

THE POWER OF MULTIPLEX PCR

The Power of Multiplex PCR: Redefining Infection Diagnosis By Dr Dipnarayan Mukherjee, Chief of Infection Control, Woodlands Hospital

In the race against infections, speed and accuracy are everything. That's where Multiplex PCR (mPCR) steps in—a game-changer in how we detect infectious diseases. Unlike traditional methods that require days of culturing microbes, mPCR can detect multiple



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pathogens—bacteria, viruses, even fungi—in just a few hours. How? Think of it like a detective using multiple clues at once. Instead of searching for one culprit, mPCR uses several “primers” (like microscopic bloodhounds) to hunt for many targets at once in a single test tube. At Woodlands Hospital, we use advanced

multiplex panels to diagnose conditions that present with similar symptoms—what we call syndromic testing. Whether it's a respiratory infection, stomach upset, meningitis, or joint pain due to suspected infection, our mPCR panels help us get to the root fast and accurately.

This rapid diagnosis isn't just about convenience. It helps doctors prescribe targeted treatments quickly, avoiding unnecessary use of broad-spectrum antibiotics—a crucial step in our fight against antimicrobial resistance.

Our current mPCR arsenal includes:

- **Biofire panels** for respiratory, gastrointestinal, meningitis, and joint infections
 - **GeneXpert** respiratory viral panel
 - **Molbio (Truenat)** platforms for quick field diagnostics
- Multiplex PCR is not just a lab tool—it's a vital part of modern patient care, offering speed, precision, and a smarter way to fight infections. At Woodlands, we're proud to be at the forefront of this diagnostic revolution.



- 65K+ Orthopaedic & Replacement Surgeries
- 3 lakh+ surgeries
- 60K+ Total Cardiac Interventions
- 79 years of service

For suggestions and queries, please write to: corporate.communication@woodlandshospital.in

Whats up WOODLANDS

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A Second Chance at Healing: When Hope Found Its Way to Woodlands

She had done her research. She knew that laparoscopic surgery was the safer, less invasive route. But what she didn't expect was how hard it would be to get someone to make her live the dream.

Ms Nitu Kumari, 46, from Patna, Bihar had arrived at Woodlands Hospital after being turned away by other hospitals in her state—averring that her case was so complex that it needed open surgery. But she held on to her belief: there had to be a better way, i.e., by laparoscopic (keyhole or minimally invasive) surgery

The mother of two had been diagnosed with large and multiple fibroid tumors of the uterus, conditions that caused her excessive bleeding and abdominal pain during menstruation. Despite seeking treatment at multiple places, the options offered were either dismissive or overly aggressive. It was at Woodlands that someone finally listened.

Dr Prosenjit Sarkar, Senior Consultant – Gynaecology & Senior Laparoscopic Surgeon, saw what others overlooked—not just the diagnosis, but the woman's quiet determination. She was admitted under Dr Sarkar's care. Total Laparoscopic Hysterectomy &

Bilateral salpingectomy (removal of uterus with all tumours & both Fallopian tubes). Minimally invasive, precision-led, and pain-minimising—just as the patient had hoped, done through 0.5 to 1cm holes.

“Despite her having multiple and large tumors and also pelvic adhesions from past caesarean section surgery, the surgery was done laparoscopically to avoid the suffering from the terrible pain, anxiety, and



big ugly scar of a big 'open' cut on the abdomen," Dr Sarkar said.

Post-surgery, her relief was palpable. Not just from the significant physical discomfort—but from the emotional weight of being heard, understood, and treated with dignity.

At Woodlands, we believe treatment begins with listening. Because sometimes, healing starts with someone saying: "Yes, we can help you."

WOODY SAYS

Just when we thought it was safe to take our masks off...

COVID's quietly creeping back—and no, this isn't a throwback. India's seeing a rise in cases again, and Kolkata's on the map. The culprits? New Omicron sub-variants like JN.1, NB.1.8.1 and LF.7 (yes, they sound like bots but they're very real), which spread faster than gossip in a college canteen. For most, it's mild. But for the elderly, diabetics, people with chronic illness, or those on immunity-suppressing meds—it's a different ball game. So, what's the play?

- 1 Mask up in crowded places
 - 2 Keep sanitiser handy
 - 3 Don't ghost your flu shot—get that influenza vaccine, especially if you're over 60 or have a heart/lung condition
 - 4 Got symptoms? Stay home, test, rest
- Oh, and those booster shots? Still a thing. Talk to your doc. No need to panic, just don't unplug that pandemic common sense. Let's stay two steps ahead—because viruses don't RSVP.

Stay safe, stay chill, and keep the sneeze in your in the crook of the elbow

— Woody



Advantages

1. Better cosmetic value with small 0.5-1 cm cuts.
2. Minimal post operative discomfort.
3. Lower risk of post operative infection.
4. Less blood loss during surgery.
5. Lower risk of intrabdominal adhesion.
6. No risk of post operative hernia.
7. Short hospital stay for 1-2 days only.
8. Quick recovery and normal activities in 1-2 weeks only.

NURSES DAY

Spirit, grace, and pride: Woodlands nurses along with nursing students and faculty of its affiliated set the stage alight at Dr Shyamaparakash Mookerjee Bhasha Bhavan, National Library, celebrating International Nurses Day with a vibrant cultural extravaganza. From the heartfelt elegance of Tagore's timeless dance drama, Chandalika, echoing inclusivity and dignity, to an electrifying tribute to India's rich heritage of music and dance, the evening became a powerful reminder that nurses aren't just healers—they are dreamers, leaders, and the very heartbeat of healthcare. A salute to their unending dedication and passion! Mr Rupak Barua, managing director & CEO, and other top officials of Woodlands Hospital graced the occasion.



MD SPEAKS



Mr Rupak Barua
Managing Director & CEO
Woodlands Multispeciality
Hospital Ltd

At Woodlands, medicine is not just about curing—it's about restoring possibilities.

This month, that spirit shines through in stories that move both heart and mind. A chorus of hope, courage, precision, and passion reverberates through the corridors of Woodlands.

From the operating theatre where little Nilank's life was gently rewoven with surgical finesse, to the quiet brilliance of our labs where Multiplex PCR gives infection a name within hours—this is modern medicine dancing to the rhythm of innovation.

We also salute the quiet resolve of Ms Nitu Kumari, whose belief in minimally invasive surgery led her from rejection to restoration. Her story is not just about laparoscopic precision—it's about dignity in care and the power of listening. At Woodlands, we don't just treat—we hear the unspoken.

And how could we forget our Nurses Day celebration? The stage at Bhasha Bhavan came alive with the grace and fire of our nurses and students. Healers, dreamers, performers—our nurses reminded us that care is both science and soul.

To every doctor, nurse, technician, and team member—thank you for making Woodlands more than a hospital. You make it a place where healing has a heartbeat. And sometimes, even a standing ovation.

Here's to more stories that move us. And moments that matter.

MILESTONE

Tiny Triumph at Woodlands: One-Year-Old's Complex Paediatric Surgery Success

In a stirring testament to precision and compassion, Woodlands Hospital's Paediatric Surgery team, led by Dr Aneek Roy Chowdhury, successfully completed a multifaceted procedure on 1-year-old Nilank Chowdhury in February 2025. Born without a rectum or anal canal, and with an abnormal connection between his colon and bladder, Nilank also faced an undescended left testis, scrotal hypospadias (a misplaced urinary opening), and a downward bend of the penis (chordee).

"This was more than an operation—it was a promise of normal childhood milestones," reflects Dr Chowdhury.

Over a carefully choreographed three-hour surgery, the team:

- Separated and sealed the unintended colon-to-bladder passage.



- Fashioned a new anal opening to restore natural bowel function.
 - Guided Nilank's left testis down into the scrotum.
- (Note: The chordee and hypospadias procedures are scheduled for a later stage.)

Nilank emerged from anaesthesia with a gentle cry—proof that every stitch and every contour now mirrors nature's design. Within days, he began feeding normally and taking tentative steps, his recovery as rhythmic as the hospital's soft morning light.

A heartfelt note of gratitude goes to the Anaesthesia team, led by Dr Udayan Bakshi, whose expertise ensured the safe and seamless unfolding of this delicate procedure.

Dr Chowdhury adds: "Seeing Nilank thrive is the true measure of our craft. Here at Woodlands, we blend cutting-edge techniques with heart, so every child not only survives but flourishes."

As we look ahead to June 2025, Nilank's story shines as a beacon of our dedication to paediatric excellence and the transformative power of modern surgery. Woodlands Hospital remains committed to turning complex challenges into personal victories—one tiny triumph at a time.