



ALL INDIA CRITICAL CARE HOSPITAL RANKING SURVEY 2020

Ranking continued from page 1

EMERGENCY AND TRAUMA NATIONAL MULTI SPECIALITY RANKING	
Rank	Name
1	Indraprastha Apollo Hospitals, Sarita Vihar, Delhi
2	Medanta The Medicity, Sec- 38, Gurgaon
3	Aditya Birla Memorial Hospital, Thergaon, Pune
4	Lilavati Hospital and Research Centre, Bandra, Mumbai
5	Apollo Hospitals, Jubilee Hills, Hyderabad
6	Max Super Speciality Hospital, Saket, Delhi
7	Hosmat Multispecialty Hospital, Magrath Road, Bangalore
8	Kokilaben Dhirubhai Ambani Hospital & Medical Research Institute, Andheri, Mumbai
9	Apollo Hospitals, Bannerghatta Road, Bangalore
10	Max Super Speciality Hospital, Patparganj, Delhi
11	SIMS Hospital, Vadapalani, Chennai
12	Care Hospitals, Banjara Hills, Hyderabad
13	Apollo Hospitals, Greams Lane, Chennai
14	Apollo Gleneagles Hospitals, Kadapara, Kolkata
15	Jaslok Hospital & Research Centre, Peddar Road, Mumbai
16	Gleneagles Global Health City, Perumbakkam, Chennai
17	BLK Super Speciality Hospital, Rajinder Nagar, Delhi
18	Kauvery Hospital, Alwarpet, Chennai
19	BGS Gleneagles Global Hospitals, Kengeri, Bangalore
20	Dr LH Hiranandani Hospital, Powai, Mumbai

REGIONAL MULTI SPECIALITY RANKINGS - SOUTH	
Rank	Name
1	Apollo Hospitals, Jubilee Hills, Hyderabad
2	Hosmat Multispecialty Hospital, Magrath Road, Bangalore
3	Apollo Hospitals, Bannerghatta Road, Bangalore
4	SIMS Hospital, Vadapalani, Chennai
5	Care Hospitals, Banjara Hills, Hyderabad
6	Apollo Hospitals, Greams Lane, Chennai
7	Gleneagles Global Health City, Perumbakkam, Chennai
8	Kauvery Hospital, Alwarpet, Chennai
9	BGS Gleneagle Global Hospitals, Kengeri, Bangalore
10	COSH Multispeciality Hospital, Tambaram, Chennai

CITY MULTI SPECIALITY RANKINGS - CHENNAI	
Rank	Name
1	SIMS Hospital, Vadapalani, Chennai
2	Apollo Hospitals, Greams Lane
3	Gleneagles Global Health City, Perumbakkam
4	Kauvery Hospital, Alwarpet
5	COSH Multispeciality Hospital, Tambaram
6	MIOT International, Manapakkam
7	Billroth Hospitals, Shenoy Nagar
8	Apollo Hospitals, Tondiarpet

EMERGING MULTI SPECIALITY RANKINGS - CHENNAI	
Rank	Name
1	Dr. Relia Institute & Medical Centre, Chromepet
2	MGM Health Care, Aminjikarai

A DAY IN A GASTRO HOSPITAL



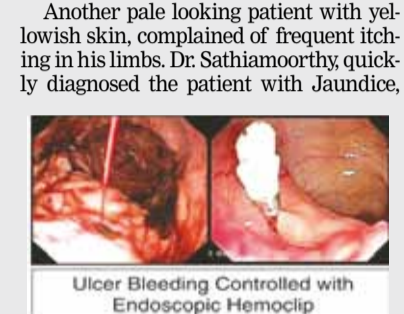
I then witnessed the impressive ICU and ward teaching rounds by Dr. Chandrasekar and other consultants. The patients' progress was assessed twice a day, to understand the condition of serious in-patients. I learnt that case documentation is serious business for prognosis and research.

As the day progressed, more and more patients trickled in with different problems. A commotion started when the ambulance arrived with its sirens blaring. The medical and paramedical staff were immediately summoned to receive the patient. Associate consultant Dr. Gokul saw a puddle of bloody vomitus in the ambulance and ordered instant evacuation to 'intensive care'. After stabilizing the patient and identifying the aetiology, an endoscopic variceal banding was performed.

A lady patient wincing with stomach pain, was diagnosed with Gall Bladder disease. Surgeon Dr. Prasad performed Laparoscopic Gall Bladder removal surgery the same day.

Another pale looking patient with yellowish skin, complained of frequent itching in his limbs. Dr. Sathiamoorthy, quickly diagnosed the patient with Jaundice,

I first saw a middle-aged lady in agony in the waiting lounge. She had come to the hospital, after a fish bone had got lodged in her throat during dinner and all home remedies failed. Since a long fish bone was found impacted horizontally in her food pipe, she was wheeled into the endoscopy suite, where it was successfully removed endoscopically, under the directions of Head of Digestive Diseases Services, Dr. T.S. Chandrasekar. The procedure was done without open surgery, a great boon nowadays.



Ulcer Bleeding Controlled with Endoscopic Hemoclip

due to advanced bile duct cancer and mobilized him for endoscopic stenting.

The outpatient's department saw patients seeking treatment for constipation, piles, hyperacidity, diarrhoea, heart burn etc., which were ably managed by Dr. Yogesh, who patiently explained the conditions in detail.

Dr. Ramathilakam, senior gastroenterologist, supervised the Endoscopy unit, ICU and wards, while the dietary and research departments functioned in full swing.

After a brainstorming session on research work and complex case discussions, the doctors moved to their planned surgeries.

Dr. Chandrasekar takes pride in having established MedIndia Hospitals, Nungambakkam, as a premier digestive diseases institution, on par with international standards, with a diverse team of experienced specialists and state-of-the-art facilities like endo ultra sonography, spyglass Cholangioscopy, holmium laser lithotripsy and capsule endoscopy and pioneering many 'one of its kind' procedures in this field.

The experience was truly enriching. For more details, contact: **MedIndia Hospitals**
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NEW NON-SURGICAL MANAGEMENT OF FIBROIDS

Fibroids are the most common condition and non-cancerous tumours are often found in the uterus. It can cause severe pain and heavy bleeding during periods. It can also be a cause for infertility at times.

Surgical removal of the fibroids, Myomectomy is the gold standard treatment. It can take weeks to recover from the surgery. Alternately a new oral tablet is available which could possibly reduce the size of-make alternative oral remedies. It has also found to be safe through various scientific

studies. However, patient selection remains the key to successful treatment. The oral remedy has also been used in patients undergoing IVF to shrink the fibroid, thus avoiding myomectomy prior to Embryo Transfer (ET).

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RESEARCH METHODOLOGY

The objective of this research was to arrive at a list of Top Hospitals for various specialties in India for 2019-20. The specialties that we included in the research were Oncologist, Nephrologist, Urologist, Cardiologist, Paediatrician, Gynaecologist/obstetrician, Neurologist, Emergency & trauma experts and gastroenterologist/Hepatologist.

The research had 3 major modules i.e. Desk Research, Factual survey & Perceptual Rating survey followed by scientifically developed analysis & ranking process.

Fieldwork was conducted beginning the November 2019 to January 2020.

MODULE 1 | DESK RESEARCH
The module 1 was a secondary research module. A comprehensive list of Hospitals and Clinics was generated with the help of internet, magazines and other publications. The various sources used for generation of hospital list included:

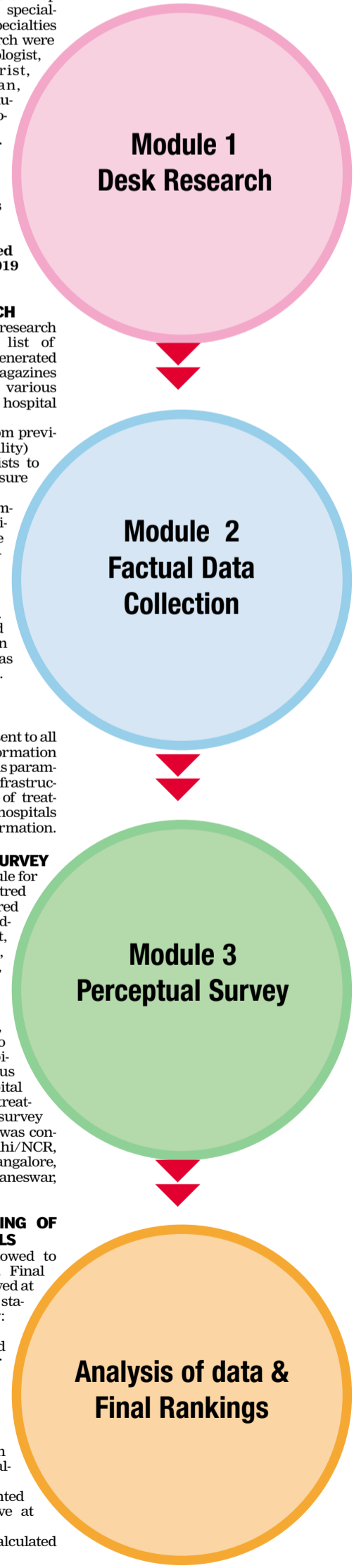
- List of Hospitals/Clinics from previous surveys (based on availability)
- A discussion with specialists to add/delete any Hospital to ensure we have a comprehensive list
- As it is not possible to get a completely exhaustive list of hospitals and include them in the survey, we had option of adding any new hospital name in the survey form if any respondent mentioned any hospital name outside our list. Effectively, every Hospital had a chance of getting covered in the survey if their name was mentioned by the respondents.

MODULE 2 | FACTUAL DATA COLLECTION
A detailed questionnaire was sent to all hospitals to collect factual information about their hospitals on various parameters which ranged from infrastructure of the hospital to quality of treatment provided. A total of 1027 hospitals were contacted for factual information.

MODULE 3 | PERCEPTUAL SURVEY
In the perceptual survey module for Top Multi Speciality, a structured Questionnaire was administered to selected respondents including doctors of Oncologist, Nephrologist, Urologist, Cardiologist, Paediatrician, Gynaecologist/obstetrician, Neurologist, Emergency & trauma experts and gastroenterologist/Hepatologist, patients & their care givers to get ranking for various hospitals and clinics on various parameters ranging from Hospital Infrastructure to quality of treatment provided. A total sample survey of more than 2374 interviews was conducted across 10 cities viz Delhi/NCR, Mumbai, Kolkata, Chennai, Bangalore, Hyderabad, Coimbatore, Bhubaneswar, Pune & Lucknow.

ANALYSIS & FINAL RANKING OF MULTI SPECIALITY HOSPITALS
A robust approach was followed to arrive at the final rankings. Final scores and rankings were arrived at through step by step rigorous statistical analysis as given below:

- Factual Score
- The information collected corresponding to similar parameters as in the perceptual survey
- A detailed scoring system has been developed for each parameter
- After assigning scores to each parameter, raw scores were calculated
- The raw scores were weighted by their importance to arrive at weighted scores
- The final entity score was calculated



as in the perception survey

- Perceptual Score
- Ratings on various parameters for each hospital/ clinic
- Calculating importance of various parameters to arrive at weights for each parameter - we use a regression model to arrive at the importance of various parameters
- Calculation of raw scores and weighted scores for each parameter
- Calculation of overall score for each hospital/ clinic using importance weightage
- The final score for a hospital and were a weighted average of respective hospitals Perception Score and Factual Score.
- The rating score and their ranks were recalculated to arrive the final score for multi-specialty hospitals/ clinic

Some caveats/assumptions:

- Government or partly Govt. funded, Not for profit, and Charitable trust funded hospitals like AIIMS, CMC, Adyar Cancer Institute, TATA Memorial Hospital, Basavarakam Indo American Cancer Hospital & Research Institute, Kanchi Kamakoti Childs Trust Hospital, Madras Medical Mission, The Gujarat Cancer & Research Institute, etc. were not included in the ranking, considering them as a different league of hospitals due to their legacy, huge infrastructure, sheer size of procedures performed at highly subsidized treatment cost, etc. We feel they are not directly comparable with other hospitals, thus have limited this survey to private/ corporate tie up hospitals.
- Best efforts were made to reach maximum hospitals across specialties; however, any hospital that did not send complete "Fact-Sheet" within the allotted time was assigned an average Factual score for calculating their overall ranking.
- Any entity which expressly stated that it did not wish to participate in the survey was excluded from the survey. Also, some hospitals facing/faced major issues like license, insolvency case etc. have also been excluded from the survey.
- Hospitals established in 2018 and onwards have been shown in emerging category. In all other cases they are a part of the main rankings.

Note: Present survey has been exclusively conducted by an independent Research Agency named i3RC Insights Pvt. Ltd. (i3RC) using stated methodology for arriving at given rankings. The publication house and its affiliates/employees/authorized representatives/group companies are not responsible/liable for the above rankings. Readers are advised to take an informed decision before acting upon the survey rankings.

About i3RC Insights Pvt. Ltd.
i3RC Insights (i3RC) is a boutique research & consultancy firm that is focussed on offering Superior Client Service, Strategic Insights, Innovation, Quality & Commitment. i3RC has a young and dynamic team of researchers who are very passionate about their work and are always willing to put that extra effort to make every project a great success. In addition i3RC has a team of highly experienced industry experts as consultants who provide their expertise for specific projects. i3RC is a full member of MRSI and follow MRSI code of ethics while conducting every research project. Given their commitment to quality, i3RC has developed a 3 tier and multi stage quality control system to deliver excellent quality.

5 SIMPLE HOME REMEDIES TO FIGHT COLD AND FLU

With the onset of monsoon, the chances of catching a cold and flu increase manifold. Cold and flu are caused by virus and affects the upper respiratory tract. Common symptoms include headache, fever, runny or blocked nose, body ache, coughing and sneezing. According to a study cold and flu are 40 per cent responsible for all missed workdays.

Though if you are feeling too uncomfortable, you can meet a doctor; otherwise, traditional home remedies also work wonders for common cold and flu.

- Here are five traditional home remedies for cold and flu:**
- Kadha**
Kadha is a mix of herbs and spices that include cinnamon, cloves, black pepper, desi ghee, ginger, tulsi and garlic. Here is the best and easiest kadha recipe: Hyperlink
 - Honey and spices**
Honey has anti-bacterial, anti-oxidant and anti-inflammatory properties. Honey mixed with black pepper and ginger juice helps relieve a sore throat. You can also have just a tablespoon of honey to soothe throat irritation.
 - Turmeric milk and ghee**
We all know turmeric has anti-inflammatory and anti-bacterial properties. Turmeric boiled in milk with ghee helps relieve cold and flu symptoms. Have this



concoction before sleeping at night to yield maximum benefits.

Garlic
Garlic is used in almost all types of cuisines. It has been used for ages for its therapeutic benefits. It is loaded with nearly 100 active chemical compounds including several potent antioxidants.
Have boiled garlic if you have breath-

ing problems. For tonsillitis mix mashed garlic with vinegar and then gargle with it. For headache, you can rub garlic on your temples.

Honey with lemon
Honey mixed with lemon is great for halting the progression of the infection. It also helps strengthens the immune system and relieve the symptoms of cold and flu.

Vitamin C for immunity: 6 foods that are richest in Vitamin C and must be consumed daily

Having a strong immune system has been always considered essential to enjoy a healthy and long life. But now, when the world is reeling under an unprecedented health crisis due to the coronavirus pandemic, more people are realising its importance.

To stay safe and prevent the risk of infection, it is indeed important to follow proper hygiene etiquette and maintain six feet distance from each other. In addition to this, strengthening your immune health can be quite beneficial for your overall health.

Amla
Amla or Indian Gooseberry is a small fruit, loaded with nutrients and offers many health benefits. It is a source of Vitamin C, which acts as a powerful antioxidant and is beneficial for the nervous system, immune system, and skin. Having one Indian Gooseberry daily can help you meet 46 per cent of the Daily Value of Vitamin C. Not only this, but amla also contains manganese that supports our metabolism, bone formation, reproduction, and immune response.

Oranges
Orange is another citrus fruit that supports a strong immune system by providing

our cell from damage caused by free radicals. Besides, Oranges are also a source of Vitamin D, a nutrient that plays an important role in regulating our immune response system.

Papaya
The sweet and perennial fruit has been used for centuries to make medicines to cure several ailments. A medium-sized papaya contains double amount of the daily recommended amount of vitamin C. Papaya also contains a digestive enzyme called papain that has anti-inflammatory effects. Apart from that, papaya contains decent amounts of potassium, magnesium, and folate, all of which are beneficial for your skin, immunity and overall health.

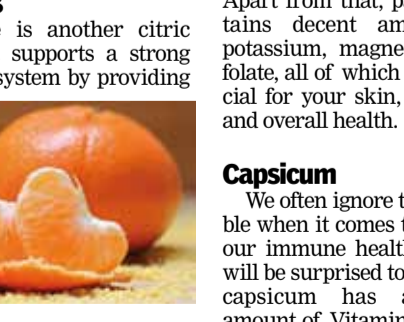
Capsicum
We often ignore this vegetable when it comes to boosting our immune health, but you will be surprised to know that capsicum has an equal amount of Vitamin C as compared to any citrus fruit. The green vegetable is loaded with Vitamin C and beta carotene, which can boost your body's natural defence system, improve your skin quality and keep your eyes healthy. It can



also help to reduce oxidative stress, a prominent cause of a weak immune system.

Guava
Guava is another richest source of vitamin C. Interestingly, one guava provides double with the amount of Reference Daily Intake (RDI) for vitamin C, which is more than one orange. This fruit also contains a high amount of potassium, calcium and iron. The antimicrobial properties can help to kill harmful bacteria and viruses that can lead to infection.

Lemon
Lemon is one of the most common sources of Vitamin C and other antioxidants that are considered effective in fighting foreign pathogens and strengthening your immune system. The small, yellow citrus fruit contains a considerable amount of thiamin, riboflavin, vitamin B-6, pantothenic acid, copper, and manganese.



different kinds of vitamins and nutrients. 100 grams of Oranges contains 53.2 mg of Vitamin C, which has antioxidant properties. The essential nutrient helps to boost our immune health and protects