

Arpana Services

Arpana Hospital

Modern Medical Care for Rural Patients



Hospital Annual Report - 2015

Arpana Research & Charities Trust

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Arpana Hospital Annual Report 2015

In households all over rural India, there are families living on meager earnings from sporadic agricultural labour or from low paid intermittent daily wage jobs, who are unable to obtain crucial medical treatment in times of crisis. Arpana Hospital was set up to fill this need in 1980 and for 35 years it has been a sanctuary for many who would otherwise have had no effective recourse when illness struck.

Patients come from over 1000 villages, knowing that here they will find very good health facilities and medical care as well as qualified doctors and staff who treat them with dignity and care. Specialty treatment to the poor is provided through Ophthalmology, Gynaecology & Obstetrics, General Medicine, Surgery, Orthopaedics and Paediatrics Departments. Arpana Hospital also serves as a Training Centre, which invests rural communities with skills and knowledge for better health.



Arpana Hospital is run by Arpana Research & Charities Trust, a Charitable Trust at Madhuban, near Karnal in Haryana. Arpana comprises nearly 70 devoted volunteers drawn from various walks of life, from different faiths and social groups. It was as a result of these highly educated and trained volunteers, that we have been able to offer improved and expanding services to our rural brothers and sisters and to bring wellbeing into thousands of rural homes

Facilities: Arpana has built up good infrastructure and facilities. There are 3 operation theaters – for general surgery, ophthalmology and gynaecology and obstetrics. There are also Ultra Sound, Color Doppler, TMT, ECG, X-ray, Operating Microscope, Laparoscopy and Endoscopy equipment. A fully equipped critical care Ambulance with ventilator, infusion pump, defibrillator and cardiac monitor – an ICU on wheels – is the first in the area.

RSBY: Arpana Hospital has also been empanelled to provide cashless indoor medical services to the National Health Insurance Scheme card holder. This is a Government scheme for the people living below the poverty line. 5 members of a family are provided medical health insurance of up to Rs 30,000/- per year.

Many of these are patients who had been suffering from problems that required medical, or even surgical intervention, but had put off treatment because funds were not available. They are now benefiting from this scheme.

The officials connected with this scheme come for surprise checks from Chandigarh and Karnal and they are extremely appreciative not only of the medical care being provided, but also of the hospital's hygienic and caring environment and of our documentation and record keeping which has ensured the continuity of this scheme in this facility.

ARPANA HOSPITAL'S MAIN DEPARTMENTS

Ophthalmology

The Eye Department is headed by Dr. Mukul Sharma, MS (Ophthalmology) and assisted by Dr. Dinesh Dhiman MS (Ophthal).

The Ophthalmology Department treats patients for Cataract, Cornea, Glaucoma, Strabismus, Orbit, and diabetic retinopathy. Last year 25,991 OPD patients and 830 patients in Arpana's eye screening camps were seen, while 2,940 operations were performed.



The Eye Department has the following sub specialties:

1. **Cataract:** Phacoemulsification, Paediatric IOLs, secondary IOL implantations, and Yag laser capsulotomy
2. **Cornea:** Corneal transplant, corneal ulcer management and external ocular surface reconstruction
3. **Glaucoma:** Micro surgery & diagnostics, Humphrey visual field analyzer
4. **Strabismus:** Management & surgery
5. **Vitreo:** Retina Fundus Fluorescein Angiography, Green Laser photocoagulation, vitreo-retinal surgery, and USG-B-Scan. Retina - Dr. Mukesh Vats, MS, FVRS (Retina).hold Retina clinic and carried out Green Laser treatments Visits every month. He saw 263 patients last year
6. **Orbit:** Eyelid & Sac surgeries
7. **Squint** - Dr. Sapna Jain, MS (Ophthal), Squint Specialist, comes to Arpana Hospital once a month to hold a Squint Clinic. She see the OPD patients and does the corrective operations at Arpana Hospital itself.

Medicine:



Dr. R.I. Singh, MD, (Gold Medalist and ex-senior resident, AIIMS) has an excellent reputation, clinical diagnoses and caring treatment and attracts large numbers of patients. 37,254 patients attended Arpana's General Medicine Outpatients Department during the year for problems including cardiac disease, asthma, chest infections, diabetes, poisoning, acute infections like meningitis, complicated malaria, dengue, etc.

New Medical OPD: One more medical OPD clinic was established in April 2015 for the increasing number of patients who awaited Dr. R.I.Singh. Patients are seen in this new OPD by Dr. Gurpreet Kaur. By November, the number of patients in the new OPD was about 65 per day.

Dengue patients: Arpana Hospital had been inundated with patients with dengue-like symptoms (high fever and low platelet count) since the end of August 2015 to November 2015. . In July only 13% of our patients (only 54 patients out of 412) had high fever. In the first 20 days of September, 91% of patients (321 out of 351) admitted into the hospital had dengue-like symptoms (high fever and low platelet count).

Intensive Care Unit (ICU)

Arpana Intensive Care Unit brings excellent health care to patients who require special care and round the clock monitoring. 807 patients were admitted in the ICU in the year.

Dr. Singh's outstanding reputation for treating critically ill patients is supported by impressive facilities in the ICU, such as multipara monitors, infusion pumps, ventilators, blood gas analysers and piped oxygen and suction.



Changes in the ICU included use of capnography, insulin infusions, care of octaotide in alcoholic liver disease, arterial block gas for ventilator assessment and CMV mode controlled.

Gynaecology & Obstetrics



Dr. Kavita Rani, MBBS, MS (Gynae), is Head of the Gynaecology Department, assisted by Dr. Nisha Ghandhi.

Cases such as pregnancy and its complications, caesarian, infertility, recurrent abortions, menorrhagia, fibroids, prolapsed uterus and endometriosis. etc.

9,676 patients from this department were admitted into the hospital and 309 operations were performed at affordable rates during 2015.

Surgery

Dr Vivek Ahuja MS (General & Cancer Surgery) is Head of the Surgical Department.

4,323 patients were examined during the year and 185 surgeries were performed.

Surgical procedures were performed for thyroid, hernia, hydrocoele, kidney and gall bladder stones, abdominal emergencies, etc. during the year.



Laparoscopic and Endoscopic surgeries for Gall Bladder and Urinary tract stones were carried out. Surgeries for managing cancer of intestines. uterus, ovaries, cervix and breast (including modified radical masterctomy) were performed.

Paediatrics



Dr Tanu Goel not only treats children, but also counsels illiterate mothers about the care of newborns, monitoring their growth and the importance of timely immunizations. She stresses the importance of breast-feeding and the value of homemade weaning food.

There were 7,327 patients last year with common ailments such as respiratory tract infections, anemia, convulsions, worm infection and malnutrition.

Dental Surgeon

Dr. Quneency, (BDS) Dental Surgeon performed root canal treatment, restoration, scaling, crowns, dentures, RPDs, extraction, X-rays, etc. Most of her patients come from the surrounding villages and from Haryana Armed Police Centre. 569 patients came during last year.



Orthopaedic Department



Dr. Lokesh Charya MS Ortho is the head of the department.

As well as all kinds of trauma, he performed hip replacement, knee replacement, hip fracture surgery, non union arthroscopy, sports injuries, CTEV and closed interlocking nails.

During the year 2,874 patients were seen and 79 operations carried out.

Physiotherapy

Mr. Vikas, Physiotherapist, is also a certified pre and postnatal fitness instructor, and a qualified nutritionist.

He also offers exercise and dietary advice to pregnant women, diabetics, geriatrics, etc. and manages this Department which is very well equipped.

There were 979 patients in the year.



Nursery

The Nursery cares for babies who are premature, who suffer from HMD, birth asphyxia, convulsions, jaundice etc. 89 newborns were treated in the nursery during the past year.

SPECIAL CLINICS

Vascular Surgery

Dr. Jaisom Chopra, MS, FRCS (London) from Batra Hospital, New Delhi visits monthly.

He treats legs swelling and leg pain, varicose veins, diabetic foot, gangrene, non healing wounds.



Psychiatric



Dr. Vishal Chhabra, MBBS, PM, DNB (Psychiatry) from VIMHANS, New Delhi, visits twice a month.

He treats Depression, Obsessive Compulsion Disorder, Epilepsy, Dementia, Psychosis, Insomnia, Behavior in children.

382 patients came during last year.

Cervical & Breast Cancer Camp at Arpana Hospital

Arpana Hospital, Madhuban Karnal, organised a "Cervical & Breast Cancer Camp" for female at hospital from 28.05.2015 to 29.05.2015, sponsored by Asia Initiatives.

The 131 patients in the camp were screened & given treatment by Dr. Ela Anand, Dr. Vivek Ahuja & Dr. Kavita Rani. 4 Mammography tests were done, Pap smears for 58 patients, FNAC of 7 patients, Lab tests for 51 patients and USG of 25 patients were done as well as one Polypectomy with D & C procedure done.



Diagnostic Facilities: 4,052 Ultra Sound tests, Color Doppler, 29 TMT, ECG, 6,459 X-Rays were done during the year.

Dialysis machine

A Dialysis machine, donated by the Baij Nath Bhandari Public Charitable Trust, was installed at Arpana Hospital. This is a huge value add-on to the existing services being provided to our financially less privileged rural brethren.

Private Rooms

Private rooms afford extra comfort, i.e. air conditioning, refrigerator, TV, and special care to paying patients whose contributions help to subsidize the economically disadvantaged.

Nursing Students

Arpana Hospital has a tie up with 2 Nursing Colleges in RPIT college Bastara and Prem Nursing Home, Panipat to send student nurses of their General Nursing Course to Arpana Hospital for 'Clinical Practice'. They come in batches of 20. The students learn the basics of practical nursing care in a rural setting.

Outreach Programs – Village Camps and Clinics

1. Clinic at Budhakhhera Village

In an area where health care for pregnant women was unknown, women now have many options of professional and modern clinical checkups twice a week. A doctor from Arpana Hospital attended a clinic in Budhakhhera twice a week, examined the patients and treated them. Pathological test are also under taken at very subsidized rates.

In 2015, 946 patients were treated at Arpana's Budhakhhera Health Clinic and 1049 tests were performed. Any serious patient is referred to Arpana Hospital for further checkup and specialized treatment.

2. School Screening Camps - CBM Project

Arpana Hospital organised Diabetic Retinopathy, Glaucoma & School Screening camps to improve eye care services, in the 19 villages of Gharaunda Block of Karnal District, through an eye project in partnership with CBM.

a. Diabetic Retinopathy Camps

These camps were organized by Arpana Hospital in 23 villages and 2,787 patients had their eyes checked. Free surgeries were performed on those who needed to correct their eyesight.

b. Pediatric Camp

17,593 students have had their eyes screened during school screening camps held by Arpana Hospital, through an eye project in partnership with CBM.

c. Glaucoma Camps

Arpana Hospital held 22 village camps with 2,316 patients attending. Those who needed surgeries were given operations and if they could not afford the expenses, free surgeries were provided.

3. Orthopaedic camps

Gudha and Samalkha villages were the venues of 2 orthopaedic camps organized by Arpana Hospital in the month of January 2015. Dr. Lokesh Charaya screened 107 patients and free medicine was distributed.

Panauri and Bastara were the villages in which Arpana Hospital organised two more Orthopedic Camps for rural area patients on 20th and 27th May, 2015. The 96 patients in the camps were screened, advised for further treatment if necessary and given medicine.

TOTAL OUTREACH PATIENTS



Arpana's Budhakhera Health Clinic	946
Diabetic Retinopathy Camps	2,787
Pediatric Camp	17,593
Glaucoma Camps	2,316
Orthopaedic camps	<u>203</u>
TOTAL	23,845

With Deep Gratitude to...

... all our magnanimous friends, past and present, who support free and subsidized treatment for vulnerable patients, sponsor medical and eye camps, as well as those who give donations for medicines, equipment, all the myriad facilities and supplies required, so that Arpana Hospital is able to be a strong medical base and treatment centre for thousands of rural patients who come from over 1000 villages and towns.
