

SHANTI TIMES



NEWSLETTER

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FOR INTERNAL CIRCULATION

CMD's Message



Dear friends,

we are in a war situation currently. The entire human race is on one side and a deadly virus on the other. Please get yourselves vaccinated as soon as possible. And meanwhile, continue to maintain social distance, wear double masks, avoid outdoors and practice personal hygiene at all times. At this juncture I really have nothing else to say. Just praying for your safety and wellness. May God almighty bless you with patience and strength. We at Shanti Memorial Hospital continue to stand in solidarity with each one of you.

Dr. Sreejoy Patnaik

Chief Surgeon & CMD, Shanti Memorial Hospital



VITAMIN D IN ICU: HOW IMPORTANT

1. Vitamin D is essentially needed in general population and the critically ill as well. This vitamin has significant role in maintaining immune function, cardiovascular state, glucose control and mucosal barrier function etc.
2. 70 to 100 % have vitamin D deficiency in ICU.
3. Vitamin D supplementation is safe in general population and ICU patients. Hypervitaminosis D should be avoided through correct replacement regimen.
4. Normal desirable levels:
Labs report Vitamin D3 levels in two different units; ng/mL & nmol/L
 $1 \text{ ng/mL} = 2.5 \text{ nmol/L}$
Normal value 30-100 ng/mL (75 to 250 nmol/L)
Anything over 100 ng/ml (250 nmol/l) over prolonged periods may be harmful.
Dietary supplement upto 4,000 IU or less per day is considered safe.
5. Supplements comparisons and dose schedules
 - Oral
Orally administered Vitamin D3 partially gets metabolized by the hepatic 25- hydroxylase enzyme and therefore the rise is ill sustained.
6. Replacement regimen in deficient adults
 - Oral replacement
Advantage- Easy, Non invasive
Disadvantage- Ill sustained correction, poor compliance in long term
Large oral dose - 300000 IU- Continue maintenance dose after 3 months - 60000 per week
or
Weekly dose - 60000 IU per week
 - Intramuscular
IM route advantages- Low cost good compliance, sustained level, need not pass through the liver metabolism
300,000 IU Vitamin D3 monthly for 3 months followed by the same dose every 6 months
600000 IU stat then 300000 IU every 6 months.
7. Preparations
 - Cap D Rise (60K), Uprise (60K) etc
 - Inj Arachitol 6L, 3L, 1L, 60K etc for IM injection

Dr. Avijit Kumar Prusty
MD, FCCS, IDCCM (Critical Care)



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WELCOME TO SHANTI FAMILY!



NAME : ALISHA DAS
DEPT. : STAFF NURSE
DESIG. : SUPER DELUXE



ALIVA KUJUR
STAFF NURSE
SUPER DELUXE



ANUPRIYA DAS
STAFF NURSE
ACW



APARAJITA SAHOO
STAFF NURSE
ACW



APARNA SAMAL
STAFF NURSE
ACW



ASHA NIBEDITA DAS
STAFF NURSE
ACW



BASUDEB PANDA
DATA ENTRY OPERATOR
COMPUTER



BISWAJIT SAHOO
STAFF NURSE
ICU



DIBYAM DEBASIS MOHANTY
STAFF NURSE
DAY CARE



DISHA DEVAJANI DHAL
STAFF NURSE
ACW



DR ASHIS PATRA
SENIOR RESIDENT SURGEON
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KUMAR
RMO



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SANTI PADA BERA
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SATYA RANJAN NAYAK
RADIOGRAPHER
RADIOLOGY



SHATABDI
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SHIBANI MAHAPATRA
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STAFF NURSE
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SILPA SUMAN BARIK
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SUBHASMITA PATRA
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WELCOME TO SHANTI FAMILY!



NAME : **SWARNAPRAVA NAYAK**
DEPT. : STAFF NURSE
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NAME : **TRUPTIMAYEE SETHY**
DEPT. : STAFF NURSE
DESIG. : SUPER DELUXE



May Borns



NAME	DOB	DEPARTMENT
UTTAM BARIK	15-05-87	PHARMACY
PABITA SETHI	25-05-83	SECURITY
LILI SAHOO	10-05-76	OT
PRAKASH RANJAN MOHAPATRA	04-05-74	MARKETING
PARAMITA SAHOO	08-05-95	DATA ENTRY
RAMA NARAYAN SAHU	29-05-71	FINANCE
SAROJINI PANDA	10-05-95	SUPER DELUXE
NINDRABATI THAYAL	16-05-82	OT

NAME	DOB	DEPARTMENT
PRITISMITA BEHERA	11-05-97	OPD
LAXMIPRIYA JENA	10-05-88	ICU
GITANJALI DIGAL	20-05-97	SUPER DELUXE
SANTOSH KUMAR BEHERA	14-05-82	SECURITY
UMAKANTA BEHERA	10-05-96	PHARMACY
SUBHASHMITA SAHOO	18-05-95	SUPER DELUXE
ALISHA PATRA	20-05-95	F & B
BIJAY KUMAR MAHANTA	27-05-94	RADIOLOGY

Name: **SASMITA MALLICK**
Emp. Code: **SMH 000**
Designation: **DAYCARE**



Covid 19: Prepared to serve you

