

MOH Spotlight



Chairman's Message

Dear Readers,

Seasons greetings to you all . We at Mohan Dai Oswal Hospital are relentlessly building the bedrock of excellence by upholding the highest moral and ethical standards of healthcare. We are constantly striving to bring the best of medical advancement and service quality to our patients. Our commitment to quality is exemplified by the fact that we achieved NABH accreditation in the year 2018. Our efforts have also been to make our services & facilities optimal, affordable & accessible to all segments of society.

I appreciate the full participation & co-operation of my team at MOH, their continued support & hard work will certainly take the institution to greater heights.

Jawaharlal Oswal.
Chairman

From the CEO's Desk



Dr Sanjeev K. Uppal
MS, MCh. MBA



Mohandai Oswal Hospital touches the lives of people at every stage of their life. We value the trust of our patients and do our utmost to come up to their expectations. With the addition of emergency and trauma centre, we aim to cater to all types of emergencies. As the C.E.O. of the hospital, it would be my endeavour to work closely with the management, the doctors and the hospital staff for the betterment of the hospital and patient care.



Trauma & Emergency Services

EMERGENCY SERVICES

L

BECAUSE
YOUR
LIFE
MATTERS



Mohan Dai Oswal Hospital was envisioned by Late Lala Vidya Sagar Oswal and his family in the memory of late Smt. Mohan Dai Oswal, wife of late Lala Vidya Sagar ji, who had succumbed to cancer. When it was set up in 1984, the focus was on medical and surgical oncology, chemotherapy and radiotherapy. After the year 2010, it has come up as a modern multi specialty hospital with all major specialties and super specialties along with state-of-the-art diagnostic facilities.

Recently a world class emergency and trauma centre has been established which is well equipped to manage minor trauma as well as major emergencies. It purports to provide urgent and high-quality medical care to target the 'Golden Hour' so as to improve the outcomes by reducing the time for administering definitive care which is a premise of trauma systems and EMS (Emergency Medical Systems). The advanced centre comprises eleven triage beds, three isolation rooms, one minor operation theatre, five bedded burns care unit, four bedded paediatric observation corner. This also provides for round the clock Pharmacy, Radiology & Blood Bank services, as well as two ambulances equipped with life support systems. This will serve the needy population of Ludhiana, Punjab and the neighbouring states. In the pipeline is a state of art cardiac care centre

Managing Trustees



Mr. Kamal Oswal



Mr. Dinesh Oswal



Mr. Sandeep Jain

'PSMA PET CT SCAN' A CUTTING EDGE FACILITY ADDED TO THE DIAGNOSTIC REPERTOIRE AT MOH



We have deeply rooted at MOH a "PATIENTS FIRST" concept amongst all our healthcare providers including Doctors, Nurses, Paramedical and Support staff.

MOH has recently commissioned its very advanced 23 bedded Emergency & Trauma Center laced with all latest medical and patient care technologies.

Through this trauma center facility, MOH is promising and ensuring prompt and quality health care for everybody in the community at large.

Mr. Yogendra Awadhiya
Head Operations



PSMA stands for 'Prostate Specific Membrane Antigen'. PSMA is a cell surface protein which is highly and exclusively expressed on the surface of prostate cancer cells. PSMA can be targeted by ligands which avidly bind to it. When a positron emitting isotope is coupled to these ligands, it can be used to trace prostate cancer cells (local or metastatic) present any where in the body using a PET CT Scan. This development in prostate cancer diagnostics is akin to the development of monoclonal antibodies to hit specific targets in therapeutics.

In Ca Prostate, PSMA PET CT is especially useful in the following settings:-

- Before a major therapeutic intervention with curative intent (surgery or radiotherapy) to make sure that the patient really does have localised non metastatic disease
- In patients with Biochemical Recurrence (BCR) following Radical prostatectomy- to localise the site of recurrence
- As a single and highly accurate initial staging modality in Ca Prostate thus replacing the separate use of bone scans, CT scans etc. which are also much less accurate

We have recently started doing this useful test at MOH.



Dr. Ashok K. Goyal
Sr. Consultant & HOD, Nuclear Medicine



Dr. Tejpal S. Gill, Sr. Consultant
Urologist (Uro-Oncologist)

International Conference



Dr. Kartik Goyal, Consultant Gastroenterologist at MOH was among the few doctors from North India to be invited to chair a session as a moderator for live Demonstration of the topics:

- "Therapeutic EUS (Endoscopic Ultrasound) in 2020".
- "How I do Cyto-Gastrotomy?" in a Virtual Conference: 11th International Workshop on EUS and mediastinal EUS & EBUS held on 26th -27th September 2020.



Dr. Ankur Mittal, Clinical Hematologist & BMT Physician delivered a talk on "Road ahead for Imatinib treated patients" where he discussed the changing aspects in the treatment of Chronic Myeloid

Leukemia at an International virtual conference CRABECON held in October 2020.

National Conference



Dr. Tejpal Singh Gill, Sr. Consultant Urologist (Uro-Oncologist) at MOH was invited to participate as an expert panelist in a national CME (Webinar) on 'Recent Changes in Management of Prostate Cancer' held on 20th October 2020.

He said that prostate cancer therapeutics is a highly exciting field with a wide array of new and novel agents on the horizon and radically changing treatment paradigms with spectacular results for these terminal cancer patients.



Dr. Sanjeev K. Uppal, CEO at MOH, who is also the President of National Academy of Burns India (NABI) organized online public awareness on "Prevention of Kitchen Burns" in October 2020.

PACS (Picture Archiving and Communication System)

A step towards a completely digital clinical environment



As we are aware, a PACS system has been installed in the Department of Radiodiagnosis it comprises of high resolution Medical grade display systems, advanced software for processing images, a dictaphone software for medical transcription, scanner for digitizing outside imaging studies & a 16TB archiving system.

The PACS System will act as a force-multiplier, enhancing quality & yielding returns in functionality much beyond the financial investment it entailed, by facilitating:-

- **Integration across modalities:-** All diagnostic modalities can be viewed and easily compared on the same monitor.
- **Remote access:-** Images can be viewed from anywhere in the world.
- **Removing barriers between Radiology & Clinical services via integration with HIS:-** Clinicians can view the studies immediately from their PC/mobile.
- **Continuity of medical care:-** The past diagnostic records will be digitized and stored & available for any future reference.
- **Research:-** Any study can be retrieved for research & analysis.

The system even has a facility of video-conferencing between the radiologist & the clinician. It is hoped that the clinicians will like the system & exploit it to its full potential.

Deptt. of Radiodiagnosis



Dr. Lovmlesh Garg
Sr. Consultant & HOD



Dr. Vandana Setia
Sr. Consultant



Dr. Avtar Singh Kalsi
Sr. Resident



Dr. Ramandeep S. Sandhu
Sr. Resident



Dr. Hershil Kumar Shrivastava
DNB Student



International Senior Citizens Day



**“The Spirit never ages.
It stays young forever”**

International Senior Citizens Day was celebrated on 1st October at Senior Citizens Home, Swami Vivekanand Ashram, Ludhiana.

45 Senior citizens residing in the Ashram were made aware of various ways to stay fit. Their contribution for the betterment of society was appreciated.

Dr. Geeti Puri Arora, Consultant Physician and Diabetologist spoke about common old age ailments, their prevention and cure especially with reference to joint pains, body aches, diabetes, hypertension, anemia, insomnia and depression.

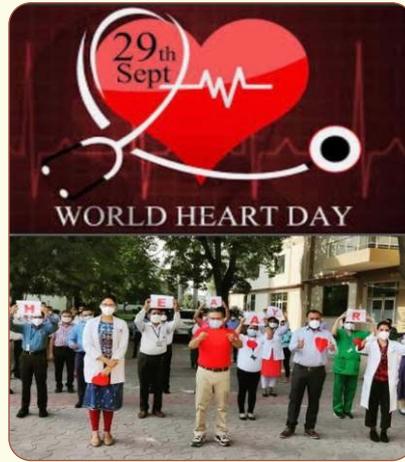
Mrs. Nisha Sharma from Dietary department gave various tips for a healthy and nutritious diet. CEO Dr. Sanjeev K. Uppal assured all possible medical help to the senior citizens. He also held a short yoga and exercise session and advised residents to have a positive thinking.

HERE'S TO THANKING ANESTHESIA FOR LETTING US GET TREATED WITHOUT FEELING THE PAIN. HAPPY WORLD ANESTHESIA DAY!



World Anaesthesia Day is an annual event celebrated globally on 16 October to commemorate the first successful demonstration of Ether, the miracle drug by WTG Mortan in 1846. To mark this day, an in house panel discussion to highlight the role of Anaesthesiologists in Pain Management was moderated by Dr. B.K. Mohindra, Sr. Consultant. Dr. Harjinder Kohli & Dr. Geeta Mittal were the panelists

World Heart Day



A “Heart Health Awareness” 1 Km walk/run was organized by the hospital with a pledge to keep a Healthy Heart Beat by making healthy lifestyle choices. The hospital faculty, nurses & paramedical staff participated in this event.



Leukemia & Lymphoma Awareness Month (September)



Together we can beat this

Dr. Ankur Mittal, Junior Consultant, Clinical Hematologist delivered a lecture and a radio talk (Radio Mirchi 98.3 FM) with a purpose to create awareness among the general population and physicians for early diagnosis & treatment of leukemia and lymphoma, so as to improve the quality of life of the patients and their families.



For the year 2020, the projected number of cancer patients in India was 1,392,179 of which 60 percent were cervical cancer patients. Cervical cancer is a disease that is hundred percent preventable by timely screening and vaccination. The World Health Assembly has adopted a global strategy to bring down the incidence of cervical cancer by 10% by the year 2030. In compliance with the same the department of OBGYN held a cervical cancer screening camp and did opportunistic screening with free pap smears.

Eye Health Week
Your Vision Matters



Eye Health Week was celebrated from September 14th - 19th September with an aim to provide treatment to patients suffering from ocular disorders at a reasonable cost and also to create awareness about various eye ailments, use of contact lens and regular eye check ups in diabetics etc.



An eye camp was organised on 9th October at Monte Carlo factory. Dr Neeraj Arora, Sr. Consultant, Ophthalmologist examined 250 patients. Medicines were distributed free of cost to the needy. They were educated about the use of safety eyewear at workplace.



World Mental Health Day

Shape your mind to shape your future

MIND Your Health

On the occasion of World Mental Health Day, Webinar on the topic “Mental Health Issues of Teenagers” was organized under the patronage of CEO, Dr. Sanjeev K. Uppal in collaboration with management of DAV Public School, BRS Nagar, Ludhiana on 10th October 2020. Around 300 students & teachers participated in the Webinar. Dr. Harpreet Singh, Consultant Psychiatrist explained the importance of mental health, positive thinking, setting of SMART goals in student’s life. He also laid emphasis on the importance of stress & anger management and taught the children the art of meditation.

Thalassemia Clinic

Thalassemia clinic was inaugurated on 24th August 2020, in association with the Punjab Thalassemia Welfare Society. Dr. Parveen Sobti the founder of the society was present as the Chief Guest. Patients will be given monthly blood transfusion, regular health check ups and iron chelation therapy. Patients who cannot afford treatment will be treated free of cost. Our thalassemia clinic team comprises of Dr. Nardeep Singh (Pediatrician), Dr. Ankur Mittal (Hemato-Oncologist) Dr. Preeti Joseph (Blood Bank In-charge) and Dr. Kanwardeep S Kwatra (Pathologist).

We give you Hope
Have faith
Miracles do happen



IUI Clinic

What is IUI ?

Direct transfer of processed sperms into the uterine cavity around the time of ovulation .

In what patients it is done?

- Indications of IUI are any male ejaculatory problem
- Mild male subfertility (semen analysis problem)
- Mild endometriosis , Cervical factor ,Vaginismus
- Unexplained infertility ,HIV +ve husband

What are the advantages?

- IUI is Non-invasive ,Inexpensive
- Easy to perform ,Risk is minimal , Painless

What are the prerequisites for IUI?

- Fallopian tubes should be open
- No vaginal infection
- Periods should be ovulatory



Dr. Karanbir Kaur
Manager, Quality

NABH Accreditation Process in MOH was started in year 2016. MOH Management & MOH Team took the challenge to comply with the NABH Standards as per 4th Edition.

To achieve this target the following steps were taken:-

- SOP's were formed as per National & International Guidelines.
- Clinical & Non clinical Committees were formed for monitoring various aspects of Patient safety & Quality of Care
- Training of the Staff was conducted on updated guidelines.
- Infrastructure Upgradation.

The NABH accreditation was awarded on 22nd April 2018.

The new website was launched on 28th October 2020 by Mr. Jawaharlal Oswal (Chairman, MOH)



For Covid 19 AWARENESS Bike Rally

A "COVID Awareness Bike Rally" was flagged off from MOH by SDM East Ludhiana, Dr. Baljinder S. Dhillon. 45 bikers including 12

female staff members participated in this 10 Km rally. A specially designed mask was released on this occasion and 500 masks were distributed among general public. The rally stopped at 4 places and public was educated about the use of masks, social distancing and frequent hand washing.



IVF Clinic



On the 18th of November , Deptt. of OBGYN at MOH inaugurated the IVF Clinic in collaboration with INDIRA IVF . Dr Iqbal S Ahuja, a pioneer in IVF was the Chief Guest

Dr. Tejinder Kaur Sr. Consultant, OBGYN
Dr. Shirin Gupta Sr. Consultant, OBGYN
Dr. Arti Gupta Tuli Sr. Consultant, OBGYN

SERVICES AVAILABLE

MEDICAL SERVICES

- MEDICAL ONCOLOGY
- RADIATION ONCOLOGY
- CLINICAL HEMATOLOGY
- INTERNAL MEDICINE
- PULMONARY MEDICINE
- DERMATOLOGY & COSMETOLOGY
- GASTROENTEROLOGY
- NEONATOLOGY & PAEDIATRICS
- ENDOCRINOLOGY
- PSYCHIATRY / DRUG DE-ADDICTION
- NEPHROLOGY & DIALYSIS
- NUCLEAR MEDICINE
- ANAESTHESIA & CRITICAL CARE
- NEUROLOGY
- CARDIOLOGY

SURGICAL SERVICES

- SURGICAL ONCOLOGY
- GENERAL SURGERY
- MINIMUM INVASIVE AND LAPROSCOPIC SURGERY
- ORTHOPEDICS & JOINT REPLACEMENT
- NEUROSURGERY
- OBSTETRICS & GYNAECOLOGY
- GYNAECOLOGICAL - ONCOLOGY
- UROLOGY & URO-ONCOLOGY
- PLASTIC & COSMETIC SURGERY
- DENTISTRY
- ENT
- OPHTHALMOLOGY

OTHER SERVICES

- ROUTINE X-RAY
- SPECIAL RADIOLOGICAL INVESTIGATIONS & INTERVENTIONAL PROCEDURES
- ULTRASONOGRAPHY
- COLOR DOPPLER
- MRI (1.5 TESLA), PET CT
- CT SCAN (16 SLICE)
- MAMMOGRAPHY
- ECHOCARDIOLOGY
- PHYSIOTHERAPY, DIETARY
- AMBULANCE (24x7)
- LAB. SERVICES (24x7)
- BLOOD BANK (24x7)
- PHARMACY (24x7)

Extra Dimensions



STARGAZING

Adventures under the night sky... Celestial Navigation To Infinity & Beyond

The stardust sprinkled across a moonlit sky: Revealing the Glory & Majesty of the Creator

Photo Credit

Dr. Yogesh Gauba & Dr. Pardeep Kapur



Empanelled with ECHS, ESIC, MMPCRKS, Punjab MLA's & Ex-MLA's, GIPSA, Ek Noor Sewa Kendra Regd.

Indian Railways &

All Major TPAs, Insurance Companies

EDITORIAL TEAM



Dr. Harjinder Kohli
(Anaesthetist)



Dr. Vandana Setia
(Radiologist)



Dr. Shirin Gupta
(Gynaecologist)



Dr. Tejpal Singh Gill
(Urologist)



Dr. B.K. Mohindra
(Anaesthetist)



Dr. Pardeep Kapur
(Pulmonologist)