

# The Lifeline Pulse

Official Newsletter of the **Lifeline Super Specialty Hospital, Adoor, Kerala**

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**The Lifeline**  
we complete your family



## 24 week baby with 510 gm weight – now a normal child

**T**he extreme preterm baby who was born at 24 week with 510 gram weight is now an active normal infant. Baby Nafeesuthul Misriya, daughter of Smt Haseena, from Karunagappally, was born on 10 November 2018 at the Lifeline Super Speciality Hospital, Adoor, which offers tertiary care for the Mother and the New-born at par with international standards.

Dr Binu Govind, Consultant Neonatologist and Head of the Neonatal Intensive Care Unit (NICU) of the Hospital (who was trained in CMC Vellore and worked as Assistant professor there) along with a team of doctors who are extensive-

ly trained in neonatal care, took care of the baby. Baby Nafeesuthul Misriya, now of above eight months, is healthy and does not have any major morbidity of prematurity. Since the baby was born 16 weeks before full term, she was given ventilator support and was provided best possible care in the NICU.

The NICU of the Lifeline Hospital has all sophisticated facilities to take care of the babies born extreme preterm who require sophisticated care. The NICU is the largest one in Kerala with bed strength of 60. The Lifeline is the only Hospital in Central Travancore specialised in treating extreme preterm babies

from 24 weeks of gestation (birth weight of 500 gm). The NICU of the Hospital has eight ventilators including two HFOV(VN500), six CPAP units along with facilities for whole body cooling, Laminar flow apparatus for preparing total parenteral nutrition (TPN), Invasive blood pressure monitoring and all other necessary high-tech monitors and equipment for proper neonatal care. It has in house Retinopathy of prematurity Screening (ROP), BERA for hearing analysis, developmental therapies for early stimulation and paediatric surgery back up for babies requiring surgery.



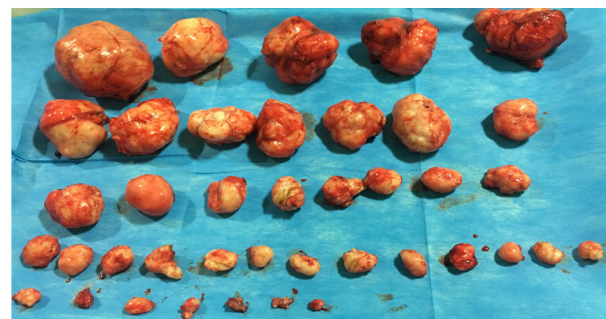
Mother showing the baby to the Press People.



Dr S Pappachan, Chairman and Managing Director, The Lifeline Hospital, addresses the Press Conference held at Pathanamthitta Press Club on 27 April 2019 for informing about the success. Dr Binu Govind (right), Head, NICU, and Dr George Chackacherry, Chief Executive Officer, baby Nafeesuthul Misriya, and her parents, are also seen.

## Removes 40 Fibroids from an Infertility Patient

A total of 40 fibroids were removed from an infertility patient at the Lifeline Hospital on 12 April 2019. The patient, who is working in Australia, is 38 years old. The surgery was led by a team of doctors consisting of Prof. Dr B Prasanna-kumari, Dr Cyriac Pappachan, Dr Jayaram Paniker, and Dr B Sreelatha. She was discharged in good health after three days and she was advised to try for pregnancy after six months.





I am glad to bring out the first issue of our newsletter, which is expected to disseminate the news and notes about our Hospital and health sector.

With over hundreds of testimonials of couples with fertility issues and other genetic disorders, the Lifeline super specialty hospital and fertility clinic, which was established during the year 2005, stands as one of the best centres for excellent diagnosis, quality treatment, healthcare and related services. The Hospital has a team of experienced and passionately committed medical professionals who are committed to the noble vision of facilitating and assuring the wellbeing of people.

The expertise of our Hospital encompasses the areas of Infertility Treatment, IVF, IUI, ICSI, Obstetrics and Gynaecology, Neonatology and Paediatrics, Bariatric Surgery, Fetal Medicine, and Genetics as well as General Medicine, Cardiology, Urology and Laparoscopy (3D). Besides, there is also a specialized breast clinic and general surgery department. The

Hospital is pioneer in infertility segment and provides world class advanced treatment for patients. All advanced facilities are available in the Hospital for IVF, IUI, ICSI, PGD, PGS, Embryo Biopsy, Embryo Freezing, Oocyte Freezing, Ovarian Tissue Cryopreservation, Semen Freezing, Laser Hatching, etc.

Reproductive Genetics and Cancer Solutions (RGCS), the research-oriented addition to the Hospital, focuses on helping couples with fertility issues and the elimination of genetic abnormalities at the embryonic level. It has five international scientists working on various research projects and fertility techniques that are both unconventional and highly sophisticated.

I am confident enough to say that making available cost-effective and highest standard of health care has always remained our motto ever since inception. It is our constant endeavour to persistently improve performance, technology and efficiency of human resources in line with the latest and emerging trends that helps us to stay separated from the herd as most preferred and reputed health care services. Our whole processes are grounded on the philosophies of service brilliance, novelty, teamwork, aspiration, responsibility, cultural alignment and integrated care.

**Dr S Pappachan**

## Removes Thyroid with Retrosternal Extension

A large thyroid with retrosternal extension was operated in a 42 year old patient at the Lifeline Hospital on 22 April 2019. Retrosternal extension of thyroid is rare and is seen in only about 5 -7% of patients with enlarged thyroid. The surgery was led by a team of doctors consisting of Dr Mathews John and Dr Sheeja Varghese.



## DNB in Gynaecology

The Lifeline Hospital has been recognised as an institute for DNB studies in Obstetrics and Gynaecology by the National Board of Examinations (NBE), since 2012. So far nine doctors have successfully completed the programme. Presently five doctors are doing studies under the Obstetrics and Gynaecology Department.

## FOGSI Recognises Certificate Courses

The Federation of Obstetric and Gynaecological Society of India (FOGSI) has recognised the Hospital as a Centre for conducting Certificate Courses in Endoscopy, Advanced Gynaecological Endoscopy, and Infertility (Basic and Advanced), during the year 2015. So far 23 doctors have been trained by the Hospital.

# All about creating a healthy society

With increasing number of diseases, both lifestyle and hereditary, many resort to early diagnosis so as to impede the development of any kind of ailment. A healthy child is an asset, both to the family as well as to the society, and the team at the Lifeline Super Specialty Hospital, Adoor, focuses on helping people to have children who are free from the risk of inheriting any sort of diseases. The hospital has been instrumental in facilitating safe gestation and parturition, focusing on key aspects of genetics and radically distinctive molecular diagnostic techniques in order to give disease-free children to the society. Reproductive Genetics and Cancer Solutions (RGCS), which is the latest addition to the hospital, is one of the premium next generation sequencing-based genomics company in India. RGCS offers extensive genetic testing, including reproductive genetics, cancer genomics, pharmacogenomics and wellness genetic testing.

According to Dr Mathew Pappachan, who is a fertility specialist and embryologist at the hospital and the founder of RGCS, the field of In vitro fertilization (IVF) has had an exponential growth. "Our lab concentrates on Reproductive genetics and it is one of the first of its kind in Kerala. Ethical micromanipulation is done not just in cases where couples have fertility issues but also for people who have hereditary diseases or those who are vulnerable to get them. When couples come for IVF treatment, they are not just investing to give birth to a baby but also towards a healthy future for the child. We have patients coming from different parts of the country and our mission is to detect and eliminate any form of disease or abnormality at the beginning stage," he said.

Dr Mathew did his MS in IVF from the US and later moved to Melbourne to do masters in embryology. He did his research on 'Pre-implantation Genetic Diagnosis'. "Pre-implantation genetic diagnosis involves detection of abnormalities or diseases before the embryo gets implanted on the uterine wall. There is nothing we can do after the embryo enters the uterus. Usually, when doctors

suspect some irregularities in the initial gestational period, an Amniocentesis is suggested between 16 to 20 weeks of pregnancy. According to the MTP (Medical Termination of Pregnancy) Act in India, an abortion is performed before 20 weeks of pregnancy and only in exceptional cases does the Court permit otherwise. Many couples are ignorant of the fact that they might be carriers of some genetic disorder or disease and sometimes late diagnosis of these disorders may result in the birth of an abnormal baby. Sometimes these diseases may skip a generation and make



Dr Mathew Pappachan

its presence known in the next, so it is necessary to keep a tab on it. In our diagnosis, we collect embryos from the patients and a biopsy is performed on five-day old embryos. We decide on further procedures based on the results obtained. Our objective is to give healthy babies to our patients," he said.

One of the common genetic disorders in South India is Down's syndrome or trisomy 21 that occurs when a person has three copies of chromosome 21. Other common abnormalities include genetic translocation, a condition in which a broken segment from one chromosome is transferred or attaches to a non-homologous chromosome or a new site on the same chromosome; blood disorders like Thalassemia and sickle cell anaemia and SMA (spinal muscular atrophy) which affects the motor nerve cells. "These genetic disorders can be detected at the embryonic stage and it can be eliminated. I currently have pa-

tients from Madurai and Wayanad who are carriers of Thalassemia. They have been going through continuous abortions as the disorder is dominant in the embryo. Our team at Lifeline ensure that only healthy embryos are selected for the full gestation," Dr Mathew said.

RGCS also performs Cancer Genetic Testing which enables early detection of cancer or the chances of getting it. "Generally when there is a history of cancer in the family, there are chances that the future generation may exhibit a vulnerability to it. We mainly focus on prediction and early detection of lung, colon, breast and prostate cancer. We also suggest medication for it. You don't necessarily have to wait for signs or symptoms to do the test, anyone can come and do it," he added.

According to the Dr Mathew, the Lifeline hospital is one among the first pre-implantation genetic diagnostic centres in the country. After several years of research, RGCS has come up with highly sophisticated diagnostic techniques. Genetic tests are usually very expensive as before the samples were sent abroad for testing. But, now at RGCS the tests can be done in Kerala itself at a reduced cost. We have developed various kits for the convenience of the people. They can buy the kits and our agents will deliver the samples to the testing centre. We get samples from different parts of the country for testing and our centre strives hard to effectively test and deliver reports. Only in the case of IVF treatment or any other fertility related treatment, the patient has to be physically present at the hospital.

"Although there are some foreign companies in the country that perform Non-Invasive Prenatal Test, they send the sample abroad and it is analysed based on foreign data or foreign bioinformatics. At the Lifeline, we have analyses based on Indian bioinformatics and we test all the samples at our centre," Dr Mathew said. NIPT DAISY is instrumental in our pre-implantation diagnosis. The other methods are Embryo Screen and Carrier Genetics Testing.



## Dr Pappachan Receives Distinguished Alumni Award

**Dr** S Pappachan, Chairman and Managing Director, and Chief Fertility Specialist of the Hospital, received Distinguished Alumni Award of Trivandrum Medical College from Justice (Retd.) P Sadasivam, Hon'ble Governor of Kerala. The award was distributed in the meeting held at Thiruvananthapuram on 16 February 2019. The meeting was presided over by Smt K K Shailaja, Hon'ble Minister for Health and Family Welfare, Government of Kerala.

Dr S Pappachan had his graduation and post-graduation from the Government Medical College, Trivandrum, during 1975-1984. Immediately after post-graduation, he joined the Health Department of Government of Kerala (PHC, Taluk and District Hospitals). During his Government Service he had involved in school health programmes and conducted a large number of laparoscopic surgery camps. He conducted around 60,000 laparoscopic surgeries during the period. Dr S Pappachan established the Lifeline Super Speciality Hospital at Adoor during the year 2005, after taking voluntary retirement from the Government Service.

Doctors and staff of the Lifeline Hospital felicitated Dr S Pappachan, in the event



Dr Abraham Mar Paulos Episcopa, Metropolitan of Adoor Diocese, greets Dr S Pappachan, after presenting 'Ponnada'. Smt Daisy Pappachan, Director of the Hospital, is also seen.

of receiving the Distinguished Alumnus Award, on 05 March 2019. Rt. Rev. Dr Abraham Mar Paulos Episcopa, Metropolitan of Adoor Diocese, was the Chief Guest. The Hon'ble Metropolitan in his address pointed out that the success of Dr Pappachan is due to his dedication, hard work and simplicity. He said that the relentless efforts of Dr Pappachan has paved way for smiles in thousands of families. Dr Mathews John, Medical

Director, presided over the meeting. Shri N Gopalan Nair (Retd. Teacher, GBM High School, Parakkod), Prof. Dr P Sobhana (HoD, Obstetrics and Gynaecology Department), Prof. Dr M S Vijayalakshmi, (HoD, Paediatrics Department), Dr D Hari Prasad (former Medical Superintendent), Dr George Chackacherry (CEO), Smt S Vanajakumari (Administrator), and Shri Gopi Mohan (Blood Bank i/c), spoke on the occasion.



Dr S Pappachan, Chairman and Managing Director, receives the Distinguished Alumnus Award from Justice (Retd.) P Sadasivam, Hon'ble Governor of Kerala. Smt K K Shailaja (Hon'ble Minister for Health and Family Welfare, Kerala), Dr Thomas Mathew (Principal, Government Medical College, Thiruvananthapuram), Dr M K C Nair (Vice Chancellor, Kerala University of Health Sciences), and Dr John Panicker (Secretary, Trivandrum Medical College Alumni Association) are also seen.

## RGCS offers gene testing for breast and ovarian cancer

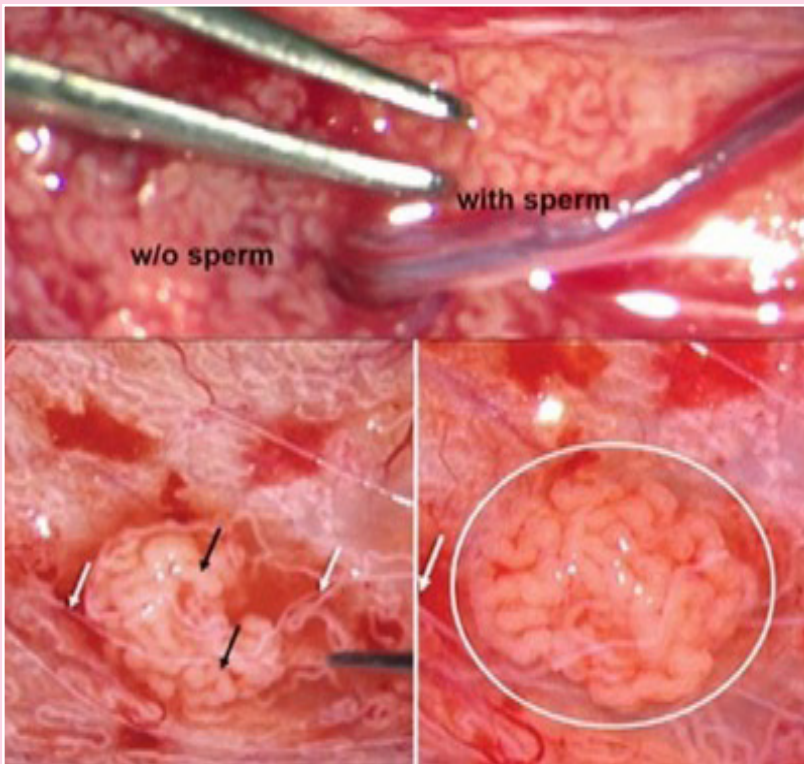
**R**eproductive Genetics and Cancer Solutions (RGCS), a sister concern of the Lifeline Hospital, offers a comprehensive gene testing for breast and ovarian cancer by its registered trademark named BRCAChek and BRCA PlusChek by using next generation sequencing technology from blood, saliva, FFPE slides etc. RGCS offers detailed genetic sequencing of BRCA1 and BRCA2 gene to identify the mutations. It can be used as a diagnostic or as a screening test for women/men with a family history of breast/ovarian cancer. Such revolu-

tionary technique in genetic testing at an affordable price is the goal of RGCS.

Breast cancer is becoming common in women both in rural and urban population. Breast cancer ranks as the number one cancer among Indian females with rate as high as 25.8 per 100,00 women and mortality of 12.7 per 100,00 women, as per the Indian health ministry. Breast cancer mortality rates in India are 1.6 to 1.7 times higher than maternal mortality rates. According to the World Health Organization (WHO), breast cancer impacts over 1.5 million women each

year. About 5-10% of breast cancers are thought to be hereditary, caused by gene mutations and can be passed from a parent to next generation and 8.5% of BRCA1 and 2.7% of BRCA2 mutations are the common cause of hereditary breast and ovarian cancer. By our new and innovative BRCAChek and BRCA PlusChek gene testing, these hereditary cancers can be detected early, thereby earlier initiation of treatment leads to longer survival and better outcome.

## Micro-TESE: New Hope for Men with Low Sperm Count



**T**raditionally, testicular sperm extraction (TESE) involves the removal of small pieces of testicular tissue; the tissue is then inspected for the presence of sperm. The use of a special microscope in Micro-TESE means that the amount of tissue required for sperm extraction is now much smaller. This

is because the doctor is able to identify tiny tubules which are most likely to contain sperm and remove these preferentially. With Micro-TESE, the probability of finding sperms is more than 60% which is twice as compared to a non-microsurgical procedure. It can be performed and timed with IVF

or ICSI. The higher chances of obtaining quality sperms enhance the possibilities of a successful pregnancy.

This new procedure MICRO TESE is available in the Lifeline Hospital with a good 50% chance of sperm being successfully extracted.

Micro-TESE can be benefited the Couples planning for parenthood but facing the following male infertility issues. Non-obstructive Azoospermia - No sperms in the semen due to reduced production in the testes. Severe Oligoasthenozoospermia with high sperm DNA fragmentation - Very few and weak sperms in the semen with a high number of them with damaged DNA. Severe Oligo Teratozoospermia - Very few sperms in the semen with very few appearing normal.

Parenthood is the dream of every couple and infertility makes it difficult to achieve it. Infertility is often thought of as a female concern, but in about 50% of the cases, there is a concern with the male which must be addressed early. A complete lack of sperms (Azoospermia) occurs in about 10-15% of men who are infertile. Micro-surgical testicular sperm extraction offers hope to men who have no sperm in their ejaculate. The above technique is likely to be particularly beneficial for men with low sperm count or for those with small testes.



## Dr Cyriac Receives Best Poster Award

**Dr** Cyriac Pappachan received First Prize for Poster Presentation for his poster entitled 'Minimally Invasive Management of Ovarian Torsion' at YUVA FOGSI South Zone 2019, held at Coimbatore.

The poster mentions that the Ovarian Torsion involves partial or complete rotation of the ovary on its ligamentous supports often leading to interruption of its blood supply and in some cases necrosis. It has been pointed out that ovarian torsion is a known cause of acute pelvic pain. It occurs in the prepubertal and postmenopausal women. Delay in diagnosis and management of Ovarian Torsion will compromise ovarian function and fertility. Prompt diagnosis is paramount to conserve ovarian and tubal function. The study concludes that laparoscopic approach can be the preferred route in all cases of adnexal torsion. Con-

servative approach to surgical management in the form of detorsion with or without oophorectomy should be attempted before oophorectomy. Whether or not to perform oophorectomy at the time of detorsion of normal adnexa is less clear. In recurrent torsion, oophorectomy (Hotdog in Bun Technique) with non-absorbable suture is shown to reduce recurrence rates.

Dr Cyriac was felicitated in a meeting of all the staff members at the Hospital on 11 April 2019, for winning the prize. Dr Judy Babu Thomas (Paediatrician), Dr Celine Abraham (General Physician), Dr George Chackacherry (CEO), Smt Annamma John (Nursing Superintendent), and Shri Gopi Mohan (Blood Bank in charge) spoke on the occasion.



Dr Cyriac Pappachan receives prize from Dr Aswath Kumar, National Vice President, FOGSI. Dr Damodar Rao and Dr Asha Rao, both from Coimbatore FOGSI, are also seen.



Dr S Pappachan felicitates Dr Cyriac Pappachan in the staff meeting. Dr Judy Babu Thomas and Dr George Chackacherry, are also seen.

## Dr Nirpin Receives Prize for Poster

**Dr** Nirpin Cleetus, Gynaecologist of the Hospital, who participated in the All Kerala Conference in Obstetrics and Gynaecology, held at Kasargod during February 2019 received prize for poster presentation. The title of the poster was 'Case of Placenta increta – managed conservatively'. He was honoured in the meeting organised as part of the Hospital Day Celebration held on 16 March 2019.



Dr Nirpin Cleetus, Gynaecologist, replies to the felicitation offered to him for getting prize for poster competition in All Kerala Conference in Obstetrics and Gynaecology

## Observes Blood Donors' Day



Blood collection on World Blood Donors' Day. Dr George Chackacherry (CEO), Dr Swetha Reba Mathews (Medical Superintendent), Shri Gopi Mohan (Blood Bank i/c), Dr Resmi Mohan (RMO), and Smt Jessie Jose (Blood Bank Nurse) are also seen.

**W**orld Blood Donors' Day was observed by the Blood Bank of the Hospital on 14 June 2019 by organising Donor Motivation Classes for the patients and their relatives, and honouring regular voluntary blood donors of the Hospital. Blood Donors day is observed as a mark of respect to Dr Karl Landsteiner, who distinguished blood groups as early as in 1900. The Lifeline Hospital has a full-fledged Transfusion Medicine Department, which was opened in October 2014. Sophisticated equipment and facilities are available in the Blood Bank for the preparation, storage and supply of different blood products like whole blood, packed red blood cells concentrate, fresh frozen plasma, cryoprecipitate, single donor plasma, platelet, etc.

## Dr Mathew Pappachan Attends International Conference on Genetic Diagnosis

**Dr** Mathew Pappachan, Fertility Specialist, Clinical Embryologist and PGD Scientist, the Lifeline Hospital represented the country in the Preimplantation Genetic Diagnosis International Society Conference 2019, held in Geneva, Switzerland, during April 2019. He presented the research paper entitled Implementation of Non Invasive Prenatal Testing (NIPT) Service First Time in Indian Hospitals in the conference.



Dr Mathew Pappachan along with Dr Anver Kuliev, Dr Mohd Saleem, Dr David Cram, and Dr Don Leigh during the Conference.

## Attends Conferences



Dr Kripa Rachel Philip (Right) chairing a session in the AICOG 2019.

**Dr** Cyriac Pappachan, Dr Mathew Pappachan, Dr Kripa Rachel Philip, Dr Anusmitha Andrews, and Dr A Sreelatha, from the Lifeline Hospital, attended the 62nd All India Congress of Obstetrics and Gynaecology (AICOG 2019) held in Bangalore during 10 – 12 January 2019. They performed as speakers, chairpersons, and Judges in various sessions.



Dr Anusmitha Andrews (Middle) during judging of poster presentations in the AICOG 2019.

**Dr** George Chackacherry, Chief Executive Officer, and Shri Girish, Head, the Lifeline Laboratory, attended the International Conference on Accredited Hospitals (CA-HACON 2019) held at Mumbai, during 13 – 14 April 2019.

## Motivation Class for Students

Dr S Pappachan, Chairman and Managing Director, of the Lifeline Hospital delivered motivational lecture for the children of staff members of the Hospital on 20 April 2019. The lecture was focussed on the topic "Success of Students: Key Strategies". Shri Basha Muhammed, who was selected for Civil Service, shared about his experiences.

## Elected as President

Dr Binu Govind, Head of NICU, was elected as President of National Neonatology Forum (NNF) of Pathanamthitta District. He will organise the All India Conference of NNF to be held during 2020.

## Lays Foundation Stone for New Block

**F**oundation Stone of the new block of the Lifeline Hospital was laid by the Most Respected Metropolitan of Adoor, Dr Abraham Mar Paulose, on 09 May 2019. The building to be constructed will be of eight floors.



Rt. Rev. Dr Abraham Mar Paulos Episcopa, Metropolitan of Adoor Diocese, blesses the stone before it was laid.



## Distributes Best Performance Award



Shri Sreekumar Nair, Public Relations Officer, receives Best Performance Award from Dr S Pappachan. Smt Daisy Pappachan (Director) is also seen.

Based on the assessment of performance of the employees of the Hospital, Best Performance Awards were declared for the year 2018. The Badge and Certificate of Honour were distributed during the Hospital Day Celebration held on 16 March 2019, by Dr S Pappachan, Chairman and Managing Director of the Hospital.

### The Awards were received by:

- Shri Sethumadhavan, Sanitary Inspector (Overall Performance)
- Shri Sreekumar Nair, Public Relations Officer (Office)
- Smt Geetha, Receptionist (Reception)
- Smt Santhoshini, Cashier (Cash and Accounts)
- Smt Bismy Vijayan, Pharmacist (Pharmacy)
- Smt Gibi Angel Jose, X-Ray Technician (X-Ray and USG)
- Smt S Sreena, Staff Nurse (Casualty)
- Smt Lini Mathew, Staff Nurse (NICU)
- Smt Deepa Bhaskar, Staff Nurse (Labour Room)
- Smt Vijitha Kumari, Staff Nurse (OT)
- Smt Selin Vinu, Nursing Assistant (Gynaec OPD)
- Smt S Divya, Nursing Orderly (Paediatric OPD)
- Smt S Renji, Staff Nurse (POP)
- Smt M Meera, Genetic Technologist (Genetics)
- Smt P Maya, Lab Technician (Lab)
- Smt A S Anju, Technician (Blood Bank)
- Smt Sini John, Staff Nurse (4th Floor)
- Smt U Resmi, Staff Nurse (5th Ward)
- Smt Remya Joseph, Staff Nurse (6th Floor)
- Smt Soumya S Nair, Staff Nurse (7th Floor)
- Smt Anju Mathew, Staff Nurse (8th Floor)
- Smt Swapnamol Aby, Staff Nurse (PICU)
- Shri Radhakrishnan (Attender)
- Shri D Saji, Electrician (Maintenance and Transport)
- Smt B Bindhu, Laundry Assistant (Laundry)
- Smt R Manju, Sweeper (House Keeping)
- Smt P Sandhya, MRD Assistant (MRD).

## Felicitates Children

A function was arranged in the Hospital on 10 May 2019 for felicitating the children of the staff members who have meritoriously passed 10th (SSLC, CBSE, ICSE) and 12th (Higher Secondary, CBSE, ISC), during 2019. Dr S Pappachan and Dr Cyriac Pappachan distributed the prizes. Following are the children felicitated:

### STATE BOARD (10<sup>th</sup>)

1. Master S Akash, son of Smt Sheelamma Pilla (House Keeping)
2. Master B Sreeram, son of Smt Ushakumari (Casualty)
3. Kumari Greeshma Jayakumar, daughter of Smt Anandakumary (Lab)
4. Kumari Revathi Anil, daughter of Smt Bismi Vijayan (Pharmacy)
5. Kumari S Athira, daughter of Smt S Sreeja (House Keeping)
6. Kumari Parvathy Jayakumar, daughter of Smt Sobhadevi (Development Therapist)



Dr Cyriac Pappachan distributes prizes to the students.

### CBSC (10<sup>th</sup>)

7. Kumari Meghana Gowri, daughter of Dr Manju S Prabha (Gynaecology) and Dr Binu Govind (Paediatrics)
8. Kumari Akshara Anand, daughter of Prof. Dr P Jayasree (Paediatrics)

### ICSC (10<sup>th</sup>)

9. Kumari Joan Hanna James, daughter of Dr Priya Seera Abraham (Paediatrics)

10. Master Zephany Philip, son of Shri K G Philip (Cash)

### STATE BOARD (Higher Secondary)

11. Master S Anzil, son of Shri Sainuddin Rowther (OT)
12. Kumari Bhagya Lakshmi, daughter of Smt Bindu (Lab)
13. Kumari Archana M Pillai, son of Shri Manikandan (Attender)



## Nightingale Trophy for Best Ward

The Nightingale Rolling Trophy instituted by the Chairman and Managing Director of the Hospital, for the Best Performing Ward, was distributed by Dr S Pappachan, on 21 June 2019. The Trophy for the second quarter of 2019 was won by the 7<sup>th</sup> Ward of the Hospital.

The team managing the Ward included Smt Princy Rajan, Smt Arya Jatheesh, Smt Jija Alexander, Smt Soumya S Nair, Smt Linda Mary, Smt Lincy Sibi, Smt Anciya Beegam, Smt Ligi Abraham, Smt S Sajitha, Smt P Praveena (Nursing Supervisor), Smt Bindu, Smt Nazeera, Smt Yasodha, and Smt. Sreedevi. Overall cleanliness of the Ward, services rendered to the patients, satisfaction of patients, etc. were taken into account for deciding the Best Ward.



Smt P Praveena, Smt Princy Rajan, Smt S Sajitha, Smt Liji Abraham and Smt Linda Mary, representing the team, receive trophy from Dr S Pappachan.

## Joint Programmes with FOGSI

Three programmes were organised at Adoor during the first half of the year 2019, by the Adoor Branch of Federation of Obstetric and Gynaecological Society of India (FOGSI), in association with the Lifeline Hospital, in which several doctors (Obstetrics and Gynaecology) from various hospitals in the Pathanamthitta District attended. Details of the programmes organised:



Inauguration of FOGSI-Lifeline Joint Programme held on 23 February 2019 - Dr AL Sheeja (District Medical Officer), Dr S Pappachan and Dr B Prasannakumari are seen.

- ♥ Programme organised on 23 February 2019. Presentations were made by Adv Dr Hitesh J Bhatt, Mumbai (Medicolegal aspect of Medical Practice), and Dr Anusmitha Andrews, Fetal Medicine Specialist, the Lifeline Hospital (First Trimester Screening).
- ♥ Programme organised on 25 April 2019. Presentations were made by Dr Anil Sathyadas, Government Medical College, Thiruvananthapuram (Management of Shock in Obstetrics), and Prof Dr B Prasannakumari, Senior Consultant Gynaecologist, the Lifeline Hospital (Importance of Implication of Nutrition across Life Stages of a Female).
- ♥ Programme organised on June 2019. Presentations were made by Dr Selin Abraham, Physician, the Lifeline Hospital (SLE Complicating Pregnancy), and Dr D Deepak, Physician, Sanjeevani Hospital, Kollakadavu (Newer Insulin for GDM). After the presentation, there was case discussion from Postgraduate Students of the Department of Obstetrics & Gynaecology, The Lifeline Hospital.

## Observes World Down syndrome Day

The Lifeline Hospital, in association with Reproductive Genetics and Cancer Solutions (RGCS), observed 'Down Syndrome Day' on 21<sup>st</sup> March 2019. Dr Niran Babu (Assistant Medical Officer of Health Department, Pathanamthitta) inaugurated the programme. Prof. Dr B Prasannakumari, Senior Consultant Gynaecologist, the Lifeline Hospital (President, Adoor FOGSI) presided over the meeting. Special address on the topic "How to mould the children with Down syndrome to mainstream of the society" was given by Dr Elsie Oommen (Consultant Psychiatrist, Medical Trust Hospital, Kochi). Prof. B Prasannakumari, Prof. Dr M S Vijayalakshmi (HoD, Paediatrics), Dr Binu Govind (Senior Neonatologist), Dr Anusmitha Andrews (Fetal Medicine Specialist), and Dr Sreelatha Nair (Consultant Geneticist), led the interaction session and answered to the queries of the parents. A few cultural programmes of the children were performed after the deliberations of the programme.

World Down Syndrome Day, March 21, was established with the goal of raising awareness and mobilizing support and recognition of the dignity, rights and well-being of people with Down syndrome across the world. The 21<sup>st</sup> day of the third month of every year was chosen to symbolize the third copy of chromosome 21 present in Trisomy 21, the most common form of Down syndrome.



Dr MS Vijayalakshmi (HoD, Pediatrics) hands over gift to a child. Dr Sreelatha Nair (Consultant, Geneticist), Smt Sonu Varghese (ICN), Smt Daisy Pappachan (Director), and Smt Rinie Mathew (RGCS) are also seen.

## Cancer Screening among Tribal Women

The World Women Day 2019 was observed by the Hospital, in association with Kudumbasree Mission, Pathanmthitta District, and Adoor Obstetrics and Gynaecological Society, by organising cancer screening and awareness class for the tribal women at Moozhayar, on 08 March 2019. Films on Mestruual Hygeiene and Antinatal Care were shown in the programme. Dr B Prasannakumari, Senior Consultant Gynaecologist of the Hospital and President Adoor O&G Society and Dr Nirpin Cleetus led the camp.



Dr B Prasannakumari speaks in the camp. Dr Nirpin Cleetus is also seen.



Dr B Prasannakumari in a tribal hamlet during the camp.

### New Lifeline Clinic at Kollam

The new infertility Clinic of the Lifeline Hospital will be started functioning at Kollam during August 2019. The clinic will be completely focusing on wellness of women and fertility.

## Free Medical Camps

The Hospital, in association with Malayala Manorama, organised free fertility camps, which was titled as "Saphalyam", in various districts of the State. The programme was started in 2018, and is being continued. A team of doctors led by Dr Cyriac Pappachan, Dr Kripa Rachel Philip, Dr Mathew Pappachan, and Dr Nirpin Cleetus attended the patients

in all these districts. So far around 3,000 patients have been benefited through the programme. In addition to fertility camps organised at various districts, free medical camps were conducted in-house by the Departments of Obstetrics and Gynaecology, Gastroenterology, Pulmonology, Urology, General Medicine, and General Surgery in the Hospital.

### EDITORIAL BOARD

#### Dr S Pappachan

Chairman and  
Managing Director (Chief Editor)

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Chief Executive Officer (Editor)

#### Dr Mathews John

Medical Director

#### Dr Swetha Reba Mathews

Medical Superintendent

#### Shri Sreekumar Nair

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#### Smt Gincy Niji

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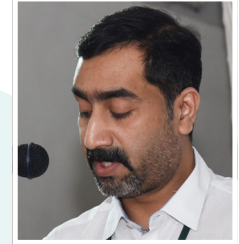
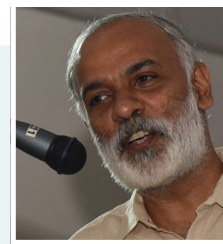
A view of medical camp at Aalappuzha



## Celebrates Hospital Day



Smt Daisy Pappachan, Director, lits the lamp during inauguration of Hospital Day. Shri Varghese C Thomas (Assistant Editor, Malayala Manorama), Dr Mathews John (Medical Director), Dr S Pappachan (CMD), and Smt S Vanajakumari (Administrator) are also seen.



Sri Varghese C Thomas (Asst. Editor, Malayala Manorama), Dr Mathews John (Medical Director), Dr Selin Abraham (Physician), Smt Vanajakumari (Administrator), and Annamma John (Nursing Superintendent) speaks.

**H**ospital Day of the Lifeline Hospital was celebrated in the eve of 16 March 2019, with colourful festivities and get together of the staff members. It was an occasion to remember the history of the Hospital, which was established in the year 2005 with a view to offer world-class healthcare to the people at affordable costs.

The public function was inaugurated by Shri Varghese C Thomas, Assistant Editor, Malayala Manorama. He pointed out that the Hospital has offered smiles to thousands of distressed couples. He stressed the need for protecting the earth, environment, and culture for a better human living. Dr S Pappachan, Chairman and Managing Director, distributed the Best Performance Awards to selected staff members. Dr Nirpin Cleetus, who won prize in the All Kerala Conference in Obstetrics and Gynaecology 2019 for poster presentation was honoured in the meeting.

Dr Mathews John (Medical Director), presided over the meeting. Dr D Hariprasad (former Medical Superintendent), Dr George Chackacherry (CEO), Dr Selin Abraham (General Physician), Smt Annamma John (Nursing Superintendent), and Smt S Vanajakumari (Administrator), spoke on the occasion. After the meeting there were cultural programmes of the staff members of the Lifeline Hospital and students of Chithra Nursing College, Pandalam, which was followed by Gana Mela by Shri Prasannan and Party, and Fusion Music by Shri Renjit and Party.



Skit by students of Chitra College of Nursing



Dance by Hospital staff



A view of the audience



## Why the Lifeline Hospital?

**T**he Lifeline Super Specialty Hospital and fertility clinic, which was started during the year 2005, is always in the forefront in providing quality treatment, health care and related services. Experienced medical professionals have ascertained time after time their competence with an enviable track record in the delivery of bespoke services and thus resulting in extremely gratified populace. Comprehensively adept in fertility treatment, gynaecology and obstetrics, paediatrics and neonatology, genetics, bariatric plus laparoscopy, cardiology, urology, radiology, general medicine and general surgery, our fineness and proficiency keep on mounting incessantly. The Hospital, which is equipped with most advanced technologies and equipment, is unique in several respects:

- ♥ Eco-friendly IVF hospital located in lush green village set up in Pathanamthitta District, which is adjudged as the least polluted District in the Country
- ♥ High risk pregnancy centre with dedicated fetal medicine department
- ♥ Only Hospital in Central Travancore specialised in treating extreme preterm babies from 24 weeks of gestation, with the largest Neonatal Intensive Care Unit in the State with a bed strength of 60
- ♥ High volume Bariatric Surgery Centre
- ♥ In house genetic centre running NIPT (Non-Invasive Prenatal Test) with Indian data base
- ♥ Offers Round the Clock (24 x 7) Services of:
  - ▶ Specialists in Paediatrics, Obstetrics and Gynaecology, and Anaesthesiology
  - ▶ Casualty, Laboratory, Intensive Care Unit, Emergency OT, Pharmacy

