

K.M.F. Newsletter

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What's inside?

MS Comments
What's happening? - Reports of activities in the hospital
Community Outreach
KMF Staff activities
Plans / Needs in KMF
Photographs
Prayer points and YOUR involvement in the work of KMF

K.M.F. Newsletter

The KMF Newsletter is a quarterly collection of stories and news about KMF and its work. The newsletter is aimed at those interested in the story of this hospital and the initiative to revive it, that it may be a faithful witness in the community it seeks to serve. Please do keep the work of KMF in prayer.

MS Comments:

Greetings from KMF.

In the first newsletter of the new year, we are thankful for what the Lord has been doing in KMF. For a change, it is not COVID that is prominent news and we have had the opportunity to look into areas of need and growth. As travel restrictions ease, we have been able to start specialty consultations again. Community outreach was something that was absent during the pandemic, and this year thankfully, we have started planning a community programme and started the baby steps towards this. Newer services that were introduced include a regular ENT consultation, neonatal ICU, regular obstetrics and gynecology. An emphasis in improvement in quality of services through training of staff is another important activity that is being done in an ongoing manner. As the hospital grows, there are growing challenges too of various kinds. We request your prayers in this regard that the ministry of the hospital ultimately glorifies His name as we serve in love.

I will extol the LORD at all time; his praise will always be on my lips. My soul will boast in the LORD; let the afflicted hear and rejoice. Psalm 34: 1,2

Dr. Tony Abraham Thomas
Medical Superintendent, KMF Hospital

What's happening in KMF ?

Neonatal ICU



A 3-bed Neonatal ICU with state of the art equipment including neonatal ventilators, infant warmers/incubator, Bubble C-PAP, multiparameter monitors and other equipment was inaugurated in KMF Hospital on 17th March 2022. This will enable

treatment of sick newborn babies in the hospital. This is a fulfilment of a long-held dream of Dr. Koshy George, our pediatrician. We are thankful to all who donated generously to make this possible and ensuring that sick children can be treated without delay.



COVID work in KMF

KMF served those affected by COVID during the second and third wave of the pandemic. Two floors of the hospital (25 beds) were set apart as an isolation center to take care of those affected. During the third wave of COVID there was another spike of admissions in the month of October when we had 21 children following an outbreak. Since then, thankfully, the pandemic seems to have subsided and

since January of this year, we have not had to admit cases.

Electricity Transformer

A new 250 KVA transformer was installed by the Electricity board in the KMF hospital campus on January 21st 2022. We were struggling with an ageing generator to take CT scans and to deal with power cuts. The transformer enables us to take scans with electricity from the grid, which is much simpler and safer. It also helps with planning for installation of equipment in future. This was possible thanks to support from local well-wishers.



ENT and audiology

The lack of reliable ENT service in the Nilgiris was a major need that is being met with the help of a regular monthly visit by Dr. Regi Thomas, professor in



Department of ENT in CMC Vellore. With his help, we have started setting up a full-fledged audiology service including pure-tone audiometry (hearing testing), impedance

audiometry and BERA. Ms. Joanna, an audiologist accompanies him during each visit to do the hearing tests. Community ENT is another plan in the works, where we can reach out to the schools, estates and villages to screen for deafness and other ENT illnesses. We hope to have a full-time ENT surgeon and audiologist in a few months, which will be a great blessing to the people of the Nilgiris.

STEMI Programme

Patients with myocardial infarction or 'heart attack', a life-threatening illness need to be treated within the narrow time window of about 4 hours and it is not uncommon to see 2 or 3 such cases each week. In an effort to provide the best possible treatment and improve outcomes, KMF has partnered with the STEMI foundation under the guidance of Dr. Thomas Alexander, a noted cardiologist in Coimbatore and a CMC alumnus, to be a 'heart-attack ready' hospital.

This is a hub-and-spoke model which ensures that the individual is treated in KMF with clot-busting medications (thrombolysis) and then shifted immediately to the hub hospital in Coimbatore, where angiogram and stent placement is done free of charge for those who have the TN government health insurance scheme. KMF has been providing thrombolysis for several years and it is our hope that this model will ensure even better and streamlined treatment, especially for the poor who cannot afford costly treatment.

Retreat for students

A retreat for post graduate students was held in KMF on 4th and 5th of March 2022. The sessions were held in the Oxfam building and was led by Dr. Regi Thomas and others from CMC Vellore. It was a time of reflection and inspiration for the young doctors in a setting away from the madding crowd of medical work.



New software

A new hospital management software (Accesserve) was inaugurated on 1st of April 2022. This will enable the outpatient process, billing, pharmacy, finance and other hospital processes to be done completely online. Outpatient charts are now not used and patient records are digitized.

KMF Community Outreach

Community programme

Reaching out to the communities in the villages in and around Kotagiri has been an integral part of KMF's vision and mission. After the easing of COVID related travel restrictions, we have been planning a community programme. Dr. Miriam George, a public health expert joined our team in March and has initiated visits to villages, especially those in remote locations to assess the needs related to health. We hope to train young women in the community to be health workers in their own villages and use the existing health infrastructure, both private and government based, to improve health in the Nilgiris, especially among those who are not reached by the anyone.



Free cleft lip surgery

Dr. Ashish Gupta has been providing Plastic surgery consultations in KMF since November 2021. In the month of March 2022, two tiny tots from remote villages in the Nilgiris benefited from free cleft lip repair surgery in CMC Vellore. The children were identified and brought to KMF by the Kinder Trust of Coonoor.

Tea estate clinics

Tea estates are a common sight in the Nilgiris and workers in these estates form a significant part of the workforce. This includes a sizable migrant worker population who have no access to credible healthcare. KMF has started reaching out to these people since December 2021 through two regular tea estate clinics on Monday and Friday afternoons. We hope to expand our services through medical screening camps that will serve the estate workers in the coming months.

School and college screening camps

School and college screening camps were held for general health and eye diseases in CSI School,



Kotagiri
23rd March
and in
Kaypeeyes
College of
Arts and
Science on
30th March
2022.

Around
350

students in

all were screened for refractive error and other health disorders like anemia, vitamin deficiencies, skin illnesses and other common illnesses during these events. Refractive error and other eye diseases were identified in 45 students and referred to the hospital for further evaluation and management.

Kinder Trust Pediatric camp – 24th March 2022

A free camp for children was held on 24th of March 2022 in Coonoor in association with the Kinder Trust. Dr. Koshy George, our pediatrician led the team that screened children for various illnesses. Those that require further treatment are referred to KMF or an appropriate higher center.



Home-based care programme

There are several individuals, especially older people and those with chronic illnesses who are at home and unable to travel to the hospital due to the hilly terrain and other reasons. The need for home visits by trained personnel is thus, a need that will benefit many in the Nilgiris. Towards this, KMF is planning a home-based care programme. To start this, two young women were identified and are undergoing training in home-based care by the Pisces Healthcare group in Vellore based in Vellore and led by Dr. Vinod Shah, an alumnus of CMC Vellore.

Community outreach – Adolescent and young women consultation

In collaboration with the Island Trust and Care Trust, a free screening consultation was held on March 26th 2022 with doctors from KMF screening adolescent and young working women for various illnesses.

ENT hearing testing camp

A free ENT camp was held on March 8th in association with the Kinder Trust to treat people with

hearing disorders. Audiometric tests were done and those with treatable hearing loss were identified for hearing aid.

KMF Staff Activities!

Badminton court

There is a time to work and there is a time to play and a space for staff and children to play was a long felt need in the campus. As a beginning, a badminton court was built in the campus and is being used with much fervor especially by staff children.



Nurse training and protocols



The nursing service in KMF received a boost with the arrival of Mrs. Glory Ashok, an

experienced nurse who was in charge of Orthopedic nursing in CMC Vellore until her retirement. Since January of this year, she has been involved in training our nurses, putting processes and protocols in place and planning for NABH. We are thankful for her services so far and hope that her inputs will raise the level of nursing in the hospital for a long time to come.

Women's Hostel

An old hostel in the hospital campus was renovated and converted into a Women's hostel in the month of February with capacity to lodge 10 women. It has already reached near-full capacity and is a blessing as it provides residential facilities for single women in one place.

Specialty consultations

Vascular surgery consultation (Feb 24,25)

Vascular surgery consultation was held after a long COVID related gap. A team of vascular surgeons, anesthetists and technicians visited KMF for a consultation in November 2021 and then on February 24,25th 2022 led by Dr. Prabhu Premkumar. Besides consultations, Doppler scans and Endovascular laser surgeries were performed for those with varicose veins. The burden of varicose veins and complications like large leg ulcers is great in the Nilgiris because of a large number of tea workers who stand for long periods and their visits have a significant impact on those suffering from these illnesses.

Pediatric nephrology (Feb 24,25)

Dr. Indira Agarwal, professor and head of Pediatric Nephrology in CMC Vellore was available for consultations along with the Vascular team. She was able to see children with kidney illnesses and follow-ups from places like Coimbatore and Erode during her visit.

Plastic surgery (Feb 24,25 2022)

Dr. Ashish Gupta, professor and head of Department of Plastic Surgery in CMC Vellore saw patients with cleft lip and other anomalies over two days. During his time here, he took a CME in management of wound dressings and management of chronic ulcers for the doctors of KMF. Two children with cleft lip from a

remote village, referred by the Kinder Trust underwent free surgery in CMC Vellore. This is a major source of medical support for those who cannot afford treatment for relatively uncomplicated illnesses.

Urology

Dr. Ganesh Gopalakrishnan, retired professor of Urology, CMC Vellore has been conducting a Urology consultation every month. Patients with urological illnesses undergo diagnostic urethroscopy and surgical procedures during these visits. Endoscopic surgical treatment for prostate hypertrophy, urethral injuries, bladder stones etc. have been done during his visits.

Rheumatology

The Rheumatology department of CMC Vellore has resumed consultations KMF from March 2022 (second Saturday of each). They see around 30-40

patients on each visit which includes follow-up patients from Erode and Coimbatore.

Cancer screening consultation (Oct 23rd 2021, 26th March 2022)

Cancer screening and consultations were held with radiation oncologists from Vellore visiting Kotagiri. Dr. Thomas Samuel, Dr. Anita Thomas, Dr. Rajesh I, Dr. Dhanya, Dr. Julie, and others were available for consultation, counselling and screening.

Dermatology

Dr. Dharshini from CMC Vellore was available for a dermatology consultation on the 24th and 25th of February along with her husband Dr. Sathish who provided anesthetic support to the the Vascular surgery team during their consultation.

Human interest story - The impact of KMF

Three decades of pain relieved

Very few of us think twice before relieving ourselves, a normal physiological act which is a part and parcel of everyday life. This however, was not the case for Mr. Kumar*. For more than 30 years, this normal everyday act was a painful ordeal as a consequence of an injury and multiple surgeries. For lack of finances and skilled surgeons, he had been living with this problem all these years and has been a familiar face in the hospital over the last 4 years.

After 3 decades of misery, he is able to smile today and feel normal again thanks to a complex urological surgery performed on him in the month of March by Dr. Ganesh Gopalakrishnan, ex-professor of Urology in CMC Vellore. The surgery was done free of cost to him, thanks to many who contributed suture materials and other surgical materials. We are so relieved that the surgery went well... you can imagine the relief in his mind!



Life-saving surgery

Mr. Kannan*, an elderly gentleman was brought to the emergency department on a Sunday afternoon, unconscious and unresponsive for more than 10 hours. A quick CT scan showed a large subdural hematoma (blood clot) in the brain pressing on vital structures. There was no doubt that he was in a critical condition and probably would not even survive a trip to Coimbatore. He underwent emergency neurosurgery in KMF within an hour under high risk consent as he had multiple risk factors. He survived and was able to talk the next day. It was a delight to see him walking into our outpatient department after 2 weeks with his son. We are thankful to all those who contributed generously towards the setting up of the CT scan and theater facilities without which we could not have saved his life.

(*name changed)

Plans for the immediate future / Needs in the hospital

The following are some of the needs of the hospital that we are working on with an approximate cost. As a charitable hospital, we manage the daily running expenses independently but we are dependent on contributions to invest in equipment to upgrade the services provided. Those interested in contributing financially to the hospital are encouraged to contact the medical superintendent.

1. **Blood storage centre** – The need for blood, especially in an emergency situation is something we are planning to address. Currently we are planning to start a blood storage centre. This will involve renovating building space for the centre and purchasing equipment and obtaining licences from the regulating authorities.
2. **NABH** – We are in the process of planning for NABH which is a mark of quality of service. Though it appears daunting, we hope to achieve this in about a year.
3. **Home based care** – There is a significant need for home based care for the elderly and those with long-standing or chronic illnesses in the Nilgiris. The team is planning a program that will fulfil this need, providing bedside care to people in their homes.

We are hiring!!

1. **General surgeon** – MS or DNB qualified general surgeon needed urgently. Those interested and who feel a calling to work in a mission hospital please contact us.
2. **Nurses** – We urgently need nurses (GNM/BSc.) trained in neonatal care (one vacancy) and for ward and general nursing (two vacancies) .

Please contact us at kmfoffice@kmf-kotagiri.org with your resume.

How can you be involved in KMF's revival?

You too can be a part of KMF in the following ways:

1. **Pray** - See prayer points below.
2. **Participate** - Visit us for a holiday, as a volunteer or join us!
3. **Contribute** - For those wishing to contribute financially, bank account details are given below.

Account Name - KOTAGIRI MEDICAL FELLOWSHIP HOSPITAL Account no. - 1958914021

IFSC code - CBIN0281010 MICR – 643016302CENTRAL BANK OF INDIA, KOTAGIRI, Savings account

Prayer points

1. **Hospital activities and staff** - Please pray that all that we do as a community will be done with the love of God and a spirit of unity, thus being a witness to Him who works within us. Please pray for some staff struggling with illnesses.
2. **Protection and wisdom** – During this pandemic period, the hospital functions under constraints. Pray that we will have the wisdom to make the right decisions so that the staff are protected and the services of the hospital continue.
3. **Finances** – Pray for wisdom to use our finances wisely as we purchase equipment and expand the activities of the hospital.

Support, Finances and funding

The revival of KMF hospital is an endeavor shared by not just the staff, but by a wider network of donors and well-wishers who pray and 'hold the ropes'. A big thank-you to all individual supporters who have given generously - the work goes on because of your involvement. We are especially grateful to CMC Vellore for supporting the hospital through financial and administrative input and through the many specialists who visit regularly.

PHOTOGRAPHS

A few photographs of the life and work in KMF.



Left: ENT nasal endoscopy,
Plastic surgery procedure



Left: Children at play during a community visit
Below: Vascular surgery doppler scan, Dermatology consultation from CMC Vellore





Above: Inauguration of Neonatal ICU by Dr. Thomas Kuriakose, Vascular surgery, plastic surgery, dermatology and anesthesia team from Vellore.

Left: Rheumatology consultation from Vellore

Right: Some tiny tots in campus

Below: Intense badminton match in the new court

