

Whats up WOODLANDS

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Puja Miracle: Little Durga's second chance at life

Doctors from various departments at Woodlands Hospital united during the Puja celebrations to give a new lease of life to a newborn. Born with a life-threatening gut anomaly called "intestinal malrotation," she vomited green bile with every feeding. At just four days old, she underwent surgery on October 9, coinciding with the bustling Sasthi festivities in the city.

The first child of Marjina Khatun and Mohd Monirul Islam, a couple from Murshidabad now living in Kolkata, the child has been named Maanvi (meaning "girl with humanity"). "At first, she seemed like a normal baby. We never imagined such a serious health issue," said Ms Marjina, who works for Indian Oil Corporation Ltd.

Post-surgery, Maanvi has recovered well and can now tolerate food. The family was devastated when tests revealed a twisted intestine, causing her to vomit after breastfeeding. "The USG confirmed intestinal malrotation," said Dr Aneek Roy Chowdhury, consultant paediatric surgeon at Woodlands. "These surgeries on newborns are critical, involving derotation of the gut and other procedures."

Proper diagnosis was crucial, aided by discussions with Dr Soumitra Bhattacharya, the chief of radiodiagnosis. Anaesthesia posed a challenge, and was expertly managed by Dr Udayan Bakshi, director of anaesthesiology, and Dr Shreya Lahiri from his team. Maanvi spent ten days in NICU under the watchful eye of paediatricians Dr Pulak Kole and Dr Sabyasachi Das.

Ms Marjina expressed gratitude for the care provided by the doctors and nurses during her daughter's recovery.

"Their support was invaluable," she said. Mr Rupak Barua, Managing Director & CEO, said: "The successful surgery reflects our commitment to compassionate care and teamwork." One of the doctors remarked, "Cutting short our Puja plans was worthwhile for Maanvi's recovery."

October 4: The mother is admitted to Woodlands for planned Caesarean Section.

October 5: The Baby girl is born. It is observed that she throws up after feeds. Tests reveal she needs an emergency surgery.

October 9 (Sasthi): A 2-hour surgery — Ladd's Procedure — takes place with senior doctors from various departments rushing to the hospital. Post surgery the baby is admitted in NICU.

October 13 (Ekadashi): The baby feeds orally once more. This time she doesn't throw up. Later, she passes stool.

October 20: The baby is discharged after feeds were increased over the last few days and she tolerated the same.



Minimally invasive TIPS procedure transforms patient's life

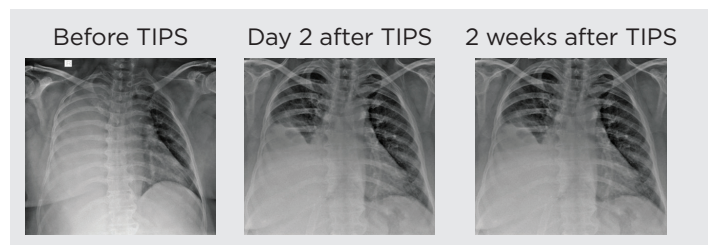
A 45-year-old woman battling non-alcoholic cirrhosis of the liver discovered hope and relief through a minimally invasive procedure called Transjugular Intrahepatic Portosystemic Shunt (TIPS). This innovative intervention offered her a new lease of life after enduring years of acute breathlessness and debilitating pleural effusion, a condition marked by excess fluid accumulation in the space between the lungs and chest wall, making breathing difficult.

For two years, despite ongoing treatment, the patient experienced severe breathlessness due to refractory hydrothorax, a common complication of liver cirrhosis. Frequent thoracentesis—draining excess fluid from the chest—provided only temporary relief. Doctors recommended TIPS as a more effective solution to alleviate her symptoms and improve her quality of life.

The TIPS procedure involves inserting a small metal tube, or stent, inside the liver to connect the portal vein to the hepatic vein. This helps relieve pressure caused by portal

hypertension and reduces the risk of internal bleeding. Performed using X-ray and ultrasound guidance, the procedure eliminates the need for stitches or incisions. A catheter is inserted through the jugular vein in the neck, guided to a hepatic vein, and a tiny balloon is inflated to secure the stent.

The entire process lasted about 60 to 90 minutes and over a year later, the woman has shown significant improvement, no longer suffering from pleural effusion and enjoying a dramatically enhanced quality of life. "This procedure has not only improved her health but also restored her confidence," said Dr Mousam Dey, consultant, interventional radiologist, Woodlands, who treated her.



WOODY SAYS

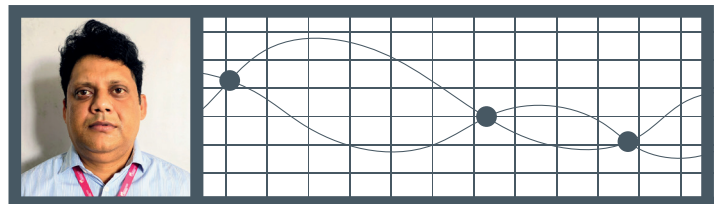
Hey there!

Winter's rolling in, and if you've got COPD or asthma, it can be a bit rough. But no worries! Here are some chill tips to keep you healthy and thriving:

- 1 Get Your Shots:** Don't skip those flu shots and pneumococcal vaccines like Pnumovax-23 or Prevner-13. They're super important!
- 2 Dodge the Smog:** Try to stay away from polluted spots, and if you can't, throw on a mask to protect your lungs. And hey, practice some breathing exercises—they really help!
- 3 Kick the Habit:** If you smoke or hang around smokers, it's time to quit. Both can mess with your breathing.
- 4 Citrus Power:** Load up on vitamin C! Citrus fruits are your besties for boosting immunity. Stay healthy and enjoy the season!



EMPLOYEE ENDEAVOUR



Innovative solutions in biomedical services

The Biomedical Services department at Woodlands has improved operational efficiency with an innovative asset management program developed by Deputy Manager Mr Manas Kayal. This MS Excel-based system tackles challenges in monitoring the performance of medical equipment.

Previously, outdated asset lists and manual searches for scheduled maintenance often resulted in missed tasks and compliance issues. The new program automates notifications, providing pop-ups for due dates and generating real-time worksheets, keeping the team informed. It also automatically updates equipment lists and alerts engineers about expiring warranties. The impact has been significant, reducing missed maintenance tasks and enhancing compliance with accreditation standards. This initiative underscores MrKayal's dedication to quality improvement and sets a benchmark for effective asset management practices across the organisation.

MD SPEAKS



Mr Rupak Barua
Managing Director & CEO
Woodlands Multispecialty
Hospital Ltd

Celebrating care and community: Inspiring stories from Woodlands Hospital

The myriad stories that unfold within our walls, the diverse and impactful, come to mind as we explore the November 2024 issue of our Woodlands Newsletter.

In this edition, we feature a remarkable and satisfying case involving a baby with a blockage in the gut, showcasing our team's expertise in paediatric emergencies and neonatal care as well as empathy of entire hospital team even as the city revelled during Durga Puja. We also celebrate the success of an interventional radiology procedure, TIPS, that has transformed the life of a patient battling liver cirrhosis. We also acknowledge the remarkable journey of Ms Chitra Mukherjee, who recently marked her 37th admission in Woodlands,

a testament to the trust she places in our treatment and care.

With winter approaching, our friendly doctor mascot "Woody" offers valuable advice on managing obstructive respiratory diseases like asthma and COPD, emphasizing our ongoing commitment to education and preventive care.

Lastly, our community outreach continues with the underprivileged kids' pandal hopping event, which added a touch of radiance to the already illuminated streets. Their excitement was palpable as they immersed themselves in the rich traditions and culture of the city of joy.

Together, let us continue to nurture health, hope, and healing in our community.

MILESTONE

A decade of care: Chitra Mukherjee's 37 Admissions to Woodlands Hospital

Multiple comorbidities cannot take the signature warm smile away from the countenance of octogenarian Ms Chitra Mukherjee. And if she needs hospital admission, you can take her nowhere but Woodlands Hospital!

The Bhowanipore resident has become a familiar face at Woodlands Hospital because she has been admitted here a staggering 37 times in the past decade! Recently, she was admitted with severe diarrhoea but responded to medication and returned home the very next day, much to the relief of her medical team.

Throughout the years, Ms Mukherjee has faced various health challenges, including heart failure, gastroenteritis, convulsions, multiple episodes of UTI and so on. Besides, her mobility is compromised, primarily due to obesity and other underlying health issues.

Despite these challenges, she has developed a close bond with the staff at Woodlands, often choosing the hospital as her preferred destination during medical crises. "It is because of the services at woodlands that I am still here, still alive! The nurses, the doctors are all excellent," said a cheerful Ms Mukherjee sitting on a



wheelchair with her 37th discharge certificate from Woodlands on her lap.

"Dr Anindya Sarkar from my team has been a constant support for Ms Mukherjee, providing care for her minor ailments at home. However, when her health concerns escalate, she knows she can count on the compassionate care offered at Woodlands Hospital. "The comfort and familiarity she feels here are unparalleled. We are always ready to provide the support she needs," said Dr Biswajit Ghoshdastidar, director, general medicine, Woodlands who has been treating the patient for last many years.



Woodlands takes NGO kids on Puja trip

Woodlands Hospital felt privileged taking 30 little Durgas from two NGO homes on a pandal hopping trip around Kolkata on the Dwitiya of Durga Puja. "Khudeder Pujos Safar (Puja Trip of the Tiny Tots)", a highly anticipated initiative by Woodlands in collaboration with Hope Kolkata Foundation, started off from the hospital premises, where each child was presented with a sash by nurses, celebrating their remarkable fortitude and grit. Mr Rupak Barua, managing director & CEO, Woodlands, assured the NGO of continuing medical support going forward. The kids, in an earnest gesture, gifted him a handmade "Thank You" card that showcased fine craftsmanship and penmanship.

The dental department at Woodlands is equipped with the state-of-art CBCT

CBCT stands for cone-beam computed tomography, a variation of traditional CT systems that uses a cone-shaped X-ray beam to capture 3D images of a patient's teeth, mouth, jaw, neck, ears, nose, and throat. CBCT scans use a lower dose of radiation than conventional CT methods.

- The images are a valuable tool for 3D surgical planning.
- CBCT images can help locate impacted teeth without the distortion and overlapping structures that can occur in periapical and occlusal films.



78 years of Mother & Child Care

- 50,000+ happy mothers & newborns
- 1 lakh+ paediatric patients
- 2,000+ successful neonate ICU
- 15,000+ paediatric surgeries

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