

SHANTI TIMES



NEWSLETTER

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FOR INTERNAL CIRCULATION

CMD's Message

2020 has been an eventful year and not so in a pleasant manner. Following the Pandemic, the world and its ways changed drastically impacting millions of lives and livelihoods like never before. Coronavirus is a relatively a new disease, with fresh information being known on a dynamic basis about the natural history of the disease, especially in terms of post-recovery events. After acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing, etc. As of now there is limited evidence of post-COVID sequelae and further research is required and is being actively pursued. A holistic approach is required for follow up care and well-being of all post COVID recovering patients. I would like to share briefly, an integrated holistic approach for managing patients who have recovered from COVID recently, for care at home. The recovery period is likely to be longer for patients who suffered from more severe form of the disease and those with pre-existing illness. Post-COVID Follow Up Protocol at individual level would include continuing COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing), drinking adequate amount of warm water, taking immunity promoting supplements and food items, resuming regular household work and professional work in a graded manner, doing mild/ moderate exercise, practicing

Yogasana, Pranayama and Meditation, as much as health permits. One should have a balanced nutritious diet, preferably easy to digest freshly cooked food and get adequate sleep and rest. Its important to avoid smoking and consumption of alcohol. One should also take the regular medications as advised for COVID and those for managing comorbidities, if any. Self-health monitoring at home-temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc can be helpful to gauge recovery levels . If there is persistent dry cough / sore throat, one should do saline gargles and take steam inhalation. However, along with the above measures, follow up consultations with your treating hospital/ doctor is equally important .Keeping the same in mind, Shanti Memorial Hospital has started a Post Covid Care Clinic for over-all recovery and wellbeing of patients who have suffered from the infection.

Dear friends, I reiterate , please continue being careful and exercise special care towards post COVID recovering patients.

May good health & sound spirits surround you always!

Dr. SREEJOY PATNAIK

Chief Surgeon & CMD, Shanti Memorial Hospital



Dr. SREEJOY PATNAIK with his team of Doctors



Patnaik Colony, Mangalabag, Cuttack, Odisha 753001



1800-3454-550



shantimemorialhospital.cuttack



shantimemorialhospital

WELCOME TO SHANTI FAMILY!



NAME : CHINMAYA NANDA PANDA
DEPT. : CASUALTY
DESIG. : INCHARGE



SOURAVSAN HARIJAN
ICU
STAFF NURSE



PRATIBHA PRADHAN
DAY CARE
STAFF NURSE



POOJALIN DASH
ADMIN
PRO



NAME : SONALIKA BHOL
DEPT. : ICU
DESIG. : STAFF NURSE



TANMAY ACHARYA
MARKETING
MARKETING
EXECUTIVE



RITANJALI SAHOO
ICU
INCHARGE



TAPASWI MARANDI
ICU
STAFF NURSE



NAME : ARUNA ARUNDHATI DAS
DEPT. : ICU
DESIG. : STAFF NURSE



MAMUNI DEY
HOUSE KEEPING
ATTENDANT



BABU JENA
HOUSE KEEPING
ATTENDANT



RAJ KUMAR SAHOO
HOUSE KEEPING
ATTENDANT



BABITA NAYAK
HOUSE KEEPING
ATTENDANT



CHANDAN KUMAR SETHI
CANTEEN
SERVICE BOY



PCOS:- POLYCYSTIC OVARIAN SYNDROME - Dr. Priyanka Pachure

In today's scenario polycystic ovarian syndrome (PCOS) is a common multifaceted disorder affecting every one in five women of reproductive age group. It is observed that PCOS is a lifestyle disorder highly prevalent among middle & high income urban population. WHO estimates that PCOS has affected 126 million women worldwide (2016). In India, Experts claim 10% of women to be affected with PCOS, yet no proper statistical data is available. It is currently known to be genetically complex of endocrine disorder.

Patient usually present with menstrual irregularities and androgen excess, There is increased risk of multiple morbidities including obesity, Insulin resistance, TYPE-II DM, cardiovascular disease, infertility, psychological disorders, (increased anxiety) depression & worsened quality of life. PCOS has unique interaction with increasing prevalence of obesity furthermore; it is relevant to related family member and increase risk for metabolic conditions in first degree relatives.

So, Lifestyle modification is the key to the treatment. Modest weight loss of 5-10 % of initial weight has demonstrated to improve many features of PCOS. Healthy life style, good food habits, regular exercise with targeted medical therapy along with monitoring & management of complications & an important part of mother care. Early detection of long term morbidities through appropriate screening is an essential part of management.

OBSTETRICS AND GYNAECOLOGY

- ANTENATAL & POSTNATAL CARE
- NORMAL DELIVERY & CAESARIAN DELIVERY
- HIGH-RISK PREGNANCY
- HYSTERECTOMY (OPEN & LAP)
- DIAGNOSTIC LAPAROSCOPY
- INFERTILITY RELATED PROBLEMS
- MENSTRUAL IRREGULARITY
- VAGINAL DISCHARGE
- MINOR OPERATIVE PROCEDURES



1800 3454 550

Dr. Priyanka Pachure
MS OBG



Compassionate care, extraordinary nursing.

COVID CAUTIOUS ENVIRONMENT



Name: **Smruti Ranjan Mallick**

Emp. Code: **SMH 404**

Designation: **Pathology Incharge**





December Borns



NAME	DOB	DEPARTMENT
SOUDAMINI SAMAL	20-December	COMPUTER
SATYA NARAYAN BEHERA	07-December	BILLING
SABITA MANDAL	07-December	OPD
MINARANI SETHY	13-December	OPD
HARISHANKAR JENA	11-December	AUDIO VISUAL
JAYASHREE PANDA	04-December	SUPER DELUXE
PRIYANKA JENA	07-December	SUPER DELUXE

NAME	DOB	DEPARTMENT
PRATIKSHYA BISWAL	20-December	DAY CARE
PARITOSH DAS	12-December	OPERATIONS
ANJANA PARIDA	15-December	PCA
MINAKSHI DAS	22-December	OT
RANJIT PANDA	25-December	OT
DR ANUPAM DEY	19-December	SURGERY
CHUMIK SAHOO	10-December	PCA

The Shanti Loyalty Programme*

The Shanti Memorial Hospital Loyalty Programme has been designed for our valuable clientele who are willing to entrust us with the health and wellbeing of themselves & their families. As a token of our appreciation and gratitude to them, we have decided to extend some special offers/ schemes/ discounts towards services availed at our hospital. The card holders of this Loyalty Program will enjoy a set of special entitlements, for a whole lifetime. While the entitlements can be enjoyed by all members of the family, this card is not transferable.

LAUNCHING SOON

Shanti Loyalty Programme

Privilege Card

1800-3454-550 00001

Avail attractive discounts and offers across services
A Shanti Memorial Hospital Initiative

GET ONE NOW!

Call : 1800-3454-550

* FOR DETAILS WATCH OUT FOR THE NEXT ISSUE OF THE SHANTI TIMES.

