസോർഡറുകൾ നടുവേദന, കഴുത്തുവേദന എന്നിവയ്ക്കുള്ള മൈക്രോസ്കോപ്പ്, കീഹോൾ ശസ്ത്രക്രിയകൾ അടക്കമുള്ള സമഗ്ര ചികിത്സാ സൗകര്യങ്ങൾ ഇവിടെ ലഭ്യമാണ്. പിറ്റുട്ടറി ഗ്ലാൻഡിനുള്ള ശസ്ത്രക്രിയ,

പാർക്കിൻസോണിസം ഉള്ള രോഗികൾക്ക് ഡീപ്ബ്രെയിൻ സ്റ്റിമുലേഷൻ, പീഡിയാട്രിക് ന്യൂറോ സർജറി, മരുന്നുകൊണ്ട് ഭേദമാകാത്ത അപസ്മാരത്തിനുള്ള ശസ്ത്രക്രിയ, ഫങ്ഷണൽ ന്യൂറോസർജറി എന്നിവയ്ക്കുള്ള സൗകര്യങ്ങൾ ഇവിടെയുണ്ട്. ന്യൂറോസർജറി രംഗത്തെ അത്യാധുനിക ചികിത്സാരീതിയായ ന്യൂറോ നാവിഗേഷനും ലിസിയിൽ ലഭ്യമാണ്. തലച്ചോറിനുള്ളിലെ ഏതുഭാഗത്തു നിന്നും ഞരമ്പുകൾക്കു ക്ഷതമേൽക്കാതെ ട്യൂമറുകൾ നീക്കം ചെയ്യാൻ ഇതിലൂടെ കഴിയും. ഡോ. കോശി ജോർജിന്റെ നേതൃത്വത്തിൽ ഡോ. കൃഷ്ണ ദാസ്, ഡോ. ശ്യാം ബാലസുബ്രമണ്യൻ ഡോ. ബിജി ബാഹുലേയൻ, ഡോ. സന്തോഷ് ജോർജ് തോമസ് എന്നിവരാണ് ന്യൂറോ സർജറി വിഭാഗത്തിൽ സേവനം ചെയ്യുന്നത്.

## WORLD ALZHEIMER'S AND PALLIATIVE CARE DAY 2017



**On** September 21st 2017, palliative department along with social work department and Pharmacy College (2nd year students) celebrated world Alzheimer's and palliative care day. Inaugural address and lighting of the lamp was done by Rev.Fr.Thomas Vaikathuparambil Director of Lisie Hospital. Assistant Director Fr. Ajo Moothedan spoke about Alzheimer's disease and importance of palliative care. Dr.Arun Kumar (Sr.Consultant Neurology) gave Alzheimer's day presentation pinpointing the medical concept of Alzheimer. Then Dr.Rosakutty (HOD-Palliative care) highlighted the need and importance of palliative department along with their services and activities. Mr.E.J Xaviour Kurishankal (Volunteer) shared volunteer's role in palliative care unit in Lisie hospital and Ms Athira (patient's daughter) shared her experience in palliative services in Lisie. More than 85 people participated in the programme. Social work trainees presented a skit about the importance of palliative care in simple way. Mr. Stoj Jose proposed the vote of thanks.



# Rhythm in the life of a Healthcare Professional

Fr Jerry Njaliath

One thing I realized from my short experience in our hospital is, how stressful and busy the life of each health care professional is ! The hospital has a demanding mission statement in care with love. At the same time, our hospital like any other hospital is functioning with limited resources. Only if each health care professional cultivates herself the rhythm in the life of Jesus, the ultimate healer, she can contribute to the dream and mission of our hospital even in the limited resources. One looking at the gospel of St Luke, a doctor himself, can easily identify this rhythm in the life of Jesus: He heals, teaches, prays; again He heals, teaches, prays.

Jesus heals in a special way. He heals holistically, not just cures the body. Spirituality of healing to which Jesus calls all of us is closely reflected in the words of thirteenth century saint Bonaventure: "the Samaritan poured into the wounds of the half-dead wanderer the wine of fervent zeal and the oil of compassion." (St Bonaventure, The Virtues of a Religious Superior) Lisie hospital shares this Jesus value – healing with compassion. In such a model of healing, there shall be from the part of each health care professional an attention to the whole person, not just to the body and the problems of the body of the patient.

A health care professional needs to communicate with many people. Whenever I ask staff nurses to whom they should communicate, they invariably say the following: to the patient, to the bystanders, to the management, to colleagues and to the doctors. But only when a health care professional is able to communicate to herself and to God in prayer, all other communications mentioned above shall be effective.

Teaching is a very critical element in the life of a health care professional. A doctor will have to teach the junior doctors and the patient herself. A top manager needs to teach the staff about the mission of the hospital. A nurse will have to teach the patient and bystanders the treatment regime. A ward in charge will have to teach the staff the correct methods. These moments of teaching can also become sometimes moments of tensions. Only when there is a genuine relationship cultivated between the teacher and disciple, such a teaching can be effective. In such a scenario even a look, a pause or a few words can become instructive. Corrections, to be effective, need not be done in front of patients or bystanders. At the same time, successes can be celebrated publically. It is always better to correct personally. Let the rhythm in the lives of all our staff be same as that of Jesus: heal, teach and pray; heal, teach and pray.

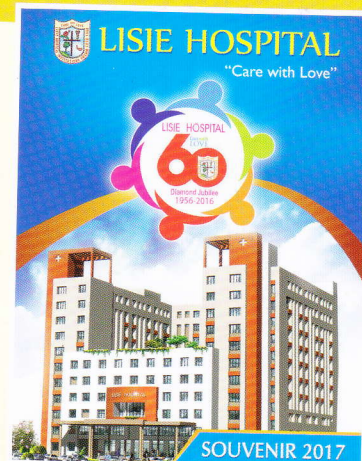
## World Pharmacist Day – 2017

Lisie College of Pharmacy in association with Lisie Hospital Pharmacy and Lisie Pharmaceuticals celebrated World Pharmacist day on 25th Sep 2017. Theme of the day was "From Research to Healthcare-Your Pharmacist is at your service". The celebrations began at 9 am with a poster presentation competition for students and practicing pharmacists. Rev. Sr. Rubin CMC, Chief Pharmacist, Amala Medical College, Thrissur conducted an interactive session about "Good Dispensing Practices". Students of Lisie College of Pharmacy presented a flash mob at the Lisie Hospital campus. Public meeting began at 3 pm with prayer. Rev. Fr. Jerry Njaliath, Asst. Director, Lisie Medical and Educational Institutions inaugurated the function. Prof. Ruby Rajan, former Vice Principal, was the guest of the day. In her message she highlighted the importance and responsibilities of Pharmacy professionals. Rev. Fr. Ajo George Moothedan, Asst. Director Lisie Hospital and Dr. Jinu Isaac, Principal Lisie College of Pharmacy felicitated the occasion. Grenisha C.G. of Lisie Hospital Pharmacy won the first prize in the poster competition. Prof. John Joseph, HOD, Lisie College of Pharmacy distributed the prizes to the winners. The day celebrations concluded at 4 pm.



## Diamond Jubilee Souvenir 1956-2016

Lisie Medical and Educational Institutions celebrated the Diamond Jubilee of their existence in 2015-2016. The one year long Diamond Jubilee celebrations were started on 27th October 2015 and was concluded on 22nd October 2016. As a perpetual memory of this great event it was decided to publish "Lisie Diamond Jubilee Souvenir". Finally after a long time, as a result of concerted effort and strenuous work by Directors, doctors, department heads, HR department and many other talented persons we got it ready for distribution. It presents a full and detailed description about Lisie hospital, its history and functioning.



### LISIE DINER started its Service



Lisie had a long cherished plan to have a system of providing hygienic, nutritious and quality food to the patients, bystanders and all those who come to the hospital at a reasonable rate. With that objective in mind the old canteen was renovated with modern facilities. It was given the name "LISIE DINER". The modernised and furnished new canteen was blessed on 31st August 2017 by Rev. Fr. Thomas Vaikathuparambil, Director of the hospital in the presence of many priests, sisters and all those who are somehow related to its functioning. For its daily functioning it was entrusted to 'Techno Craft Solutions' a team of energetic youngsters who are well qualified, talented and experienced persons in the field of

hospitality. The director and the hospital administration emphasized the fact that there should not be any compromise in the quality and quantity of food items made available to the patients and others. At present Morning Tea, Breakfast, Lunch, Evening Tea with Snacks and Dinner are served at fixed timings. Items like Fruit Juice, other snacks and some interesting items will be slowly added to the list. There are 70 to 75 members working at various sections related to canteen. These workers function at different shifts, starting from 5.30 am and closing at 9.30 pm. There is a team functioning at cooking section, another team for room service to take booked food items to the patients' rooms, a team to distribute the food items at the canteen, another team to maintain the entire area clean and tidy keeping in mind the norms given by NABH team. A team of qualified persons take care of the quality of food as proposed by doctors. To the patients, only the food prescribed by the doctors and supervised the dieticians is given. There is another team to look after the proper functioning of each group. A 7 member team looks after the billing section at different shifts. Canteen functions at different timings: 5.30 am Morning Tea, 6.30 am to 10.30 am Breakfast, 11.30 am to 2.30 pm Lunch, 3.30pm to 5.30pm Tea and Snacks, 6.30pm to 9.00pm Dinner. After each session canteen is properly cleaned and preparation is done for the functioning of the next session. Thus, LISIE DINER started its journey and we hope with your co-operation and suggestions it will grow better and effective day by day in its service of "Care with Love".



Aug 31, 2017



Aug 31, 2017





# Onam Celebration



The Lisie Medical and Educational Institutions' Onam celebration was held on 30-08-2017 at Multipurpose Hall, College of Nursing. Floral carpet competition was started at 8.00 am at six different areas in the hospital. The official function commenced at 11.30 am. Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Hospital inaugurated the function and delivered Onam message. It was followed by felicitations by Rev. Fr. Jerry Njaliath, Assistant Director, Lisie Hospital, Dr. Babu Francis, Medical Superintendent and Rev. Sr. Ancelam CSC, Nurse Manager, Lisie Hospital. The arrival of Maveli and Vamanan added more colours to the celebration. Malayali's biggest celebration is never complete without its share of festive songs and this year was no different. The Onappattu sung by third year B.Sc. Nursing students created waves in the music scene. The competition results were announced by Rev. Fr. Jerry Njaliath. The first and second prizes for Floral

carpet competition were secured by Institute of Allied Health Sciences and College of Nursing respectively. Cash prizes and certificates were distributed to the winners by Rev. Fr. Thomas Vaikathuparambil and he congratulated the winners for their efforts and motivated them to do better in the coming years. Payasam was served to the entire audience towards the end of the function. The Onam celebrations were a joint venture of School & College of Nursing, College of Pharmacy, Institute of Allied Health Sciences, DDT and BACT. The programme ended with Lisie Anthem.

According to the communication received, Onam was celebrated by administration department, DMLT college, Theatre and recovery, Quality department, Emergency Medicine, LIRRIS, IP Pharmacy, Nursing college, School of Nursing, IT department, CSSD, Dialysis unit, Naipunya, Electrical department and Haematology.







# SUSTAINING BREASTFEEDING TOGETHER

WABA | WORLD BREASTFEEDING WEEK



ECHOLIS 2017

World breastfeeding week is observed worldwide every year from August 1<sup>st</sup> to August 7<sup>th</sup> with the aim to achieve sustainable development goals by linking each of the goals to breastfeeding. The 4<sup>th</sup> year BSc nursing students of Lisie College of Nursing organized various programmes in and around the hospital based on this year's theme, "Sustaining breastfeeding together". The seven day programme commenced with an inaugural ceremony held at the reception area of Lisie Hospital on 1<sup>st</sup> August, 2017 which was inaugurated by Rev.Fr Thomas Vaikathuparambil, Director, Lisie Hospital. Dr. Siviji R Hedge, Paediatrician & Neonatologist, Lisie Hospital unveiled the theme and did a power point presentation. Mrs Mary Poulouse, Associate Professor, Department of Paediatric Nursing, highlighted on the activities of the upcoming week. The students then carried out an awareness programme at the venue.

The second day of the celebrations was held at ESIC hospital Udyogamandal. A formal gathering was organised with the hospital administrative personnel, staffs and patients in the conference hall where the awareness programme was given. To reach out to a larger public, the programme was repeated in the reception area of the hospital. Health talks were also provided to the in-patients of the gynaecology wards.

In the following days, programmes were scheduled at various wards of Lisie Hospital. At each venue there was a theme release function followed by health education to the patients, with the help of charts and model exhibitions. Dignified

and respected administrative and staff members of Lisie Hospital, Rev.Fr. Ajo George Moothedan, Asst. Director, Dr. Amy D'souza, HOD, OBG Department, and Mrs Shiya Jacob, Lecturer, OBG Nursing Department, executed the theme release each day at Infant Jesus ward, St. Mary's ward and St. Elizebeth's ward respectively. Rev. Sr. Manila, Labour room in charge and Rev. Sr. Renjitha, Lecturer, Department of Community Health Nursing, presented gifts to the 'Lucky Mother' and 'Lucky Baby' selected among the audience from the antenatal and postnatal wards.

On 6<sup>th</sup> of August, 2017 'Super Mom' Quiz Competition was held among the antenatal and postnatal mothers admitted in the hospital. The winners were rewarded during the valedictory function by Dr. Usha Marath, Principal, Lisie College of Nursing.

The final day of the celebrations was held at the gynaecology and paediatric OPD of Lisie Hospital. Rev. Fr. Jerry Njaliath, Asst. Director, Lisie Hospital graced the occasion with his esteemed presence and delivered a meaningful and important message. A documentary prepared by the students explaining breastfeeding was launched by Rev. Sr. Tessy Puthuserry, and the same was played after the meeting. Ms. Mariya Poulouse, 4<sup>th</sup> year BSc Nursing student presented the week's detailed report followed by the awareness programme by students. Thus ended a successful week long celebration with educating the society about the importance of Breastfeeding for a healthy generation.





# WASTE SEGREGATION



Blood or body fluid contaminated cotton, gauze, dressing materials, paper, clothes, soiled plaster of paris, surgical drapes, disposable gowns, face masks, caps, shoe covers, cotton swabs, sanitary pad and diapers, post operative body parts, tissues, organs, placenta, microbiological and pathological waste.



രക്തമോ ശരീരസ്രവമോ പുരണ്ട കോട്ടൺ, ഗോസ്, ഡ്രസ്സിങ്ങ് വസ്തുക്കൾ, പേപ്പർ, തുണി, പ്ലാസ്റ്റർ ഓഫ് പാരിസ്, സർജിക്കൽ ഡ്രേപ്പ്, ഡിസ്പോസിബിൾ ഗൗൺ, മാസ്ക്, ക്യാപ്പ്, ഷൂകവർ, സാനിറ്ററിപാഡ്, നാപ്കിൻ, ശരീരാവശിഷ്ടങ്ങൾ, പ്ലാസന്റ്.

- Discarded and expired medicines
- Cytotoxic drugs including all items contaminated with cytotoxic drugs such as IV bottles, IV sets, syringes, broken or unbroken glass bottles, ampoules, vials etc



- ഉപയോഗശൂന്യമായ/കാലാവധി കഴിഞ്ഞ മരുന്നുകൾ
- കീമോതെറാപ്പി മരുന്നുകളും അതിനുപയോഗിക്കുന്ന അനുബന്ധ സാമഗ്രികളും

Catheters, empty blood bag and uro bag, dialysis kit, syringe without needle, gloves, IV sets, tubings, drains, vaccutainers.



കത്തീറ്റർ, യൂറോബാഗ്, സിറിഞ്ച്, ഒഴിഞ്ഞ ബ്ലഡ് ബാഗ്, ഡയാലിസിസ് കിറ്റ്, ഗ്ലൗസ്, ഐ.വി. സെറ്റ്, ട്യൂബിംഗ്, ഡ്രെയിൻ, വാക്വുവൈൻ.

Needles, syringes with fixed needles, needles from needle cutter or burner, scalpels, blades, razor, clipper blades.  
(use 1% sodium hypochlorite solution)



സൂചി, സൂചി നീക്കം ചെയ്യാനാവാത്ത സിറിഞ്ച്, ബ്ലേഡ്, സ്കാൽപ്പൽ, റേസർ, ക്ലിപ്പർ ബ്ലേഡ്.

- Ampoules, vials, lab slides, other broken glass waste, unbroken glass bottle (less than 25 ml)
- Metallic body implants, metallic nails, scissors, and other metal instruments



- പൊട്ടിയ ഗ്ലാസ്സിന്റെ/മരുന്നുകുപ്പികളുടെ അവശിഷ്ടങ്ങൾ, പൊട്ടാത്ത ചെറിയ മരുന്നുകുപ്പികൾ (25 ml ൽ താഴെ)
- ലോഹനിർമ്മിത ഇംപ്ലാന്റുകൾ, ആണി, കത്രിക, മറ്റ് ലോഹനിർമ്മിത ശസ്ത്രക്രിയ ഉപകരണങ്ങൾ

- IV bottles, plastic bottles
- Large unbroken glass bottles (more than 25ml)



- ഐ.വി. ബോട്ടിലുകൾ, പ്ലാസ്റ്റിക് കുപ്പികൾ
- വലിയ (25 ml ൽ കൂടുതൽ) പൊട്ടാത്ത ചില്ലുകുപ്പികൾ

## BIOMEDICAL WASTE MANAGEMENT RULE- 2016

Bio-medical Waste Management & Handling Rules, 1998 were published by the Ministry of Environment & Forests, Govt of India. In supersession of the Bio-Medical Waste (Management and Handling) Rules, 1998 and further amendments made thereof, the Central Government published the Bio-medical Waste Management Rules, 2016.

These rules apply to all persons who generate, collect, receive, store, transport, treat, dispose, or handle bio medical waste in any form including hospitals, nursing homes, clinics, dispensaries, veterinary institutions, animal houses, pathological laboratories, blood banks, ayush hospitals, clinical establishments, research or educational institutions, health camps, medical or surgical camps, vaccination camps, blood donation camps, first aid rooms of schools, forensic laboratories and research labs. From 2017 August onwards the new Biomedical Waste Management rule (2016) is being implemented in Lisie hospital.



# INFECTION CONTROL CERTIFICATION PROGRAMME

Infection Control certification programme for nurses, organized by CHAI Kerala in collaboration with 3M India Ltd, Bangalore was conducted at Lisie from Sep 13-15, 2017. The main objective of the programme was to orient the future infection control nurses on their roles & responsibilities towards the requirements of the NABH entry level accreditation standards of their parent hospital. There were 30 participants from 30 different hospitals across Kerala

and resource persons were eminent personalities and subject experts in the field of Infection control. A Hospital tour to Operation Theatre, ICU, CSSD and wards to understand hands on Infection control practices was included. The Lisie Infection Control Team was actively involved in the smooth organization of the programme and it was greatly appreciated by all the participants.



## 74<sup>TH</sup> ANNUAL GENERAL BODY MEETING

The Catholic Health Association of India (CHAI) organized a National Health Convention as part of their 74<sup>th</sup> Annual General Body meeting at Rajagiri Vidyapeetham, Kakkanad on 23-24 September 2017. Along with the Convention, various institutions all over India had organized cultural programs on 23<sup>rd</sup> September 2017. A semiclassical dance was performed by B.Sc Nursing students of Lisie College of Nursing. The variety entertainments added vibrance to the event.





## Rev.Fr.TOM UZHUNNALIL

You listened to the voice  
That spoke to you in silence;  
To shed all worldly pleasures  
To seek God  
And HIS treasures;  
You chose to drink the wine  
Break the bread  
The cross to bear  
A crown of thorns to wear  
Relentless service in alien lands  
Ravaged by war , disease ,misery  
Distress, penury;

.....  
Surrounded by gunshots  
The abduction, captivity  
Endless days..  
In the company of terrorists  
Death at doorstep..  
.....

But he knoweth the way  
that I take: [when] he  
hath tried me, I shall  
come forth as gold.

JOB 23:10

Dr Maggie Xavier  
LIRRIS

## BLUE WHALE GAME-AWARENESS

On 28th September 2017 at Ernakulum North railway station the medical social workers of Lisie Hospital, Ernakulam along with the trainees from Augustinose College Ramapuram, Ideal College Malappuram, and St Gregarious College Parumala performed a skit thrusting the impact of Blue Whale Game and how it affects our societal, individual and familial life. The skit ended by a message by Sr.Alphonsa, head of the department of Medical social work department in focusing on parental attention on this upcoming issue. Sister introduced a helpline number 182 in collaboration with Indian railways to track the occurrence of such mishaps and to prevent it in all possible forms within the reach of the railway stations. The program ended by a thanksgiving and tea by the Railway Police inspector, C Girish and health inspector Mr. Arun of Ernakulam North railway station

along with his subordinates. As an evaluation the social workers could impart the message of staying away from disastrous games like Blue whale to the youngsters and imparting knowledge to parents to keep their children safe from such games. The outreach program developed coordination skills and organizing capacities of social workers improving their team work in community level activities with a healthy promotion of Lisie hospitals name and fame.





# WORLD HEPATITIS DAY 28<sup>TH</sup> JULY

ECHOLIS  
2017

## REPORT ON HEPATITIS DAY CELEBRATION

On World Hepatitis Day 28th July 2017, an awareness programme was organized by the II year Post Basic B.Sc nursing students assisted by the Medical Social Worker's department, at the reception area of the main block of Lisie Hospital. The students displayed various informative charts on the topic of the day. The programme commenced at 9am with a prayer song followed by the unveiling of the day's theme "Eliminate hepatitis" and address by Rev. Fr. Thomas Vaikathuparambil, Director, Lisie Medical and Educational Institutions. Dr. Johny Cyriac, HOD, Gastroenterology department, in his key note address emphasized the need and ways of preventing hepatitis. Mrs. Blaicy F, Asst. Professor, Lisie College of Nursing drew the attention of the public on measures of preventing hepatitis. The students enacted a mime depicting the causes of hepatitis, which thoroughly entertained the audience.



It was followed by an educative interactive session on Hepatitis and its prevention in Malayalam using power point display by students. The programme came to an end by 10 am with the Lisie anthem. The students were available at the help desk to clear the doubts of the public till afternoon.

## An extraordinary day of pure fun

The 15<sup>th</sup> batch B.Sc. Nursing Students of Lisie College of Nursing had an excursion to Athirappilly Vazhachal Waterfalls on 15.08.17, accompanied by two teachers and two parents. On the way to waterfalls they also visited St.Mary's pilgrim church, Koratty, Ezhattumugam and Thumbboormuzhi Parks. The trip was a different experience to all the students and they had great fun and enjoyment.

On 19<sup>th</sup> morning, the fourth year B.Sc Nursing students with their class teachers Mrs. Mary Poulose and Ms. Philby Babu along with two parents went for a trip to Munnar. On the way, they got down at a waterfall and spent some time there enjoying the nature. They visited Kundala Dam, ECHO point, Kerala Hydel Blossom Park and Rose Gardens. Till that time none of them were exhausted and preserved the energy for an immense outburst at the park as some of the outdoor games and fun were carried out there despite of the rain. After this, they bid goodbye to the nature's beauty, Munnar and headed back. They reached safely and happily.





# OSTEOPOROSIS & BONE MINERAL DENSITOMETRY

Dr. Maggie Xavier  
LIRRIIS

## WHAT IS OSTEOPOROSIS

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones

Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone to fracture.

## HOW TO DIAGNOSE OSTEOPOROSIS

Dual-energy X-ray absorptiometry scan (DXA, formerly known as DEXA) be used for the diagnosis of osteoporosis. DXA typically measures bone density in the hip, the spine, and the forearm. The test takes only five to 15 minutes to perform, exposes patients to very little radiation (less than one-tenth to one-hundredth of the amount used on a standard chest X-ray), and is quite precise.

## RISK FACTORS FOR OSTEOPOROSIS

*Female gender*

Family history of osteoporosis (for example, having a mother with an osteoporotic hip fracture doubles your risk of hip fracture)

*Cigarette smoking*

*Excessive alcohol consumption*

*Lack of exercise*

*Diet low in calcium*

Poor nutrition and poor general health, especially associated with chronic inflammation or bowel disease

## Malabsorption

Low estrogen levels in women (which may occur in menopause or with early surgical removal of both ovaries)

Low testosterone levels in men (hypogonadism)

Chemotherapy that can cause early menopause due to its toxic effects on the ovaries

Chronic inflammation, due to chronic inflammatory arthritis or diseases, such as rheumatoid arthritis or liver diseases

Immobility, such as after a stroke, or from any condition that interferes with walking

*Hyperthyroidism,*

*Vitamin D deficiency*

Certain medications can cause osteoporosis like heparin phenytoin (Dilantin) and phenobarbital, oral corticosteroids

## BONE MINERAL DENSITOMETRY TO DIAGNOSE OSTEOPOROSIS

Bone densitometry, also called dual-energy x-ray absorptiometry or DEXA, uses a very small dose of ionizing radiation to produce pictures of the inside of the body (usually the lower spine and hips) to measure bone loss. It is commonly used to diagnose osteoporosis and to assess an individual's risk for developing fractures. DEXA is simple, quick and noninvasive. It's also the most accurate method for diagnosing osteoporosis.

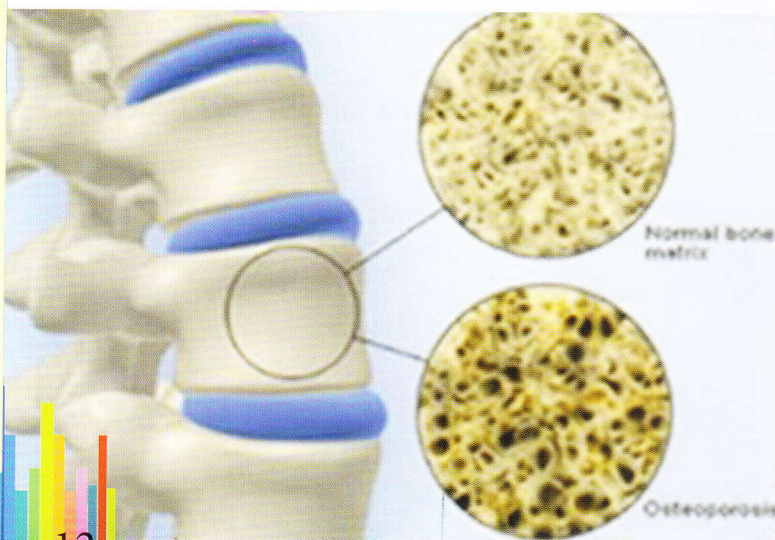
## PREPARATION FOR DEXA

You should not take calcium supplements for at least 24 hours before your exam.

You should wear loose, comfortable clothing, avoiding garments that have zippers, belts or buttons made of metal. Objects such as keys or wallets that would be in the area being scanned should be removed.

You will be asked to remove some of your clothes and to wear a gown during the exam. You may also be asked to remove jewelry, removable dental appliances, eye glasses and any metal objects or clothing that might interfere with the x-ray images.

Inform your physician if you recently had a barium examination or have been injected with a contrast material for a computed tomography (CT) scan or radioisotope scan. You may have to wait 10 to 14 days before undergoing a DEXA test.





Women should always inform their physician and x-ray technologist if there is any possibility that they are pregnant. Many imaging tests are not performed during pregnancy so as not to expose the fetus to radiation. If an x-ray is necessary, precautions will be taken to minimize radiation exposure to the baby.

#### RESULTS OF DEXA

The bone density of the patient is compared to the average peak bone density of young adults of the same sex and race. This score is called the "T score" or T-score, and it expresses the bone density in terms of the number of standard deviations (SD) below peak young adult bone mass.

T score — This number shows the amount of bone you have compared with a young adult of the same gender with peak bone mass. A score above -1 is considered normal. \*A score between -1 and -2.5 is classified as osteopenia (low bone mass).

\*A score below -2.5 is defined as osteoporosis. The T score is used to estimate your risk of developing a fracture.

Z score — This number reflects the amount of bone you have compared with other people in your age group and of the same size and gender. If this score is unusually high or low, it may indicate a need for further medical tests.

Small changes may normally be observed between scans due to differences in positioning and usually are not significant.

BONE MINERAL DENSITOMETRY IN LISIE HOSPITAL

WE HAVE GE PRODIGY BONE MINERAL DENSITOMETRY MACHINE LIRIS. Prodigy provides precise data on soft tissue and bone composition, including bone-mineral density (BMD), lean- and fat-tissue mass, and percentage of fat



*Hearty Welcome*

Fr. Jerry Njaliath  
Asst. Director  
Lisie Medical &  
Educational Institutions



## Glorious Achievement of Lisie College of Pharmacy



NEETHU XAVIER  
(First Rank)



NOUFIYA M.M.  
(Second Rank)

Students of Lisie College of Pharmacy made a brilliant performance by grabbing first and second rank of state D.Pharm examination 2017, conducted by Directorate of Medical Education. Neethu Xavier secured the first rank and Noufiya M.M, the second rank. Their devotion, dedication and hard work took our entire Lisie family to great heights of pride and joy.

*"Congratulations to rank holders"*



# Welcome to Lisie Family



Dr. Abin J Kulangara  
(Junior Doctor Consultant  
in General Medicine)



Dr. Akhil Jerry  
(Junior Doctor in  
Gastroenterology)



Dr. Anna John  
(Junior Doctor in  
Gastroenterology)



Dr. Biji Bahuleyan  
(Consultant- Neuro Surgery)



Dr. Deepthy D. Pillai  
(Asso. Consultant  
Anaesthesiology)



Dr. Hima Mathews. P  
(Paediatric Consultant)



Dr. James Paul  
(CMO, Emergency Medicine)



Dr. Neenu Susan Paul  
( Junior Dr. Pulmonology)



Dr. Reshma Francis  
(Consultant, Radiology)



Dr. Rosmy Jose. C  
(Consultant in  
Anaesthesiology)



Dr. Santhosh George  
Thomas  
(Neuro Surgery Consultant)



Dr. Bijesh V V  
( Junior Consultant in  
Paediatric Cardiology)



Dr. Jareen Ann Ebenezer  
(Consultant in ENT)



Dr. Sandeep Janardan  
(Junior Consultant in  
General Surgery)



Dr. Shruthy Sudhakaran  
(Consultant in Paediatrics)



Dr. Thomas Kurian  
(Registrar in Pulmonology)

## ലോക ഹൃദയദിനം - 2017 സെപ്റ്റംബർ

ലോകഹൃദയദിനത്തോട് അനുബന്ധിച്ച് ഹാർട്ട് കെയർ ഫൗണ്ടേഷനും ലിസി ആശുപത്രിയും സംയുക്തമായി സംഘടിപ്പിച്ച ഹൃദയസംഗമം മുൻ അധിഷ്ഠനൽ ചീഫ് സെക്രട്ടറി ഡോ. ഡി. ബാബു പോൾ ഉദ്ഘാടനം ചെയ്തു. കലൂർ റിന്യൂവൽ സെന്ററിൽ നടത്തപ്പെട്ട ചടങ്ങിൽ ലിസി ആശുപത്രി ഡയറക്ടർ ഫാ. തോമസ് വൈക്കത്തുപറമ്പിൽ അദ്ധ്യക്ഷത വഹിച്ചു. ഹാർട്ട് കെയർ ഫൗണ്ടേഷൻ ചെയർമാൻ ഡോ. ജോസ് ചാക്കോ പെരിയപ്പുറം, സെക്രട്ടറി രാജു കണ്ണമ്പുഴ, ഡോ. റോണി മാത്യു, ഡോ. ജോക്കബ് അബ്രഹാം, ഐഡിയ കേരള ഓപ്പറേഷൻസ് ഹെഡ്

ശ്രീ. വിനു വർഗ്ഗീസ്, റോട്ടറി ക്ലബ് കൊച്ചിൻ ഗ്ലോബൽ പ്രസിഡന്റ് ശ്രീ. പോൾ മാമ്പിള്ളി തുടങ്ങിയവർ പങ്കെടുത്ത ചടങ്ങിൽ ഹൃദയശസ്ത്രക്രിയ കഴിഞ്ഞ രോഗികളും അവരുടെ കുടുംബാംഗങ്ങളും പങ്കെടുത്തു. ഹൃദ്രോഗ ബാധിതരായ രോഗികൾക്കും കുടുംബാംഗങ്ങൾക്കുമായി ക്ലാസുകളും കുട്ടികൾക്കായുള്ള ചിത്രരചനാ മത്സരവും നടത്തപ്പെട്ടു. തദ്ദേശസമൂഹത്തിൽ ഹാർട്ട് കെയർ ഫൗണ്ടേഷന്റെ ആജീവനാന്ത നേട്ടങ്ങൾക്കായുള്ള അവാർഡ് വി.പി.എസ് ലേക്ഷോർ ആശുപത്രിയിലെ അനസ്തേഷ്യോളജി വിഭാഗം മേധാവി ഡോ. മോഹൻ എ. മാത്യുവിന് സമ്മാനിച്ചു.





**KIND ATTENTION OF HEAD OF DEPARTMENT GUIDELINES FOR  
SENDING REPORT/NEWS/WRITE-UP FOR ECHOLIS (NEWSLETTER OF LISIE)**

- ❖ Maximum of 300 words and a photograph for events or news of one to two days.
- ❖ Maximum of 500 words and two to three photographs for events of 3 to 5 days or more.
- ❖ One page for NABH- Quality control
- ❖ One page for highlight of a department in a particular issue with one photograph of all personnel of the department.
- ❖ Small write- up for individual events or accomplishment ( honors, awards, prizes, ranks etc) with a passport photograph of the individual.
- ❖ Prominent, common functions write up – half page with a prominent photograph.
- ❖ All write- ups, reports, should be e mailed within 3 to 4 days after the event along with the photograph in the above mentioned format.
- ❖ All the heads of department to ensure that the respective details have been timely emailed. For the forthcoming issue the last date to get the write-ups and photographs is 31-12-2017. [lisienewsletter2013@gmail.com](mailto:lisienewsletter2013@gmail.com)

Fr. Jery Njaliath

*Retirement*



**Kochurani P.O**  
July 2017  
(Receptionist)



**Agnes P.S**  
August 2017  
(General Worker)



**Leelamma Benedict**  
September 2017  
(General Worker)



**Molly Benny**  
September 2017  
(General Worker)



**Important Health Days**

**October**

- 1 International Day for the Elderly
- 2 National Anti Drug Addiction Day
- 10 World Mental Health Day
- 12 World Sight Day  
(Thursday of October Every Year)
- 12 World Arthritis
- 16 World Food Day
- 17 World Trauma Day
- 20 World Osteoporosis Day
- 21 World Iodine Deficiency Day
- 24 World Polio Day
- 26 World Obesity Day

- 29 World Stroke Day
- 30 World Thrift Day

**November**

- 2 World Pneumonia Day
- 10 World Immunization Day
- 14 Diabetes Day
- 18 World Epilepsy Day
- 19 World COPD Day
- 15 to 21 New Born Care Week

**December**

- 1 World AIDS Day
- 2 National Pollution Prevention Day
- 3 International Day of Disabled Persons
- 9 World Patient Safety Day





# LISIE HOSPITAL, ERNAKULAM

Advance Booking No: 0484 2401141, 2402044, Extn. 5027

## വിവിധ ചികിത്സാ വിഭാഗങ്ങളും ഒ.പി. ദിവസങ്ങളും

### ജനറൽ മെഡിസിൻ

- |                         |                |
|-------------------------|----------------|
| 1. ഡോ. ടി.കെ. ജോസഫ്     | (തിങ്കൾ - ശനി) |
| 2. ഡോ. അഗസ്റ്റിൻ എ.കെ   | (തിങ്കൾ - ശനി) |
| 3. ഡോ. എ.പി. ജോണി       | (തിങ്കൾ - ശനി) |
| 4. ഡോ. ജോർജ്ജ് സേവ്യർ   | (തിങ്കൾ - ശനി) |
| 5. ഡോ. അഭിലാഷ് ചാക്കോ   | (തിങ്കൾ - ശനി) |
| 6. ഡോ. എബിൻ ജെ. കുളങ്ങര | (തിങ്കൾ - ശനി) |

### ഡയബറ്റോളജി വിഭാഗം (പ്രമേഹ രോഗ ചികിത്സാ വിഭാഗം)

- |                         |                |
|-------------------------|----------------|
| 1. ഡോ. ജോർജ്ജ് പൗലോസ്   | (തിങ്കൾ - ശനി) |
| 2. ഡോ. ബെറ്റസി ആനി കോശി | (തിങ്കൾ - ശനി) |

### പൾമനോളജി (ശ്വാസകോശ രോഗ വിഭാഗം)

- |                              |                |
|------------------------------|----------------|
| 1. ഡോ. പരമേശ് എ. ആർ.         | (തിങ്കൾ - ശനി) |
| 2. ഡോ. രാഹുൽ സൈമൺ മാമ്പിള്ളി | (തിങ്കൾ - ശനി) |

### ജനറൽ സർജറി വിഭാഗം (ശസ്ത്രക്രിയ വിഭാഗം)

- |                         |                        |
|-------------------------|------------------------|
| 1. ഡോ. ജോയ് മാമ്പിള്ളി  | (ചൊവ്വ വ്യാഴം ശനി)     |
| 2. ഡോ. പൗലോസ് ജേക്കബ്   | (ചൊവ്വ, വ്യാഴം, ശനി)   |
| 3. ഡോ. സന്ദീപ് ജനാർദ്ദൻ | (തിങ്കൾ, ബുധൻ, വെള്ളി) |

### ഡെർമറ്റോളജി (തുക - രോഗ വിഭാഗം)

- |                    |                                      |
|--------------------|--------------------------------------|
| 1. ഡോ. സോമൻ പിറ്റർ | (തിങ്കൾ, ചൊവ്വ, വ്യാഴം, വെള്ളി, ശനി) |
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### ഓഫ്താൽമോളജി (നേത്ര രോഗ വിഭാഗം)

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|-------------------|------------------------------------|
| 1. ഡോ. ലതാ മാത്യു | (തിങ്കൾ, ചൊവ്വ, ബുധൻ, വ്യാഴം, ശനി) |
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### ഇ.എൻ.ടി. (ചെവി, മൂക്ക്, തൊണ്ട വിഭാഗം)

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|-----------------------|-------------------------|
| 1. ഡോ. റിന് വർഗ്ഗീസ്  | (ചൊവ്വ, വ്യാഴം, ശനി)    |
| 2. ഡോ. ഫ്രാങ്കി ജോസ്  | (തിങ്കൾ, ബുധൻ, വെള്ളി)  |
| 3. ഡോ. ദിവ്യ മോഹൻ വി. | (ചൊവ്വ, വ്യാഴം, ശനി)    |
| 4. ഡോ. ജോസഫ് മാത്യു   | (ചൊവ്വ, വ്യാഴം, വെള്ളി) |
| 5. ഡോ. ജെറിൻ എബനേസർ   | (ചൊവ്വ, ബുധൻ, വെള്ളി)   |

### ഓർത്തോപീഡിയക്സ് (അസ്ഥി രോഗ വിഭാഗം)

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|--------------------|------------------------|
| 1. ഡോ. കെ. രാജാറാം | (ചൊവ്വ, വ്യാഴം, ശനി)   |
| 2. ഡോ. സുരേഷ് പോൾ  | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 3. ഡോ. ബിജു പി. എ. | (ചൊവ്വ, വ്യാഴം, ശനി)   |
| 4. ഡോ. മനോജ് എം.   | (തിങ്കൾ, ബുധൻ, വെള്ളി) |

### സൈക്യാട്രി (മാനസിക രോഗ വിഭാഗം)

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|----------------------|---------------------------|
| 1. ഡോ. കുരുവിള തോമസ് | (തിങ്കൾ - ശനി After 4 pm) |
|----------------------|---------------------------|

### ഗ്യാസ്ട്രോ എന്ററോളജി (ഉദര രോഗ വിഭാഗം)

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|----------------------|----------------|
| 1. ഡോ. തോമസ് ജെയിംസ് | (തിങ്കൾ - ശനി) |
| 2. ഡോ. ജോണി സിറിയക്  | (തിങ്കൾ - ശനി) |

### ഗ്യാസ്ട്രോ ഇന്റസ്റ്റിനൽ ഫെഷ്റ്റാബിളിറ്റി & പാൻക്രിയാറ്റിക് സർജറി

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|--------------------|-----------------------------|
| 1. ഡോ. സുനിൽ റ്റി. | (തിങ്കൾ, ബുധൻ, വെള്ളി, ശനി) |
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### നെഫ്രോളജി (വൃക്ക രോഗ വിഭാഗം)

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| 1. ഡോ. ബാബു ഫ്രാൻസിസ് | (തിങ്കൾ - വെള്ളി) |
| 2. ഡോ. ജോസ് പി. പോൾ   | (തിങ്കൾ - വെള്ളി) |

### ന്യൂറോളജി (മസ്തിഷ്ക രോഗ വിഭാഗം)

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|---------------------------|----------------|
| 1. ഡോ. വിദ്യ എം. വി.      | (തിങ്കൾ - ശനി) |
| 2. ഡോ. അരുൺ കുമാർ എം. എൽ. | (തിങ്കൾ - ശനി) |
| 3. ഡോ. ജോൺ ജെ. വൈദ്യ      | (തിങ്കൾ - ശനി) |

### ന്യൂറോ സർജറി (മസ്തിഷ്ക രോഗ വിഭാഗം)

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|---------------------|-------------------|
| 1. ഡോ. കോശി ജോർജ്ജ് | (തിങ്കൾ - വ്യാഴം) |
| 2. ഡോ. ബി ശ്യാം     | (ചൊവ്വ - വെള്ളി)  |

- |                  |                   |
|------------------|-------------------|
| 3. ഡോ. കൃഷ്ണദാസ് | (ബുധൻ am, ശനി am) |
|------------------|-------------------|

- |                              |               |
|------------------------------|---------------|
| 4. ഡോ. സന്തോഷ് ജോർജ്ജ് തോമസ് | (വ്യാഴം, ശനി) |
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| 5. ഡോ. ബിജി ബാഹുലേയൻ | (തിങ്കൾ, ബുധൻ) |
|----------------------|----------------|

### ഡെന്റൽ വിഭാഗം (ദന്ത രോഗ വിഭാഗം)

- |                       |                       |
|-----------------------|-----------------------|
| 1. ഡോ. ബിജി രാജ്      | (തിങ്കൾ - ശനി)        |
| 2. ഡോ. ജേക്കബ് ചാക്കോ | (തിങ്കൾ, വ്യാഴം, ശനി) |
| 3. ഡോ. റോസ് കുര്യൻ    | (തിങ്കൾ - ശനി)        |
| 4. ഡോ. ടെറി തോമസ്     | (വെള്ളി)              |
| 5. ഡോ. രേഷ്മ സോണി     | (തിങ്കൾ - ശനി)        |

### ഓങ്കോളജി വിഭാഗം

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|------------------------------|----------------|
| 1. ഡോ. അശോക് എസ്. കൊമൻചാത്ത് | (തിങ്കൾ - ശനി) |
|------------------------------|----------------|

### സർജിക്കൽ ഓങ്കോളജി വിഭാഗം

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| 1. ഡോ. അരുൺ പിറ്റർ മാത്യു | (തിങ്കൾ - ശനി) |
|---------------------------|----------------|

### പീഡിയാട്രിക്സ് വിഭാഗം (ശിശുരോഗ വിഭാഗം)

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|-------------------------|----------------|
| 1. ഡോ. മാർഗരറ്റ് ജോസഫ്  | (തിങ്കൾ - ശനി) |
| 2. ഡോ. ജെസി തോമസ്       | (തിങ്കൾ - ശനി) |
| 3. ഡോ. ശശിരമൻ പി. യു.   | (തിങ്കൾ - ശനി) |
| 4. ഡോ. ഹിമ മാത്യുസ്     | (തിങ്കൾ - ശനി) |
| 5. ഡോ. ശിവജി ആർ. ഫെഗ്ഗെ | (തിങ്കൾ - ശനി) |
| 6. ഡോ. ശ്രുതി സുധാകരൻ   | (തിങ്കൾ - ശനി) |

### ജീറിയാട്രിക് വിഭാഗം

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|---------------------------|-------------------|
| 1. ഡോ. റോസക്കുട്ടി മാത്യു | (തിങ്കൾ - ശനി am) |
| 2. ഡോ. സാറാമ്മ ഈശോ        | (തിങ്കൾ - ശനി am) |

### നൈനക്കോളജി വിഭാഗം

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|--------------------------|------------------------|
| 1. ഡോ. എയ്ലി ഡിസൂസ       | (ചൊവ്വ, വ്യാഴം, ശനി)   |
| 2. ഡോ. രമാദേവി           | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 3. ഡോ. Sr. റാണി പോൾ      | (തിങ്കൾ, ബുധൻ, വെള്ളി) |
| 4. ഡോ. സിമി രാജ് ടി. ജെ. | (ചൊവ്വ, വ്യാഴം, ശനി)   |
| 5. സുമി പി. തമ്പി        | (ചൊവ്വ, വ്യാഴം, ശനി)   |

### യൂറോളജി വിഭാഗം

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|---------------------------|-------------------------------|
| 1. ഡോ. ദാമോദൻ നമ്പ്യാർ    | (തിങ്കൾ pm, ബുധൻ, വെള്ളി)     |
| 2. ഡോ. വിജു ജോർജ്ജ്       | (ചൊവ്വ pm, വ്യാഴം pm, ശനി am) |
| 3. ഡോ. തോമസ് പുതുക്കാടൻ   | (ചൊവ്വ, വ്യാഴം am, വെള്ളി pm) |
| 4. ഡോ. സനിൽ കുമാർ എൻ. കെ. | (ചൊവ്വ - ശനി)                 |

### കാർഡിയോളജി (ഹൃദയരോഗ വിഭാഗം) Booking No. 0484 2401821

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|-------------------------------|--------------------------|
| 1. ഡോ. റോണി മാത്യു കടവിൽ      | (തിങ്കൾ - വെള്ളി)        |
| 2. ഡോ. ജേക്കബ് ജോസഫ്          | (തിങ്കൾ - വെള്ളി)        |
| 3. ഡോ. ജാബിർ അബ്ദുള്ളക്കുട്ടി | (തിങ്കൾ - വെള്ളി)        |
| 4. ഡോ. ജിമ്മി ജോർജ്           | (ബുധൻ, ശനി)              |
| 5. ഡോ. അജിത്ത് കുമാർ കെ.ആർ.   | (തിങ്കൾ, വ്യാഴം am)      |
| 6. ഡോ. ജോ ജോസഫ്               | (തിങ്കൾ - ബുധൻ, വെള്ളി)  |
| 7. ഡോ. ഓ. പി. മാത്യു          | (തിങ്കൾ, വ്യാഴം, വെള്ളി) |

### ഇലക്ട്രോ ഫിസിയോളജി

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|---------------------|---------------|
| 1. ഡോ. അജിത് തച്ചിൽ | (ചൊവ്വ - ശനി) |
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### കാർഡിയാക് സർജറി

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|--------------------------------|-------------------|
| 1. ഡോ. ജോസ് ചാക്കോ പെരെയപ്പുറം | (തിങ്കൾ - വെള്ളി) |
| 2. ഡോ. ഭാസ്കർ രത്നാമൻ          | (തിങ്കൾ - വെള്ളി) |

### പീഡിയാട്രിക് കാർഡിയോളജി

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|-------------------------|-------------------|
| 1. ഡോ. എഡ്വിൻ ഫ്രാൻസിസ് | (തിങ്കൾ - വെള്ളി) |
| 2. ഡോ. അനൂ              | (തിങ്കൾ - വെള്ളി) |

### പീഡിയാട്രിക് കാർഡിയാക് സർജറി

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|---------------------|----------------|
| 1. ഡോ. തോമസ് മാത്യു | (തിങ്കൾ - ശനി) |
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