



**LOURDES  
HOSPITAL**

Ernakulam, Kochi-682 012,  
Kerala, India  
Tel: +91 484 4123456, 4125555  
Fax: +91 484 2393720  
email: lourdeshospital@vsnl.com  
www.lourdeshospital.in

8 pages  
August 2014

# LOURDES PULSE

The Lourdes Hospital Bulletin

THE GOLDEN JUBILEE EDITION

CELEBRATING  
FIFTY YEARS OF  
LOVE IN SERVICE



## MESSAGE



Dear Friends of Lourdes,

Lourdes is at the threshold of a Golden Milestone. Keeping the flame of Love in Service blazing for five decades is no small achievement. Lourdes has invested immensely in the area of better quality, modern technology and safe patient care. The rapid growth that Lourdes has enjoyed- into a new horizon of professionalism is largely due to the team that worked behind setting it up. Let me salute the melodic Lourdeans for their hard work and loyalty.

Far beyond the mere observance of an existential numerical milestone, golden jubilee year, for us is more than just a sober reflection of our achievements. It is a positive celebration of pride in self-determination, self-sufficiency and sustainability. It is also a treasured moment to celebrate with the company of Lourdes family and friends. Thank you Lourdes' friends and well-wishers for your incessant support and appreciation. Together let us march forward, because our future is always the path ahead and it is bright with golden beams and Godly boons.

**Fr. Sabu Nedunilath**  
Director



Over 50 years back, Archbishop Joseph Attipetty laid the foundation stone and blessed 'Lourdes' with total trust in the providence of God. Keeping in mind the downtrodden and poor people in the periphery and in the islands of Kochi, he located his dream project at Pachalam. It was the sure way to reach out to the people in their most vulnerable state, in sickness and in suffering.

From its humble beginning with sixty beds, Lourdes Hospital has been witnessing to God's healing power made visible through the dedicated service of its care givers, living up to the motto "Love in Service". Here there is always perceived a consistent and constant endeavour to improve its field of usefulness. And so apart from the nursing and paramedical courses, from the diploma to the post graduate levels, Lourdes has been a PG teaching institute for Doctors in over eleven specialties and super specialties.

As we enter the Golden Jubilee year, it is a time to look back at our journey and thank God and all who made it wonderful. We have not stood alone in building up our hospital, many have lightened our burdens by supporting us. I thank everyone individually and collectively, the social and fraternal organizations who have assisted us. We ask as our only compensation, a continuance of that same good will and loyalty. It is my strong conviction that with your continued support and guidance Lourdes will ever shine brightly in the healthcare arena as the centre of excellence, manifesting Jesus' 'Love in Service'.

Archbishop Dr. Francis Kallarackal



# PATRONS



Dr. Joseph Attipetty • Dr. Joseph Kelanthara • Dr. Cornelius Elenjikkal • Dr. Daniel Acharuparambil • Dr. Francis Kallarakal



## A PHYSICIAN'S PRAYER

**Dr. Paul Puthuran**  
Medical Superintendent, Lourdes Hospital

● ● ●  
A famous Chinese physician Huang Niching in 3000 BC graded the merits of a physician in one of the oldest medical records as

"the superior doctor is the one who prevents disease, the mediocre doctor treats before the disease worsens and the most inferior doctor treats the full blown disease."

The convergence of technologies and the availability of technological advancements have taken the diagnostic capabilities to a different plain hitherto unknown to the medical professional. **However all these advancements, devices and systems should be affordable and accessible to the common man.** The western model should not be copied in toto as each country and state has unique features inherent to itself. The level of sanitation, nutritional status, educational background and lifestyle pattern determine the disease distribution.

Hence a judicious application of the system should be implemented. A holistic approach is required, taking into consideration the physical, emotional, psychological, social and

spiritual needs, most importantly, at an affordable cost. It should be patient-centric region specific and nation oriented. It should not be ready-made but custom made. After all, one shoe does not fit all !

Are we deviating from the principles underlying in the Chinese wisdom? Are we practicing preventive medicine or defensive medicine ? Here I have a plea to the media – the reporting has to be factual and authentic instead of sensationalizing thereby creating panic in the community.

The following prayer is an adaptation and a modified version of an oath for cancer patients offered by Dr A.P.J. Abdul Kalam. May I call it a Physician's prayer...

- **I love my medical profession as a noble mission.**
- **I will try to be a life-long learner, I will practice what I learn and impart what I learnt to my junior colleagues.**
- **I will indulge in quality care with high standards irrespective of who I am treating.**
- **I will not introduce any diagnostic pain.**

- **I will work with integrity and succeed with integrity.**
- **I will not deny my patients any information regarding the diagnosis and prognosis.**
- **I will not indulge in unethical practices for my personal gain.**
- **I will always consider myself as an instrument in the Hands of the Almighty.**
- **I will include the patient's family and well-wishers in the medical delivery system.**
- **I will practice a holistic approach in dealing with my patients with regard to their physical, emotional and social needs.**

When you are inspired by some great purpose, all your thoughts break their bounds. Your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new great and wonderful world. Dormant forces and talents come alive and you discover yourself to be a greater person by far than you ever dreamt yourself to be and in this context, you become a superior doctor.

# IN THE LIFE OF AN INSTITUTION... THE BEGINNING HAS NO END...



## 15 August 1962

Laying of foundation stone for hospital by the then Archbishop Dr. Joseph Attipetty.



## 1 August 1965

Inauguration of Lourdes Hospital with 60 beds, OPD, Lab and Pharmacy by the then Union Minister of State for Defense Mr. A.M. Thomas.



## August 1969

Started the School of Nursing.



## February 1976

Former Prime Minister Smt. Indira Gandhi inaugurates the second phase of expansion of the hospital facilities.



## March 1980

Then Kerala Governor Mrs. Jyothi Venkatachalam inaugurates the Mobile Health Unit, a community health initiative of the Lourdes Hospital.

## March 1989

First Kidney transplant done in Lourdes Hospital.

## May 1993

UNICEF declares Lourdes Hospital as a "Baby Friendly Hospital". Lourdes becomes a training center for other hospitals leading to Kochi becoming the first Baby Friendly city in the world in 1994.

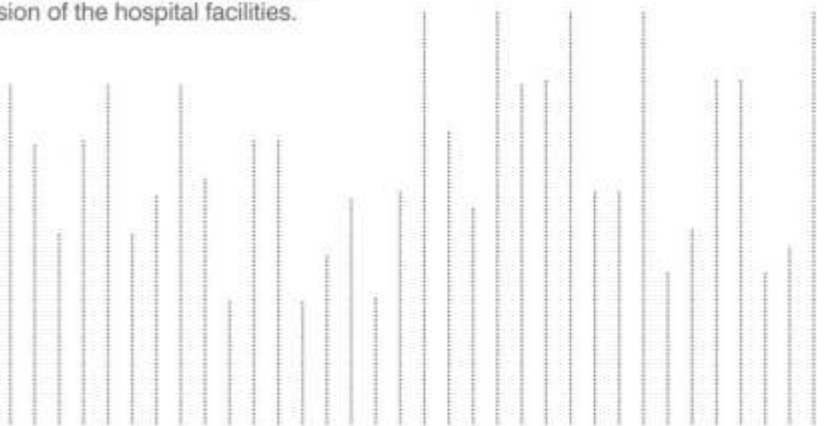


## January 1996

First CT scan inaugurated by the then Chief Minister Mr. A.K. Anthony.

## August 1999

Inauguration of the first Gamma Imaging Center a full fledged Department of Nuclear Medicine for the first time in Kerala in Lourdes Hospital by Sukhdev Singh Kang, the then Governor of Kerala.





## August 2000

Inauguration of Kristu Jayanti Hospital, a 100 bedded satellite center of Lourdes Hospital, at Perumbilly by the then Minister for Health and Sports Mr. V.C. Kabir.



## March 2003

Inauguration of Sidhi Sadan-Lourdes College of Nursing at Kakkanad.

## May 2004

Dental department expanded to include four subspecialties.

## August 2006

First foot to hand bone transplant done successfully by the Department of Orthopedics.

## October 2006

First full mouth flap surgery done in one sitting successfully in the Dental Department.



## March 2007

Inauguration of Lourdes Heart Institute and Neuro Center by the then Defence Minister, Mr. A.K. Anthony.

## March 2007

First cardiac bypass surgery done in Lourdes Hospital.



## March 2007

1st Biplane digital Cath-lab with Flat Panel Detector in South East Asia installed.

## June 2007

Insulin pump used successfully for the first time to treat elderly pregnant lady with uncontrolled diabetes by Department of General Medicine.

## December 2007

1st knee replacement done successfully in Lourdes Hospital.

## February 2008

Lourdes Institute of Behavioral Sciences started with team of doctors, clinical psychologists and other supporting staff.

## August 2008

1st artificial cartilage transplant for joints in South India by Department of Orthopedics.

## March 2009

1st total ankle replacement in India.

## January 2009

1st Pediatric ENT clinic started in Kerala.

## February 2009

Empanelment of Lourdes Hospital with Employee State insurance Corporation.

## March 2009

First congenital heart disease treated with interventional cardiac surgical technique (Percutaneous device closure of PDA).

## May 2010

WHO and UNICEF awards Lourdes Hospital the "Baby Friendly Hospital Initiative" certificate.

## June 2010

First minimally invasive cardiac valve surgery done successfully in Kerala.

## November 2010

Lourdes Hospital approved by the American Heart Association as an International Training Center for Basic and Advanced Cardiac Life Support courses.

## January 2011

Empanelment of Lourdes Hospital for receiving the Prime Minister's Relief Fund.

## April 2011

First minimally invasive cardiac bypass surgery done successfully.



## August 2011

9th and 10th Intensive Care Units opened with 25 beds.





### August 2011

MRI Scanning Unit inaugurated by Chief Minister Mr. Oomen Chandy.



### January 2012

Advanced micro-surgical operating system obtained for Plastic and Reconstructive Microsurgery.



### June 2012

Obtained the MR compatible anesthesia machine to permit MRI evaluation under Anesthesia.

### June 2012

First Endoscopic "keyhole" thyroid surgery done in Kerala by the Department of Surgery.



### September 2012

Installed the fully Automated Blood Component Extractor in the Blood Bank.

### October 2012

Diagnosed and treated the first ever case of Muckle well syndrome with clinically isolated syndrome by the Department of Rheumatology. Report published.

### January 2013

1st Endoscopic skull base surgery by Departments of ENT & Neurosurgery.

### January 2013

Installed the Semi CRRT (Continuous Renal Replacement Therapy) equipment for critically ill patients in ICU.



### February 2013

Fully automated Biochemistry-Immunology analyser with capability to test upto 1200 samples per hour, installed in the Biochemistry Laboratory.

### April 2013

Empanelment of Lourdes Hospital with Kerala State Employees Reimbursement Scheme for patients with kidney diseases.

### May 2013

Empanelment of Lourdes Hospital with Karunya Benevolent Fund Scheme for providing free care for patients suffering from kidney diseases and cancer.

### June 2013

Obtained the ELVES painless surgical laser for advanced vascular surgical procedures.

### June 2013

1st Cochlear implant done in Lourdes Hospital.

### December 2013

The first international multi-system trauma patient, a Kenyan with gun-shot injury, returned home after successful completion of five surgeries by Plastic Surgeon and Maxillofacial Surgeon.

### December 2013

First complex hybrid procedure with endovascular stenting for aortic aneurysm done in Kerala by Department of Vascular Surgery.

### January 2014

100th Kidney transplant done.

### January 2014

Pain clinic started under the Department of Anesthesia in Lourdes Hospital.

### February 2014

First new born child with advanced respiratory distress syndrome treated successfully with Humidified high flow nasal CPAP (HHFNC) system in the Neonatal ICU.

### March 2014

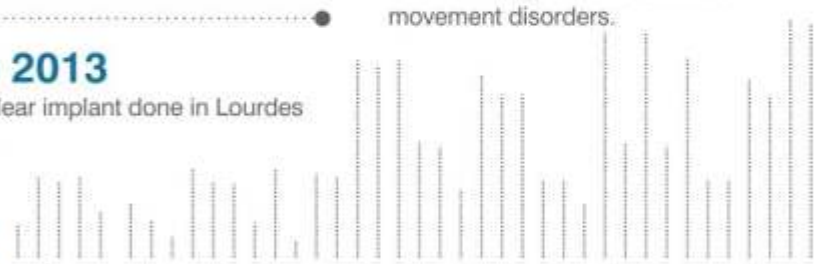
Green Energy Initiative Award by KSEB for Year 2014 for initiating and implementing energy and water conservation programs.

### April 2014

First critical micro-vascular revascularization of four fingers done successfully in the Department of Plastic and Reconstructive Surgery.

### April 2014

Movement Disorder Clinic started for the first time in Central Kerala catering to the needs of patients with Parkinsonism, tremors and other movement disorders.





## May 2014

Obtained the High resolution Color Doppler system for Advanced regional anesthesia techniques.

## May 2014

First patient with totally blocked cardiac vessels treated successfully with advanced interventional cardiology technique (Reverse Angioplasty).

## June 2014

1st Continuum hip replacement in Kerala.

## June 2014

1st Balloon catheter sinusotomy in Kochi by the ENT Department.

## July 2014

Botox clinic started for patients suffering for Neurological Disorders like Dystonia, spasticity etc.

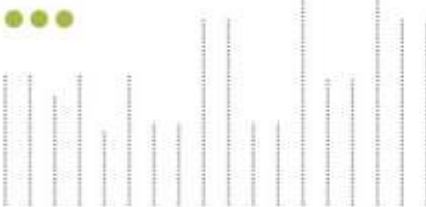


## July 2014

Installed the 15th Dialysis machine in the Nephrology Department.

## August 2014

Cyto-centrifuge installed in the Pathology Department for improving the diagnostic accuracy of cytology samples.



# DID YOU KNOW ?

**3,78,052** •

out patient visits in the last year alone.

**37,109** •

Emergency patient visits in the last year alone.

**32,080** •

Patient admissions in the last year alone.

**30,282** •

Out-patient visits in the Pediatric out-patient department last year alone.

**13,981** •

Dialysis done for kidney failure every year.

**10,107** •

Thyroid surgeries by the Department of Surgery.

**7,951** •

Patient visits in the Department of Rheumatology in the past one year alone.

**7,874** •

Minimally invasive prostate surgeries done by Department of Urology.

**7,503** •

Major surgical procedures under General Anesthesia in the last year alone.

**6,710** •

CT scans done in past year.

**6,028** •

Laposcopic 'keyhole' abdomen surgeries by the Department of Surgery.

**3,780** •

Endoscopy procedures done by Department of Gastroenterology in last one year alone.

**3,054** •

Breast reconstructive surgeries for breast cancer patients by the Department of Surgery.

**3,012** •

Nursing students passed out from the Lourdes College of Nursing.

**2,806** •

MR scanning done in the past one year alone.

**2,023** •

Arthroscopic procedures done by Department of Orthopedics.

## DID YOU KNOW ?

**2,631** •

Patient visits to the Diabetic Foot Clinic.

**2,054** •

Cardiac angioplasties done.

**2,482** •

Modified electroconvulsive therapy sessions done for psychiatric patients.

**1,887** •

Reconstructive hand surgeries done by Department of Plastic Surgery.

**1,332** •

Babies delivered in the last year alone.

**1,080** •

Lumbar disc spine surgeries done by Department of Orthopedics.

**1,043** •

Joint replacements done by Department of Orthopedics.

**952** •

Admissions in the neonatal ICU in the past one year alone.

**712** •

Knee replacements alone done by Department of Orthopedics.

**685** •

Students graduated from the Lourdes Institute of Paramedical Sciences.

**504** •

Sleep endoscopy and surgery for sleep disordered breathing by Department of ENT.

**482** •

Community health programs conducted in the past one year alone by the Department of Family Medicine.

**231** •

Burn surgeries done by Department of Plastic Surgery.

**119** •

Preterm babies including extreme preterms with respiratory distress syndrome were treated successfully by intubation surfactant extubation (INSURE) technique in the Neonatal ICU.

**120** •

Kidney transplants done.

**102** •

Complex arterial aneurysm surgeries by the Department of Vascular Surgery.

**97%** •

Patient satisfaction rate observed in Lourdes Hospital following a survey by the Customer Service.

**55** •

Postgraduate students passed the Diplomate of National Board exams from Lourdes Hospital.

**25 & 550** •

25 weeks and 550 grams : the youngest preterm newborn discharged successfully from the neonatal ICU without any neuro-developmental deficits.

**4.44** •

4.44 days, the average length of stay of a patient in Lourdes Hospital, on par with international standards.



Here we've ;  
**Sneha, a cutie angel amidst her pains,**  
Waddle with worries as less,  
Bliss with blessings as more,  
Flies with wings of talents.  
May the angels of healing hug her !



Painting by 10 year old Sneha Paul,  
our patient undergoing dialysis waiting for multi organ transplant.



**LOURDES  
HOSPITAL**

Ernakulam, Kochi-682 012, Kerala, India  
Tel: +91 484 4123456, 4125555  
Fax: +91 484 2393720  
email: lourdeshospital@vsnl.com  
www.lourdeshospital.in