

Welcare TODAY

LIVE RIGHT, LIVE HEALTHY



॥ શ્રી ધન્વન્તરયે નમઃ ॥

ઓમ તત પુરુષાય વિદમહે અમ્રીથ
ફળશાઠસ્તાયા ધીમહિ
તન્નો ધન્વન્તરી પ્રચોદયાત
આ નૂતન વર્ષ આપના અને આપના પરિવાર
માટે સ્વાસ્થ્યમય અને સુખમય નિવડે તેવી
ભગવાન ધન્વન્તરીને હૃદયથી પ્રાર્થના



**WELCARE is a Hospital for
SPECIAL SURGERIES**

**Left: Surgery of badly healed
bones & joint helps Vasava
regain his job - Mr Vasava's leg
was almost destroyed... A risky
and long surgery restored his ability
to walk... story page 5**

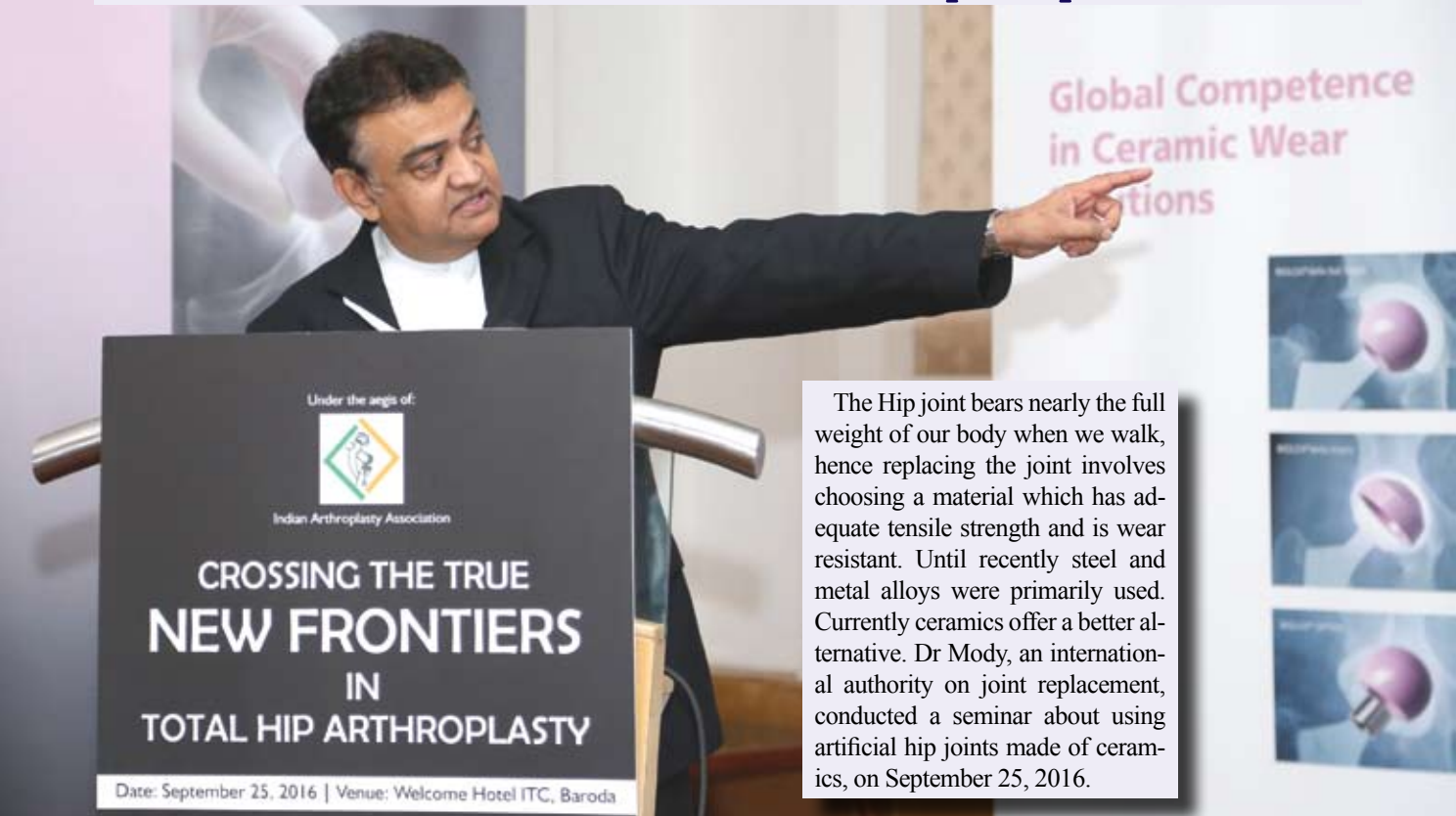
**Above Left: Tumour Surgery
in Welcare - Senior nurse
Leelama K Joseph from Kuwait
chose Welcare Hospital for
tumour surgery... story page 4**

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Welcare conducts Seminar on Hip Replacement



The Hip joint bears nearly the full weight of our body when we walk, hence replacing the joint involves choosing a material which has adequate tensile strength and is wear resistant. Until recently steel and metal alloys were primarily used. Currently ceramics offer a better alternative. Dr Mody, an international authority on joint replacement, conducted a seminar about using artificial hip joints made of ceramics, on September 25, 2016.

Orthopaedic surgery uses advanced permanent implants which remain in the body for the whole life. The choice of implant material depends on whether the implant will function for a lifetime and not cause any reaction in the body. Thus it is important that modern day orthopaedic surgeons have an in-depth knowledge about prosthetic material; what is its strength, wear resistance, possibility of corrosion, allergenicity etc.

As a thought leader, Dr Mody takes his self imposed responsibility of pass-

ing on his knowledge and experience to the next generations of orthopaedic surgeons seriously. This helps these surgeons make appropriate decisions in choosing their implants for best results.

“Modern day Orthopaedic Surgery requires a Surgeon to be also an Engineer!” Dr Bharat Mody

enanced by manufacturers. This might not give patients the benefit of ideal treatments.

Ceramics is a wonder material introduced in the field of joint replacement surgery. It is important to understand

Inadequate knowledge in this area often leads young surgeons to be influ-

enced by manufacturers. This might not give patients the benefit of ideal treatments. The material characteristics of ceramics before using it. Even the slightest lapse in the handling of this material during surgery can lead to surgical failure. But if used with technical perfection, ceramics offer a lifetime of high quality clinical results.

Along with Dr Mody, many international faculty members also lectured on the principles of using ceramic material in hip replacement surgery. Orthopaedic surgeons from faraway places like Jamnagar, Surat, Ahmedabad and many smaller towns attended the one day seminar.



Surgeons listened to Dr Mody with rapt attention...



Dr Mody demonstrates a finer point to Dr. Martin Zimmermann [Switzerland] & other delegates

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Contact Us

Do you have any query about any medical illness? Are you in two minds about getting a medical treatment? Please email to us. Welcare Hospital's Medical Specialists will help solve your dilemma.

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Do you need to create a Field Hospital in a day?

Call Welcare Hospital, they will do it!

The city of Vadodara recently had the privilege to host a huge international industrial exhibition for the first time in its history, the "SWITCH".

For an exhibition of giant proportions where thousands of people were expected every hour, there was a likelihood of people needing urgent medical care. So the organisers checked out the major hospitals of Vadodara and selected Welcare Hos-

SWITCH Highlights

5	Days
45	State ministers of India attended.
35	Power Sector Chairmen from abroad
1,150	Stalls of Large corporates of India.
290	CCTV Cameras
442	People Treated

pital to be the Healthcare Partner for "SWITCH" because they considered that Welcare Hospital was capable of providing the high end medical health centre facility to match the requirements of an international class exhibition of such a giant scale.

Said Dr Bharat Mody, the Founder-Chairman of Welcare: "We consider it our pride and privilege to have

been requested to shoulder this responsibility. We gathered a task force of experienced staff from Welcare and set up our mini-Welcare inside the exhibition premises. Our team treated 442 patients suffering from different medical and surgical conditions, free of cost. The ailments ranged from, Low and High Blood Pressure, Wounds and even one case of Fracture. This experience of being host to visitors from across India and the world will always remain a sweet memory for years with us at Welcare."

10 બેડની હોસ્પિટલ હશે

એક્સ્પોના સ્થળે 10 બેડની હોસ્પિટલ ઊભી કરાશે. મેડિકલ પાર્ટનર ડો. ભરત મોદીએ જણાવ્યું હતું કે, 3 તબીબો, 4 નર્સ સહિતનો સ્ટાફ રહેશે.



International delegates at SWITCH showed a keen interest in the 'Little Welcare Hospital'

If I undergo surgery, it will be in Welcare Hospital

Senior staff nurse Leelamma, who has worked in Kuwait for two decades chose Welcare Hospital for the removal of a huge tumour from her left arm. Why she chose Welcare Hospital? Because it is a hospital to match those in Kuwait...

Leelamma Joseph has spent a lifetime working as a senior nurse in hospitals of India and Kuwait. Hundreds of pa-

tients made a decision about its removal urgent.

Search

Her husband Joseph and

impressive that they decided to consult Dr Bharat Mody about the lump on her shoulder.



Say Leelamma & Joseph
"We thank the Almighty for creating the circumstance for us to make a social visit to Welcare. It saved my life and my limb."

now surrounded the entire left shoulder joint. It had also invaded the chest wall.

Critically important nerves and blood vessels lie over and around the chest wall. If the tumour was not removed, there would be complications.

Surgery

Team Welcare did their

Leelamma's tumour was a 'Lipoma', a non cancerous collection of fat. Small Lipomas are removed only if they spoil the looks of a person. Leelamma's Lipoma was too large

tients owe their life and limb to her quick decisions when she worked as the senior nurse in ICU's and wards.

In her hectic but happy life, she had one problem. She had a tumour on her left shoulder. Luckily it was not cancerous and life threatening. So she ignored the tumour and focused on her work.

Growing Tumour

But the tumour kept on growing. Whenever the subject of excising the tumour arose, Leelamma behaved like most other patients; she was emotional, apprehensive, indecisive and postponed the treatment. Eventually the large size of her tumour

Leelamma visited many hospitals and consulted many surgeons, but they did not like most hospitals. Having worked abroad in hospitals with world class infrastructure, Leelamma also did not trust the quality of care in Indian hospitals.

Providence

Providence made them visit Welcare Hospital when they came to inquire about the health of a family friend who was admitted because of dengue.

"It felt as if we were back in a hospital of Kuwait!"
Leelamma recalls.

They found the infrastructure and ambience at Welcare so



Before and After! From the uncertainty of 'what will happen' to the sheer joy that surgery was over and done!

Change of Heart

During the consultation she felt confident and comforted. She underwent a biopsy on the same day. An MRI scan was done. These showed that the tumour had spread and

meticulous planning and performed the complex surgery which lasted for three hours. They removed the entire tumour.

Today Leelamma is happily recovering and her shoulder is already gaining function.

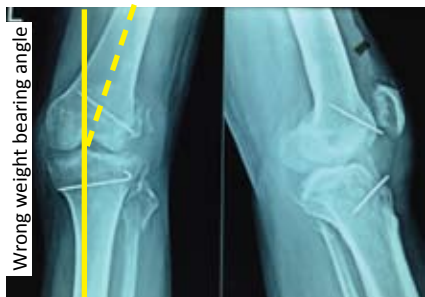


After the removal of the Lipoma, Leelamma undergoes gentle physiotherapy to regain all movements of her shoulder

From Despair to Full Functional Recovery

He was about to be prematurely retired because of continuous pain and disability. Vallabhbhai Vasava's poorly healed painful knee and limb was operated 18 years after the initial injury. Today he has recovered and retained his job.

18 years ago 32 years old Vallabhbhai Vasava met with a terrible accident. He suffered a severe crush injury of his left



bones, joints and injured tissues; joining the bones and joints correctly and joining the soft tissue accurately so that



Left-before surgery the knee was eroded and misaligned. Right-after surgery the upper bone [femur] is at the correct angle to the lower bone [tibia]

knee. He was treated at the local hospital, but the treatment did not bring full functional recovery, it only save his limb. His bones remained severely damaged and unhealed. His knee joint



Damaged bones: There was no viable bone to fit the artificial joint

and the soft tissue [skin, muscles and ligaments] were also totally compromised. His left leg was badly scarred.

With passage of time Vallabhbhai's condition worsened. His knee became completely stiff and increasingly painful. Eventually Vallabhbhai was asked to take early retirement by his employers. Having suffered for 18 years; at the age of 50 Vallabhbhai was to be written off!

One Last Attempt

Before that Vallabhbhai's Company's Medical Officer decided to refer him to Welcare Hospital to Dr Mody, who studied Vallabhbhai's history and investigation reports several times before he decided on the plan of surgery.

An Orthopaedic Trauma Surgeon faces two challenges when treating broken

both heal well and function well.

Risks of Failed Surgery

A wrong cut in soft tissue may compromise the blood supply and may lead to gangrene or even amputation of the limb. A misalignment of broken bones will lead to non union of bones and permanent pain and loss of function. That is what had happened in Vallabhbhai's case. Over and above that, the bones around his knee were severely damaged. There was little chance of fitting



Left: Vallabhbhai could barely bend his left knee before surgery. Right: After surgery he could bend the knee to 110 degrees, which helped him walk easily

an artificial joint in those bones.

Plan of Care

First and foremost, the bones around the knee joint had to be reconstructed. For that deep frozen human bones were obtained from the bone bank of Tata Memorial Cancer Hospital and was grafted into the deficient bones of Vallabhbhai. Then an artificial joint was implanted. A plastic surgeon operated to repair the old scars and make the skin on the surgical site supple. The four hour surgical procedure succeeded and today Vallabhbhai has recovered fully.

The Positive Change

His knee is painless. Before surgery he could not bend it at all. Now he can bend it up to 110 degrees!

He has been taken back by his company into full employment.

Vallabhbhai is a very happy man now. He hopes to earn full salary and provide a better livelihood to his family and get higher education for his children.

Surgery at Welcare was a surgical miracle for Vallabhbhai Vasava.



Upscaling from 35 to suddenly 175

Dr Mody describes how Management, Infrastructure and teamwork helped tackle the *Swasthya Adhikar Diwas* Challenge of giving free consultation, X Ray, Physiotherapy, eye check up and dental check up to over 175 patients in one day

A Typical Day

Usually I see about 35-40 outpatients a day. A medical superspecialist's consultation in a multi speciality hospital involves many steps which begin from registration to the patient going out with a date for surgery, advise for a follow up consultation in case surgery was not required or immediate admission. The process to decide what is best for the patient needs the registration, investigations, cross consultations to another medical or surgical specialist, outpatient therapy if required and dispensing of medicines.

Sudden Rise

When we began the Swasthya Adhikar Diwas for Barodians I never imagined that one day we might get as many as 175 patients! We thought it would be like a routine day with may be a few more patients... albeit free of cost.

At present with our usual staff, people who consist of front desk reception-

ists, Pathology lab technicians, X Ray technicians, PROs, physiotherapists, IT staff and so on and usually things work out very smoothly.

On the second Saturday of Swasthya Adhikar Diwas we had crossed the one hundred mark. On that day the whole

of our team was dead tired as a result of overwork. There was a sense of not having achieved our targets in terms of a time efficient experience.

But the patients [God bless them] gave a very positive response. They gave such good testimonials about the free consultation that it made all the hard

work worthwhile. But obviously this could not go on... We had to resume our daily hospital work the next day... Doctors have rounds every day of the year... Then came the idea of planning...

Past Experience

Team Welcare had made the transition from the small Welcare Nursing home at Race Course Road to Atladra Vadsar

Road two years ago in a seamless manner. We had the team and resources, we would plan and give it our best try...

Execution

We planned, we instructed and everyone, from the security guards who welcomed the patients coming for free check up to the Medical Director Dr Harshida and finally myself, all of us worked as a team. And on the subsequent Swasthya Adhikar Diwas, even after we consulted 175 patients, we were actually relaxed at the end of the day!

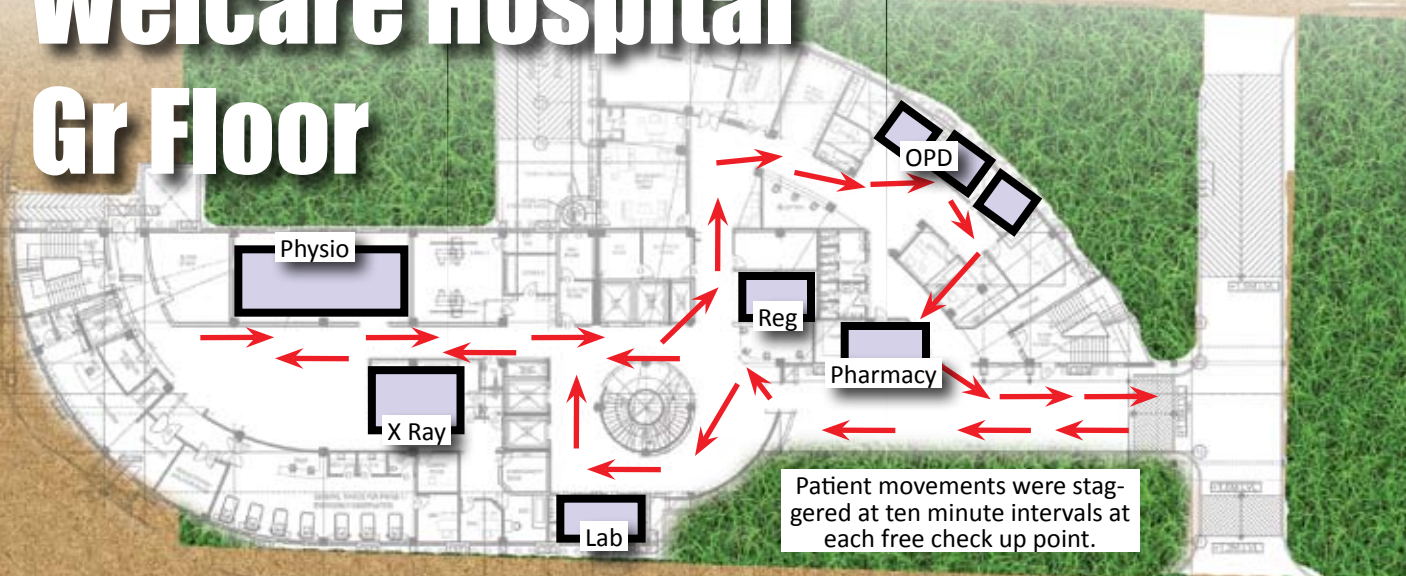
Process

Appointments for free check-up were given to ten patients for each hour of the day. Thus about ten patients arrived with one or two people with them, not more than 30 people in one hour. Thus there was no crowd.

Each such new batch was handled by a team of PROs who quickly registered them and then spread them out to various departments like lab tests, X Ray or physiotherapy, diet counselling, eye, dental and ENT check up. So as soon as registration was over, the patients were spread out, there was no crowding at all. And by the time the first batch was



Welcare Hospital Gr Floor





Patients who came for free check up waited patiently as they were told about the next step and how long it would take.

done, the second batch of patients were ready....

Computer Magic

The digital infrastructure of Welcare Hospital played a vital role. Every efficient system is hardwired into the building itself. Thus the name of the patient, his/her age and other vital details were on my computer when he/she arrived. I greeted them with their name which surprised them. Their lab reports and X Ray images were on my screen. Technology saved a huge amount of time.

In the end, if the patients were prescribed medicines, they bought them at Welcare Pharmacy and departed happily.

Team Work

Ultimately, it is all about planning and team work. Without planning, we were tired after 100 patients, with planning, we were fresh and cheerful after 175 patients!



Check points helped streamline patient flows in the hospital



Entries were regulated



Nurses guided patients



Eye check up on modern equipment was added in Oct. 16



Patients waited patiently for the final check up by Dr Bharat Mody... Many were old patients and had come from far places



વેલકેર હોસ્પિટલ ઘોષણા કરી રહ્યું છે કે

દર મહિનાના પહેલા શનિવારને સ્વસ્થ અધિકાર દિવસ તરીકે ઉજવાશે

ગોધરા શહેરના વતની શરદચંદ્ર દવાવાલા સ્વાસ્થ્ય અધિકાર દિવસ વિશે કહે છે...



“ડો ભરતભાઈ મોદી સાહેબનો આ એક ઉત્તમ વિચાર છે. મફતમાં સેવા હોવા છતાં દર્દી મિત્રોનું પુરતું ધ્યાન અપાય છે તેમજ જરૂરી માર્ગદર્શન મળે છે. ઉત્તમ સેવા, ઉત્તમ સગવડો, શ્રેષ્ઠ ગુણવત્તા, વૈશ્વિક સ્તરની ટેકનોલોજી વગેરે બધુંજ હોય તેવી હોસ્પિટલ મે ક્યારેય જોઈ નથી. ડો મોદી સાહેબની આ નિસ્વાર્થ સેવા માટે હું હૃદયપુર્વક આભાર વ્યક્ત કરું છું.”

શ્રી દવાવાલાનો ઈન્ટરવ્યુ જુઓ વેલકેર હોસ્પિટલના ફેસબુક પેજ પર <https://www.facebook.com/welcare.vadodara/>

શ્રી શરદચંદ્ર દવાવાલાઆએ લગભગ ૧૦ વર્ષ પહેલા ઘુટણની તકલીફ માટે ડો ભરતભાઈની જુની વેલકેર હોસ્પિટલમાં સારવાર કરાવી હતી. ગયા સ્વાસ્થ્ય અધિકાર દિવસે તેઓ તેમની ધર્મપત્નીના ઘુટણની તપાસ કરાવવા આવ્યા હતા.

હવેથી આ તપાસો પણ થશે

- આંખની તપાસ
- ડાએટ (ખોરાક) સલાહ

ડાયાબેટીક ન્યુરોપેથી હોય તેવા દર્દીઓની તપાસ

જનરલ સર્જરીના દર્દીઓમાટે ખાસ તક

નિમ્નલિખીત સર્જરીની જરૂરિયાત ધરાવતા દર્દીઓએ વિનામુલ્યે તપાસનો લાભ લઈ ઓપરેશન કરાવતા

પહેલા બીજુ ઓપીનિયન મેળવવું

- હરસ, મસા, ભગંદર, વાઢિયા
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- સ્તનની ગાંઠ
- મેદસ્વીપણું (ઓબેસિટી)
- પેટ અને આંતરડાના રોગો

૫ નવેમ્બર ૨૦૧૬	૩ ડિસેમ્બર ૨૦૧૬
૭ જાન્યુઆરી ૨૦૧૭	૪ ફેબ્રુઆરી ૨૦૧૭

વહેલા તે પહેલા ધોરણે ૧૫૦ હાડકાના રોગોના અને ૫૦ જનરલ સર્જરીના દર્દીઓના નામ નોંધવામાં આવશે. એપોઇન્ટમેન્ટ વગર વિનામુલ્યે તપાસ થઈ શકશે નહીં. એપોઇન્ટમેન્ટ માટે ફોન કરો સવારે ૯ થી સાંજે ૫ સુધી

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સરનામું

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Welcare Hospital



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