

SHANTI TIMES



NEWSLETTER

VOLUME 1

ISSUE 2

SEPTEMBER 2020

FOR INTERNAL CIRCULATION



CMD's Message

Dear friends,

It's about time we get one thing straight. The unlocking process unfolding in phases is not

because the situation is under control but as a response to the rapidly intensifying economic & livelihood crisis plaguing the country. We need to act with a heightened sense of responsibility & wisdom so as to keep the infection at bay, more now than ever before. Please remember, this disease does not favour or discriminate against anybody. We could get the disease regardless of our culture, religion, occupation, financial status, power or fame. Hence I reiterate, exercise caution, follow guidelines & practice hygiene at all times.

Having said that, we need to understand that life can't come to a standstill and lockdowns aren't the solution. During the last few months we have had the much needed time and opportunity to retrospect and subsequently reorient ourselves and life around us, in a whole new dimension. It's time to act according to this newfound wisdom.

Mankind has survived several cataclysms in the past and emerged like a phoenix from the ashes of devastation with renewed vigour and hope. I strongly believe this too shall pass and we shall emerge a stronger and wiser race on this beautiful planet of ours. A race more aware of our blessings, more appreciative of mother nature and more sensitive to others' needs.

Take care & God bless us all!

Dr. SREEJOY PATNAIK
Chief Surgeon & CMD, Shanti Memorial Hospital



KEEPING SAFE ASTHMA PATIENTS IN THE ERA OF COVID 19 PANDEMIC

COVID 19 has affected millions of lives worldwide and crippled world economy. In the current scenario asthma patients are more worried because their symptoms are more or less similar to that of COVID

19. Though risk of getting infection among asthma patients are similar to that of general populations but they are more prone to have severe form COVID 19 infections which increases risk for hospitalisation and mortality. Keeping these facts in mind, I have highlighted few tips for asthma patients.

- › Do not get panic
- › Stay indoor as much as possible.
- › Does frequent hand wash with soap or sanitizer.
- › Stay in a well-ventilated room.
- › No need to wear mask in home you feel suffocated.
- › Do Yoga, Pranayam and breathing exercise.
- › Take fresh food, vegetables and fruits.
- › Continue your inhaler as prescribed by your doctor.
- › Wash your hand before using your inhaler and never share your inhaler with anyone.
- › Do not discontinue or change any medication without medical advice.
- › Keep sufficient stock of your medicine and inhaler.
- › Avoid unnecessary use of nebulisation because it generates aerosol which increases the chance of spreading infection.
- › Clean your devices, i.e. spacer, nebuliser regularly.
- › Avoid spirometry testing unless extremely urgent.
- › Maintain cough etiquette.
- › Use sanitizer that need not be sprayed to avoid asthma-trigger.
- › Use telehealth service and avoid unnecessary medical visit.
- › Asthma exacerbation mimics COVID 19, so consult your doctor.
- › Ensure your daily requirement of Vitamin-D and Vitamin C to boost your immunity.
- › Attend emergency in case of increased breathlessness.

Dr. Suman Kumar Jagaty
Consultant Pulmonary Medicine, Shanti Memorial Hospital



Patnaik Colony, Mangalabag, Cuttack, Odisha 753001



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shantimemorialhospital.cuttack



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WELCOME TO SHANTI FAMILY!



NAME :
DEPT. :
DESIG. :

MANAS RANJAN RATH
SECURITY
GUARD

HIRANYA MAYEE MOHANTY
ICU
STAFF NURSE



MADHUSMITA NAYAK
ICU
STAFF NURSE



BANDANA DWIBEDY
ICU
STAFF NURSE



TIKINA BEHERA
SUPER DELUXE
STAFF NURSE



ANIL KUMAR SAHOO
ICU
PHARMACIST



MANOJ KUMAR BEHERA
RADIOLOGY
RADIOGRAPHER



NISHIMA NAYAK
AC WARD
STAFF NURSE



KRITIKA DAS
AC WARD
STAFF NURSE



MADHUSMITA DAS
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DEZINA DAS
ICU
STAFF NURSE



PRAGYAN PRAMADA MALLICK
ICU
STAFF NURSE



BEBUN SAMAL
HOUSE KEEPING
ATTENDANT



K. TRINATH
HOUSE KEEPING
ATTENDANT



UPASANA MUDULI
AC WARD
STAFF NURSE



DR SWADHIN KUMAR SAHOO
SUPER DELUXE
DOCTOR



DIPTIMAYEE MALLICK
AC WARD
STAFF NURSE



BHARATI SHANKHWA
ICU
STAFF NURSE



PRATIKSHYA BISWAL
DAYCARE
STAFF NURSE



ANJANA ROUT
ICU
STAFF NURSE



AMRITA JENA
DAYCARE
STAFF NURSE



ASHWINI KUMAR ROUT
SECURITY
GUARD



Celebrations on Independence day



Covid warriors of Shanti

Shanti Memorial Hospital being a responsible healthcare entity, is committed to the cause of dealing with the COVID-19 situation and is glad to extend its full support to the government in its battle against this pandemic. Though we are not a COVID Hospital, we are treating patients affected by this infection, at our hospital as part of our social responsibility. In addition we are also offering Rapid Antigen Test at our hospital where reports are available in 30 min. only.



Casualty



Intensive Care Unit



Briefing session on Covid treatment guidelines



Super Deluxe Section





September Borns



NAME	DOB	DEPARTMENT
TAPAN HALDAR	04 th Sep	BILLING
LALIT MOHAN NANDA	19-09-1982	PATHOLOGY
AMIT KUMAR NAYAK	17-09-1993	OT
LOPAMUDRA DHAL	28-09-1998	FRONT OFFICE
DR M.D ILAVARASAN	28-09-1991	ORTHOPEDICS
PRAGYAN PRAMADA MALLICK	07 th Sep	ICU

NAME	DOB	DEPARTMENT
NIBEDITA SWAIN	25 th Sep	ICU
HIRANYAMAYEE MOHANTY	11 th Sep	ICU
RASMI RANJAN SAMAL	07 th Sep	PA TO MD
GYANJIT SAHOO	17 th Sep	SECURITY
HIMANSU BEHERA	24-08-1995	PHARMACY

Valuable Feedback

I am extremely happy. My son has fully recovered with the treatment provided by the efficient doctors, 24/7 services of the staffs members and the caring nurses.

- Kunu Sahani

My patient's condition has improved. I found all the services of this hospital to be of quality and the staff behaviour is also very good. I am totally satisfied.

- Biswajit Pradhan

Overall satisfied. The nurses are very caring, prompt & efficient, not only during the day time but also at night and early morning. Sweepers are also very good at their work, keeping the rooms and washrooms clean throughout the day. Finally I was pleasantly surprised to see the doctors and their behaviour with the patients. Especially, Dr. S. patnaik sir who performed my surgery, is a real gentleman. Also want to mention the dietician. She thoroughly explained to me which foods are to be taken, their timings, and which foods are to be avoided.

- Swaraj Kumar Samal

Doctors, dieticians, support staff and sweepers etc were all good....I am really happy with the patient's treatment. However there is scope of improvement in the area of nursing management .

- Mr.Sasikanta Tripathy

The operation was successful. The service of the hospital staff at OPD and Indoor treatment are really appreciable. The rooms are well maintained. Promptness of nurses was excellent. Dietician was well informed. and could understand the requirement of patient food as required.

- Sasmita Sahu

SHANTI MEMORIAL HOSPITAL



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