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SRM INSTITUTES FOR MEDICAL SCIENCE
CHENNAI

SIMS-HEALTH

VOLUME 01 | APRIL 2024

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SIMS-HEALTH

Dear Esteemed Friends and Supporters,

I extend a heartfelt welcome to you through the pages of our hospital's newsletter on this auspicious occasion of Tamil New Year. At SIMS Hospitals, our commitment to nurturing health and hope within our community is unwavering. It brings me immense pride to share our dedicated team's latest updates and endeavours.

In the dynamic landscape of healthcare, our mission remains resolute: to deliver compassionate, top-tier care to everyone who entrusts us with their well-being. Our healthcare professionals, driven by passion and expertise, ensure that each patient receives personalized attention and treatment of the highest standard.

As we embark on this new year, let us pledge to safeguard our health and well-being. Just as we celebrate new beginnings, let us prioritize self-care and health-conscious choices. Whether it's through regular exercise, balanced nutrition, or mindfulness practices, let us embrace habits that promote vitality and longevity.

Beyond our clinical proficiency, we take pride in our community engagement, actively participating in initiatives to foster health and wellness for all. From outreach programs to informative seminars, we are committed to empowering individuals to manage their health proactively.

We are excited about the boundless possibilities as we gaze into the future. With your continued support and collaboration, we are poised to innovate, expand, and serve our community more effectively.

On behalf of the entire SIMS Hospitals family, I sincerely thank each of you for your enduring support and trust. Together, we are effecting positive change in the lives of those we care for.

Dr. Ravi Pachamuthu,
Chairman - SRM Group

EditorialTeam

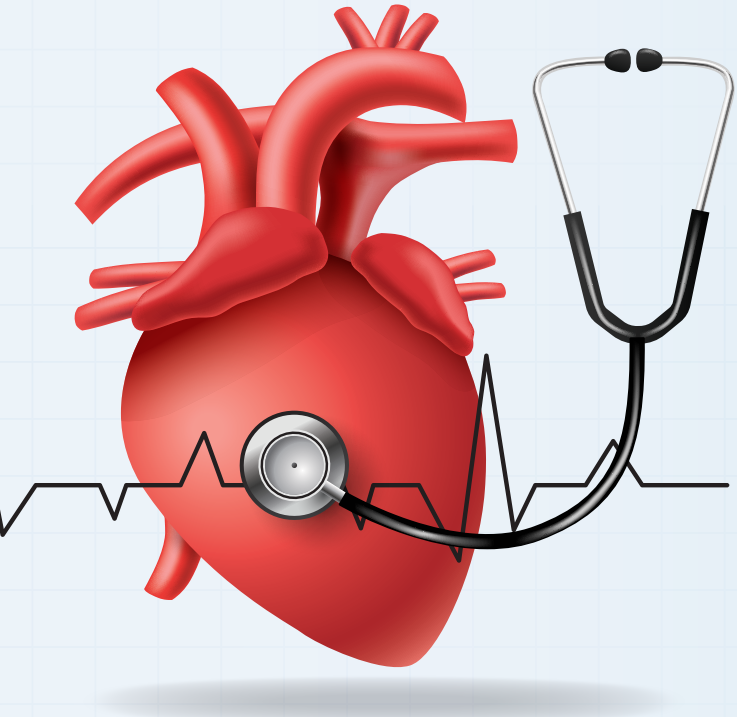
Dr.Raju Sivasamy
Vice President

Dr. Sangeetha Sankaranarayanan,
Medical Superintendent

Dr. Vikram P S J,
Deputy Medical Superintendent

Inside The ER: Where Every Second Is A Lifeline

நோய்நாடி நோய்முதல் நாடி அதுதணிக்கும்
வாய்நாடி வாய்ப்பச் செயல்



In the fast-paced environment of the Emergency Room (ER), every second is precious. Recently, a 62-year-old male was rushed in from the Hemodialysis unit, presenting with sudden unresponsiveness and gasping for breath. Upon arrival, the clinical team swiftly sprang into action, diagnosing pulseless ventricular tachycardia (cardiac arrest). Immediate resuscitation measures were initiated, including high-quality CPR and early defibrillation following ACLS protocol. An advanced airway was swiftly inserted to ensure adequate ventilation and prevent hypoxia-related organ damage.

Initial arterial blood gas analysis indicated hyperkalemia, prompting timely intravenous corrections. Despite the challenging circumstances, sustained efforts, including nearly 45 minutes of high-quality CPR and early defibrillation, culminated in the return of spontaneous circulation (ROSC). Post-ROSC care commenced promptly, with inotropic support and invasive blood pressure monitoring. Remarkably, due to the effective resuscitative measures and 100% oxygen delivery throughout, the patient experienced no neurological deficits.

Following the initiation of hemodialysis for

In Emergency Room, every moment counts, and every life saved is a testament to our unwavering commitment to excellence

hyperkalemia and two days of intensive care unit (ICU) stay, the patient successfully weaned off the ventilator and was transferred to the ward before discharge.

These successful resuscitations exemplify the critical interventions performed daily in the ER. From polytrauma to burns, cardiac emergencies to neurologic crises, every minute is vital in reviving patients and returning them home to their families.

The ER is the primary point of contact for various emergencies, including myocardial infarctions, where stabilization occurs before patients are transferred for percutaneous coronary intervention (PCI). Time sensitivity is paramount in cases of burns or polytrauma, and the ER is equipped with both the workforce and resources to optimize patient outcomes.

Operating 24/7, 365 days a year, the ER boasts consultant availability to make critical decisions and develop standardized protocols for emergency scenarios, including disaster management and mass casualty incidents.

Our ambulance services are second to none, equipped with ventilators, monitors, and oxygen devices. Trained paramedics, aptly dubbed the "Hospital on Wheels," provide advanced medical care en route, seamlessly coordinating with emergency physicians.

In the ER, we specialize in managing critically ill patients and performing bedside procedures precisely. Our cohesive team of doctors and nurses remains prepared for any challenge, leveraging our collective expertise to save lives and restore hope to our patients and their families.

Each day in the ER brings new challenges akin to a thrilling movie plot. Whether battling to save the youngest of lives or navigating emotional highs and lows, the gratification of saving a life at the end of a shift makes every effort worthwhile.

Post Infectious Inflammatory Response Syndrome (PIIRS) in Cryptococcal Meningitis – an unusual presentation

Dr. Vivek Iyer
Consultant
Neurology

This is the case of a 35 year old diabetic male who presented with holocranial throbbing headache for past 3months.
On examination, he was disoriented with examination findings suggestive of meningitis. His HbA1c high, with low sodium. MRI Brain showed pial enhancement , consistent with meningitis (Figure1-3). CSF Analysis –showed raised proteins and high lymptocytes. (Table 1).Meningoencephalitis panel came back positive for Cyptococcus neoformans. and a diagnosis of Cryptococcal meningitis was made.
He was started on IV Amphotericin B and Inj Flucytosine for 4 weeks. Significant symptom improvement was noted after 2 weeks of treatment and discharged with advice to continue the same medication for 2 weeks.

Patient presented to ER after 10 days with 2 day history of severe throbbing headache, diplopia, vomiting, slurred speech and right sided weakness. Examination revealed left 6th nerve paresis, right hemiparesis, right hemianopia and bilateral papilledema. Contrast MRI brain showed acute lacunar infarct in multiple areas and hyperintensities along the left optic tract extending upto the lateral geniculate body (Figures 5-11).Patient underwent emergency lumbar puncture with CSF Protein raised 1 protiens and counts
(Table 1).

Improvement in headache was noted with start of IV Dexamethasone along with continuation of Amphotericin B andFlucytosine . After completion of 1 year of treatment, he is ambulant, with mild residual right leg weakness and has resumed his work. Repeat contrast MRI brain showed complete resolution of the enhancing brain lesions (Figure –12 and 13). A final diagnosis of Cryptococcal Postinfectious Inflammatory Response Syndrome (PIIRS) was made.

Discussion:
An Immune reconstitution inflammatory syndrome (IRIS) is considered when there is an

- Initial clinical response to antifungal therapy with partial or complete resolution of signs or symptoms, fever, or other lesions, or reduction in CSF cryptococcal antigen concentration or quantitative culture.

- Reappearance or worsening of previous manifestations after an initial response, or appearance of new manifestations consistent with the infection, despite receipt of appropriate therapy

- No alternative explanation for the signs and symptoms.
PIIRS in previously healthy individual is defined as clinical deterioration despite effective antifungal treatment due to aggravated immune response. It peaks around days 28–35 postinfection.

In this case, PIIRS was considered due to clinico-radiological worsening, raised ICP despite effective antifungal treatment (negative fungal culture)..

- A proposed pathogenic mechanism is that the capsular polysaccharide of Cryptococcus - affects FcR_II expression on the monocytes, macrophages, - prevent immune cell infiltration into brain.

- Hyperglycemia causes impaired polymorphonuclear chemotaxis, abnormal phagocytosis, and deficient cell-mediated immunity, with elevated pro-inflammatory cytokines' and macrophage inflammatory protein.

- A Rapid decrease in fungal burden by effective antifungal treatment, leads to aberrant immune responses, causing CNS inflammation and IRIS events (3).

- Visual and ocular complications of cryptococcal meningitis are more common and occur more frequently in immunocompetent(4).

There is vascular compression, infiltration, or inflammation and thrombosis of branching vessels of the basilar artery leading to infarction of the MLF (5). Involvement of the optic tract due to invasion of the brain parenchyma has also been reported (6), as in our case.

Conclusion:

1.PIIRS in an immunocompetent host can complicate antifungal treatment of cryptococcosis.
2.It should be suspected in the setting of clinical worsening, appearance of new radiological lesions, and raised ICP despite effective antifungal treatment in an immunocompetent host.
3.Early identification and treatment can reduce the mortality and morbidity in Cryptococcal meningitis.
Figures 1-3 showing pial enhancement involving bilateral medial frontal region, bilateral parietal convexities, around brain stem and bilateral cerebellar hemispheres – Meningitis.

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Interval appearance of new acute lacunar infarct involving left gangliocapsular region, (posterior limb of internal capsule, left lentiform nucleus) and left inferior cerebellar hemisphere. T2/FLAIR hyperintensities along the left optic tract extending upto the lateral geniculate body.Focal nodular enhancement with T2/FLAIR hyperintensities and surrounding vasogenic edema seen along the left optic tract extending upto the lateral geniculate body.Tiny nodular enhancement seen in left high parietal sulcal spaces.


Figure-1


Figure-2

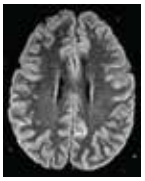
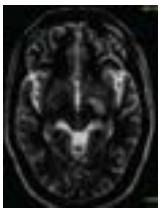


Figure-3


Figure –4
showing Cryptococcus neoformans growth on agar plate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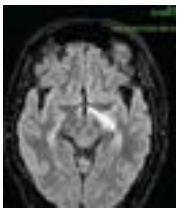
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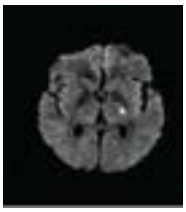
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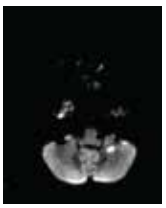
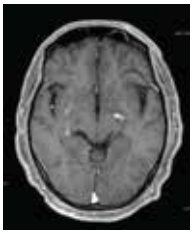


Figure-8


Figure-9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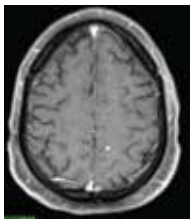
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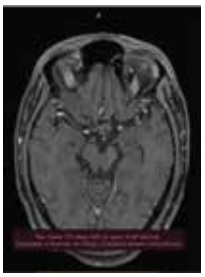


Table –1 showing serial CSF analysis

	DAY 0	2WEEKS	3 WEEKS	4 WEEKS
CELL COUNT	81 – L 78%	50 – L 95%	16- L80%	12-L 90%
PROTEIN	123	113	142	112
SUGAR/CBG	77/187	70/100	73/130	83/125
CRYPTOCOCCAL ANTIGEN	1:8 - POSITIVE	POSITIVE	NEGATIVE	
CSF CULTURE	C.NEOFARMANS SCANTY GROWTH	NEGATIVE	NEGATIVE	NEGATIVE
CSF INDIA INK	----	NEGATIVE	NEGATIVE	NEGATIVE

Mysteries of Neuro Oncopathology: A Journey Through Molecular Insights and Integrated Diagnostics

Dr.B.Partheeban
Consultant
Department of Histopathology

Neuro Oncopathology has seen notable advances in recent years, transforming our understanding and approaches to diagnosis and treatment. Advances in neurosurgical techniques, including minimally invasive procedures and robotic-assisted surgeries, enhance the precision and safety of tumour removal. The advent of robust immunohistochemical markers in the recent era has made the definite categorization of glial tumours. The immunohistochemical markers are also used as therapeutic and prognostic indicators. Followed by the immunohistochemistry, the advent of advanced molecular profiling techniques, such as next-generation sequencing, has allowed for a more precise characterization of brain tumours. This has led to the identification of specific genetic mutations and molecular signatures, enabling personalized and targeted treatment strategies. Targeted therapy and response to alkylating agents depends upon the molecular signature of the tumours. This approach holds promise for improved efficacy and reduced side effects compared to traditional chemotherapy.

IDH-1 mutant gliomas represent a subtype of brain tumours characterized by specific genetic mutations in the isocitrate dehydrogenase 1 (IDH-1) gene. These mutations are commonly found in certain types of gliomas, a class of tumours that arise from glial cells in the central nervous system. The IDH-1 gene encodes for an enzyme involved in cellular metabolism. Mutations in this gene result in a gain-of-function alteration, leading to the production of an abnormal form of the IDH-1 enzyme. The most common mutation is the substitution of the amino acid arginine at position 132 with histidine (R132H). Gliomas with IDH-1 mutations often have a better prognosis compared to those without these mutations. IDH-1 mutation status is considered a key molecular marker in the classification and grading of gliomas, influencing treatment decisions and predicting patient outcomes. IDH-1 mutations are frequently associated with a co-deletion of chromosomal arms 1p and 19q in oligodendrogliomas. This 1p/19q co-deletion is considered a favorable prognostic marker and is used in conjunction with IDH-1 mutation status to define a distinct subset of gliomas with a more favorable response to therapy.

H3K27M altered gliomas are a group of aggressive brain tumours that harbor a specific genetic mutation affecting the histone H3 protein. The mutation involves a lysine-to-methionine substitution at position 27 in the H3 histone variant, resulting in the designation H3K27M. These tumours primarily affect pediatric populations and are associated with a poor prognosis. The aggressive nature of these tumours poses significant challenges for treatment and emphasizes the need for innovative therapeutic strategies.

In SIMS laboratory, various glial and non-glial neuroocology cases have been evaluated with an integrated approach. The histomorphology and the immunohistochemistry along with clinical and radiological correlation had led to various usual and rare diagnoses. Furthermore, an integrated layered diagnosis is offered for CNS tumours, aiding in appropriate management of patients. Follow-up suggestions and appropriate counseling, based on the integrated pathological diagnosis are routinely given.

Beyond the Call:
Nurse's Quick Thinking Rescues Patient From the Brink

Ms. Moksha,
Chief Nursing Officer

The world of healthcare is everchanging, and nurses play an indispensable role far beyond conventional duties, where their proactive approach often becomes the linchpin in critical situations, ultimately preserving lives. This account exemplifies the pivotal role played by one of our Neuro nurses and how her swift thinking and preparedness rescued a young patient from a precarious medical condition.

Besides encountering myriad challenges daily, nurses are entrusted with the frontline responsibility of patient care, necessitating acute vigilance and rapid response to emergent scenarios. In this particular instance, a 36-year-old woman's life was spared due to the astute actions of a vigilant nurse.

While conventional vital signs appeared stable upon the patient's arrival, the persistent complaint of unilateral headache triggered concern in the nurse's mind. Recognizing the gravity of the symptoms, coupled with a history of intermittent vomiting, the nurse intuitively pursued further investigation, advocating for a comprehensive neurological assessment. Subsequent examination unveiled anosmia, prompting immediate involvement of senior medical staff and additional diagnostic measures.

Efficient coordination ensued as the nurse seamlessly collaborated between junior and senior medical professionals, alongside logistical support from the transport and radiology departments. Rapid imaging confirmed a midline anterior skull base meningioma, necessitating urgent surgical intervention to alleviate mass effect and avert neurological complications. Following a successful surgical procedure, the patient was transferred to the Neuro ICU, where meticulous monitoring became paramount. When the patient's condition unexpectedly deteriorated within the critical postoperative window, the vigilant nurse sprang into action once more. Monitoring closely and communicating promptly with attending consultants, the nurse facilitated emergent interventions, including intubation and urgent imaging.

Anticipating medical directives and swiftly coordinating with ancillary departments, the nurse ensured timely interventions, which were crucial in stabilizing the patient's condition. Subsequent emergency decompression craniotomy successfully addressed the underlying issue, enabling the patient's gradual recovery and eventual discharge in good health.

This compelling narrative underscores the multifaceted role of nurses in modern healthcare, emphasizing their capacity for critical decision-making, care coordination, and effective crisis management. In SIMS, our Nurses are trained in individual departments to meet the complex needs of our patients. Through unwavering dedication and acute observation, nurses continuously serve as the cornerstone of patient care, embodying the essence of proactive nursing in safeguarding positive patient outcomes.

Revolutionizing Patient Care: AI-Powered Smart Queueing Solution for Ultimate Experience

SIMS Hospitals, Chennai, an innovative healthcare provider, remains committed to enhancing people's lives by extending the ethos of healthcare excellence beyond mere business metrics

In its recent technological endeavours, SIMS has intensified its focus on delivering the Ultimate Patient Experience to all its visitors. Recognizing that providing the Best Patient Experience is crucial for maintaining and growing patient inflow, SIMS has introduced a comprehensive solution to address all patient-handling concerns. Leveraging the expertise of its team of Qualified Tech Engineers, Industry Observers, and vendor partners, SIMS has deployed an AI-powered Smart Queuing Solution to revolutionize patient care and workflow management from the moment they decide to visit the hospital until they leave.

SIMS' approach to the Best Patient Experience encompasses five key elements:

Visibility of Wait Time:
Providing patients with clear insights into the wait time for seeing a doctor before and after entering the hospital.

Clarity on Priority:
Ensuring transparency regarding booked appointments and walk-in priority.

Doctor Availability Visibility:
Offering information about the availability of doctors/consultants in the hospital.

Remote Check-in for Walk-ins:
Enabling patients to check in from home for walk-ins, similar to appointment booking.

Person-Centered Care:
Going beyond medical conditions to understand and care for patients as individuals.

How AI Smart Queueing Enhances Patient Experience:

Wait Time Visibility:
Offering complete visibility of patient wait time outside and inside the hospital/clinic premises.

System Regulated Patient Queues:
Efficiently routing booked appointments and walk-in check-ins into the same queue.

360-Degree Patient Connectivity:
Keeping patients fully connected through various channels such as TV apps, text messages, web links, and mobile apps, providing updates on queue status and average wait time.

Ms. Vaishnavi,
General Manager -Operations

Multilingual Support:
Delivering all notifications, web links, mobile apps, and call notifications in the patient's preferred language.

Solution Benefits:
The SIMS AI Smart Queueing Solution offers a multitude of benefits to various stakeholders:

Patient Benefits:
- 40% Reduction in Wait Time
- Effective Time Utilization
- Simplified Self Check-ins
- Quick Registration Check-ins
- Remote Queue Status Visibility
- Live Updates and Average Wait - Time Visibility
- Intuitive and User-Friendly Interface

Doctor/Staff Benefits:
- Simplified Usability through Intelligence
- Quick Registration Check-ins
- Check-In Notifications
- Remote Monitoring and Regulation of Queue
- Templates for Speeding up Processing
- Effective Workforce Planning

Hospital Benefits:
- 30% Revenue Savings
- 20% Increase in Revenue
- Efficient Workforce Utilization
- Early Visibility to Patient Inflow Volume
- Enhanced Patient Care Experience
- Reduction in Waiting Floor Commotion
- Improved Investigator Efficiency Monitoring
- Digitalization of Patient Processes
- Integrated Patient Feedback Collection and Monitoring

At SIMS, we embrace technology to digitalize, automate, and elevate our hospital to new heights in patient care and experience, one patient at a time, every day

Flex Appeal: Stretch It To Experience The Fun Side Of Fitness

Stretching is an indispensable aspect of physical fitness and overall well-being, yet it frequently receives inadequate attention or is hurried through in exercise regimens. Whether striving for athletic prowess or seeking relief from everyday discomforts, stretching offers benefits applicable to individuals of all ages and activity levels. At its essence, stretching entails purposeful elongation or extension of muscles and connective tissues, aiming to enhance flexibility and joint range of motion.

This simple yet potent practice fosters physical health and facilitates mental relaxation and stress alleviation. In this comprehensive guide, we delve into the significance of stretching, exploring its various types, techniques, and the myriad benefits it bestows. Whether you're a seasoned athlete, fitness enthusiast, or someone aiming to bolster overall health, understanding stretching principles empowers effective integration into daily routines.

Importance of Stretching:

Flexibility Enhancement:

Stretching is instrumental in improving flexibility, which is crucial for sustaining a healthy range of motion in joints.

Injury Prevention:

Regular stretching aids in injury prevention by maintaining muscle flexibility and reducing tension.

Performance Optimization:

Athletes benefit from stretching by enhancing flexibility, balance, and muscle coordination, thus boosting overall performance.

Circulation Improvement:

Stretching enhances muscle blood flow, fostering recovery and bolstering cardiovascular health.

Types of Stretching:

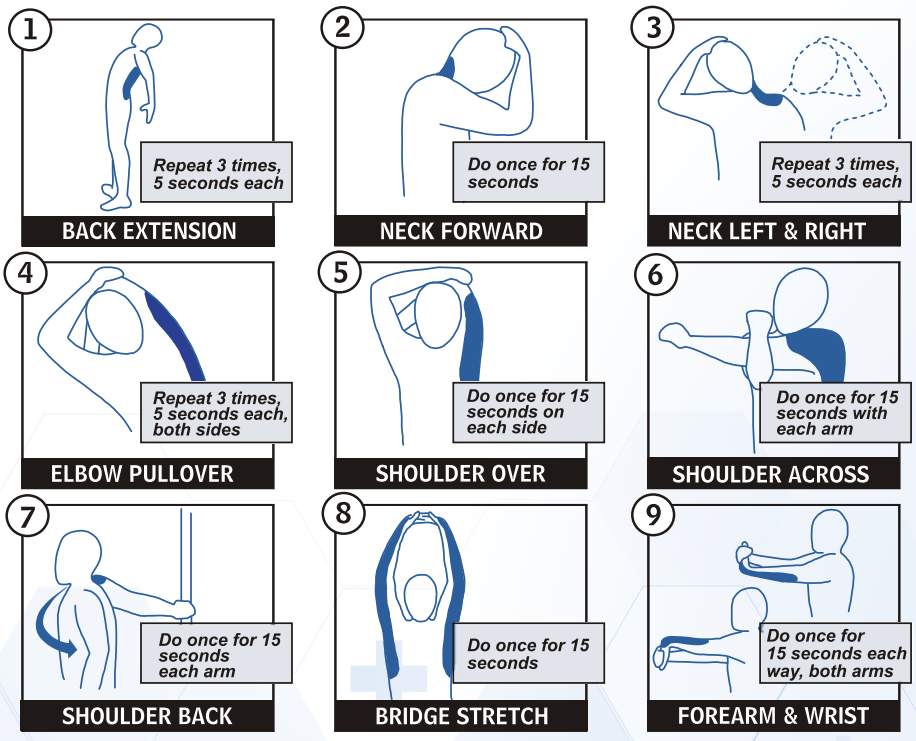
Static Stretching:

Holding a stretch for a duration, effective post-workout or after prolonged inactivity.

Dynamic Stretching:

Involves moving the body through a range of motion, ideal as a warm-up before exercise.

Upper Extremity exercises

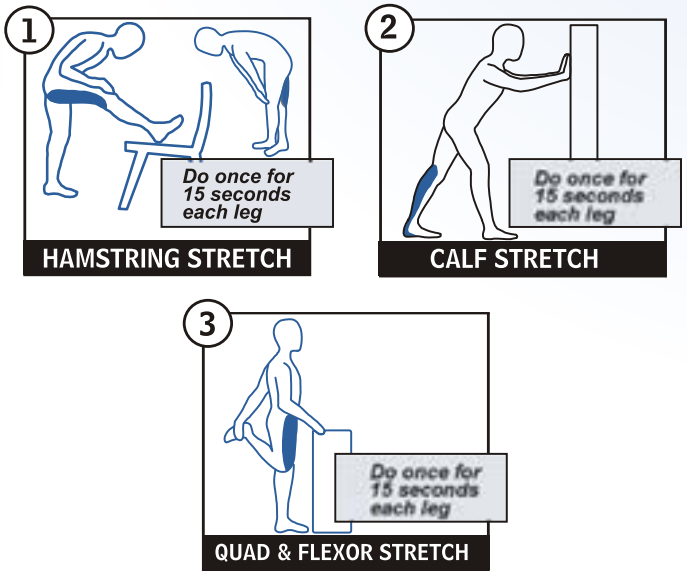


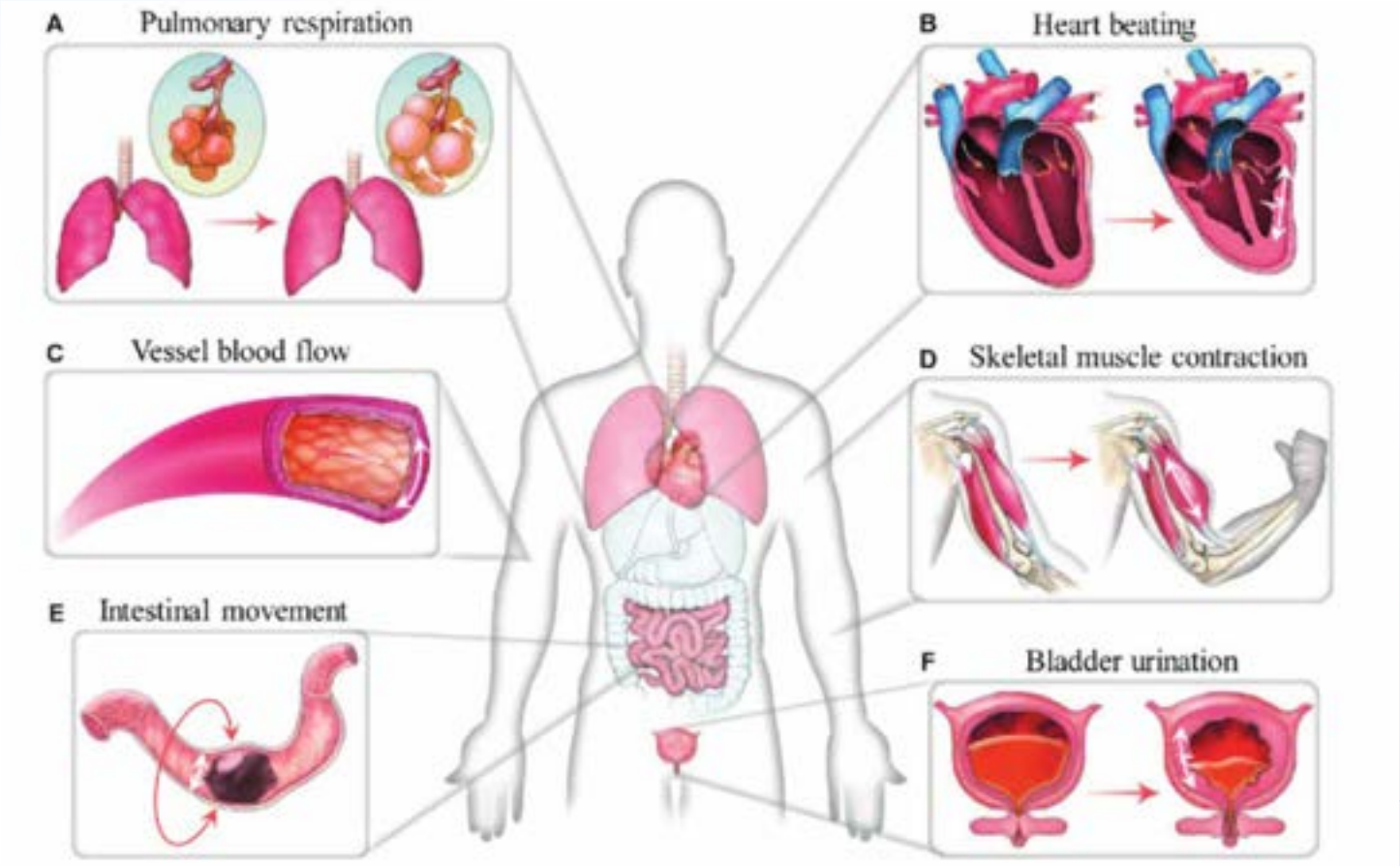
How to Stretch Safely:

- Start Slowly: Begin your stretching routine slowly to prevent injury and make the experience more enjoyable.
- Use Full Range of Motion: Stretch in a controlled manner through your full range of motion, holding each stretch for at least 30 seconds.
- Avoid Bouncing: Bouncing during stretching can cause muscle tears and should be avoided.
- Deep Breathing: Focus on deep and even breathing while stretching.
- Lower Body Stretching: Don't forget to include stretches for the lower body in your routine.
- Warm Up First: Always warm up before stretching to reduce the risk of muscle strains.
- Avoid Locking Joints: Keep joints slightly bent during stretching to avoid stress on the joints.
- Breathe Normally: Maintain normal breathing patterns during stretching for a more relaxing experience.
- Take Your Time: Emphasize long, sustained stretches to reduce muscle tension gradually.
- Avoid Overstretching: Don't compare yourself to others and avoid pushing beyond your limits.
- Be Cautious with Hip Replacements: Individuals with hip replacements should be mindful of certain stretching positions.
- Avoid Ballistic Stretching: Steer clear of rapid bouncing movements during stretching to reduce the risk of injury.
- Stop if Pain Occurs: Never stretch to the point of pain; listen to your body and stop if discomfort arises.
- Consult a Doctor: Individuals with musculoskeletal issues should consult a doctor before starting a stretching routine.

In summary, stretching offers a multitude of benefits beyond simply improving flexibility. It plays a crucial role in injury prevention, performance enhancement, pain relief, and overall physical well-being. Incorporating regular stretching into a fitness routine can contribute to improved mobility, reduced risk of injury, and enhanced athletic performance. By following these guidelines, individuals can reap the numerous benefits of stretching while minimizing the risk of injury. Stretching should be an integral part of any fitness regimen, whether for athletes or those engaging in regular physical activity

Lower Extremity exercises





In news

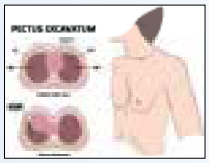
Navigating the Realm of Minimal Invasive Thoracic Surgeries

The Institute of Cardiothoracic and Aortic Disorders (ICAD) at SIMS Hospital is a cutting-edge treatment facility equipped with the latest technology and procedures. ICAD is dedicated to guiding patients through their cardiac and thoracic wellness journey, from diagnosis to tailored treatment options.

Dr. Rajkamal Vishnu stands as a distinguished cardiothoracic surgeon, lending his expertise under the Institute of Cardiac and Aortic Disorders (ICAD) at SIMS Hospital, Chennai.

His focus lies in the realm of minimal invasive thoracic surgeries, catering to a spectrum of conditions such as lung cancer, infections, tracheal (windpipe) disorders, diseases of the thymus, hyperhidrosis (excessive sweating), chest wall reconstruction, and pectus (chest deformity) surgery. His journey to mastery commenced with rigorous cardiovascular and thoracic training at prestigious institutions in India.

Notably, his pursuit of surgical excellence earned him a coveted spot in the Asian Society of Cardiovascular and Thoracic Surgery Fellowship in South Korea, enriching his expertise and global perspective.



LEADING THE CHARGE AGAINST PECTUS DEFORMITIES

Dr. Vishnu's prowess extends uniquely to the correction of pectus deformities, a specialised area where he is among the elite few in Asia, adept at serving both paediatric and adult patients. Renowned for his ground-breaking techniques in minimally invasive procedures, particularly for pectus carninatum and excavatum corrections, he prioritises patient comfort and safety, employing innovative methodologies to mitigate pain and surgical risks with unmatched expertise.


Dr. Rajkamal Vishnu

PIONEERING SOLUTIONS FOR PECTUS DEFORMITIES

Pectus deformities are the most common chest wall anomalies, defined by inward depression or a sunken chest (Pectus excavatum) and protrusion of the breastbone or a pigeon-like chest (Pectus carinatum).

Both, often emerge early in life, potentially linked to genetic or connective tissue disorders. Physically, these conditions can induce chest pain, breathing difficulties (reduced lung capacity), palpitations, and reduced physical endurance (compression of the heart), while psychologically, they may trigger feelings of self-consciousness, low self-esteem, and social anxiety due to visible chest deformities, exacerbated by poor posture.

However, personalised treatment options offer relief and transformation. Both non-surgical and surgical interventions are available. Non-surgical treatment is effective for milder deformities. Surgical correction is best suited for severe deformities or severe symptoms. Dr. Rajkamal offers optimal chest wall correction with keyhole surgeries for minimal invasiveness and impressive cosmetic results. This procedure can be performed as early as 6 years of age, up to 50 years of age. Success rates for these procedures are notably high, with patients reporting increased self-confidence, reduced discomfort, and enhanced lung function post-treatment. Ultimately, correcting Pectus deformities transcends physical transformation; it encompasses a profound emotional journey, empowering individuals to reclaim confidence and quality of life, marking a significant milestone in their lives.

ELEVATING COMFORT AND RECOVERY THROUGH ADVANCED TECHNIQUES

Dr. Vishnu, passionate about patient care and education, emphasises the importance of Minimal invasive surgeries. Video-assisted Thoracoscopic Surgery (VATS) and Robotic-Assisted Thoracoscopic Surgery (RATS) offer several significant benefits from a patient's perspective. Firstly, both procedures are minimally invasive, meaning they involve smaller incisions compared to traditional open surgeries. This results in less pain, reduced blood loss, and faster recovery times, allowing patients to return to their daily activities sooner.

Additionally, the smaller incisions lead to minimal scarring, which can be particularly advantageous cosmetically. Moreover, VATS and RATS typically involve shorter hospital stays, as patients often experience shorter postoperative recovery periods. These procedures also carry lower risks of complications such as infection and respiratory issues compared to open surgeries. Furthermore, VATS and RATS offer improved visualisation for surgeons, leading to greater precision and accuracy during the operation.

This enhanced precision can result in better outcomes for patients, including a reduced risk of damage to surrounding tissues and organs. Importantly, VATS and RATS can be used for a wide range of thoracic conditions, including lung cancer, infections, all thoracic tumours, chest wall deformities, hyperhidrosis, and more, making them versatile options for patients in need of thoracic surgery. Overall, VATS and RATS provide patients with the benefits of less pain, quicker recovery, minimal scarring, lower risks of complications, improved surgical precision, and applicability to various thoracic conditions, ultimately enhancing the overall experience and outcome of thoracic surgeries.

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UNVEILING THE INTRICACIES OF UNIPORT SUBXIPHOID VATS

Uniport (single incision) subxiphoid VATS is a groundbreaking technique in thoracic surgery known for its exceptional benefits for patients. This unique surgery requires specialised expertise due to its intricacies. Its minimally invasive nature ensures minimal discomfort for patients, making it the least painful among all thoracic surgeries. Additionally, it enables the safe removal of tumours without endangering surrounding structures, leading to better outcomes and fewer complications, with the added advantage of discharging the patients the very next day. Ultimately, Uniport subxiphoid VATS represents a significant advancement in thoracic surgery, prioritising patient well-being and precise tumour removal.

REIMAGINING RIB FRACTURE MANAGEMENT: A NEW ERA OF TREATMENT

At ICAD, the Thoracic Trauma Center stands as a beacon of excellence, serving as the city's sole dedicated facility for rib fracture management. Renowned for its high volume of cases and comprehensive approach, the centre offers unparalleled expertise and resources for thoracic trauma treatment. Thoracoscopic rib fracture fixation is a revolutionary approach to managing rib fractures, offering precise stabilisation with minimal tissue disruption. Unlike traditional methods, which often involve lengthy hospital stays and significant pain due to long muscle-cutting incisions, this minimally invasive technique, combining VATS with rib fracture fixation, reduces postoperative discomfort, shortens recovery times, and lowers the risk of complications. Ultimately, it provides effective stabilisation while prioritising patient well-being.

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Robotic-assisted technology in knee replacement surgery

The computer-assisted procedures in total knee replacements have ushered in a new era, aiming to increase precision and eliminate manual errors. The quest for advanced solutions got more intensive as component placement and joint balance became technically challenging.

Because of anatomical difficulties, the introduction of computer guidance was a watershed moment, allowing surgeons to intricately arrange, balance, and place components, which is crucial in complex situations. However, Robotic Technology was able to perform total knee replacement with higher precision to next level.

EXPERT TALK


Dr Ashok Kumar PS, Senior Consultant Orthopaedic Surgeon, Asia Orthopaedic Institute, SIMS Hospital

This technological advancement not only enables exact planning, but also creative ways adapted precisely to individual needs, demonstrating benefits such as rapid recuperation, less discomfort, and precise component placement. The rise in robot-assisted surgeries across medical disciplines highlights its allure, promising precision, accuracy, and mistake reduction, making knee replacements an ideal target for this game-changing technology.

The Robotic surgical system at the Asian Orthopaedic Institute at SIMS Hospital has streamlined workflow and accurate measurements to ensure perfect balance and positioning down to the last detail.

The capacity of the robotic system to build a virtual boundary on the bone surface ensures less bone loss and improves precision. Using patient-specific 3D bone models allows for individualised procedures that accommodate to particular anatomical quirks, resulting in knee implants with sub-millimeter accuracy and optimal alignment.

CORI's distinguishing characteristic is the absence of pre-operative CT scans or MRIs, which streamlines the surgical process while lowering costs and radiation exposure. The reduction in radiation exposure is critical for operating room professionals and sensitive people. This low-cost strategy is consistent with the larger goals of accessibility and patient comfort.

Patients benefit from lower blood loss, shorter hospital stays, and faster recovery, allowing them to resume normal activities sooner and with enhanced knee functionality.

For health queries, reach us at health.dtnext@dt.co.in

Twig removed from boy's eye at SIMS hosp

CHENNAI: Doctors at the SIMS Hospital removed a three-centimetre wooden twig from the eye of a four-year-old boy from Uttar Pradesh recently.

The boy visited the hospital with a small injury and a swollen eye with pus discharge. After an MRI scan, it was revealed that a small wooden twig was lodged inside his eye, close to the brain's crucial blood vessels, a press release stated.

As there were several significant risks associated with open brain surgery, the team at SIMS Hospital opted for endoscopic endonasal surgery, a minimally invasive technique typically used for brain tumour removal. The twig was removed through the right nostril, significantly reducing complications and recovery time, the release stated. *ENS*

4 மாலை மலர் சென்னை 22-12-2023

சென்னை வடபழனியில் உள்ள சிம்ஸ் மருத்துவமனையின் நரம்பியல் அறுவை சிகிச்சை நிபுணர் டாக்டர் விஷ்வாஜ் ரத்தா, மயக்க மருந்து துறை நிபுணர் டாக்டர் செந்தில் குமார், டாக்டர் சுரேஷ் பாபு ஆகியோர் தலைமையிலான மருத்துவ குழுவினர் கண்ணில் மரக்குச்சி விழுந்து பாக்டீரியா தொற்று ஏற்பட்ட உத்தரபிரதேச மாநிலத்தை சேர்ந்த 4 வயது குழந்தைக்கு எண்டோஸ்கோபி எண்டோனாசல் அறுவை சிகிச்சையை வெற்றிகரமாக செய்து சாதனை படைத்தனர்.எஸ்.ஆர்.எம் குழுமத்தின் தலைவர் டாக்டர் ரவி பச்சமுத்து குழந்தையின் அறுவை சிகிச்சைக்கு நிதி உதவி வழங்கினார்.

सीएमआरएल ने की साझेदारी

40 मेट्रो स्टेशनों पर एआइ-इंटीग्रेटेड फार्मेसी

पत्रिका न्यूज नेटवर्क
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चेन्नई. चेन्नई मेट्रो रेल लिमिटेड (सीएमआरएल) ने पूरे चेन्नई के 40 मेट्रो स्टेशनों में सिम्स फार्मेसी आउटलेट शुरू करने के लिए सिम्स अस्पताल के साथ साझेदारी की है, जो मेट्रो में यात्रियों के स्वास्थ्य को सुनिश्चित करने के लिए एक महत्वपूर्ण कदम है। इस पहल के हिस्से के रूप में चेन्नई के वडपलनी मेट्रो स्टेशन पर पहली सिम्स फार्मेसी लॉन्च की गई। डॉ. रवि पचमुथु, अध्यक्ष, एसआरएम ग्रुप, डॉ. राजू शिवसामी, उपाध्यक्ष, सिम्स अस्पताल, टी. अर्चुनन, आईआरएसई - निदेशक (परियोजनाएं) - सीएमआरएल और राजेश चतुर्वेदी, आईआरएसईई - निदेशक (सिस्टम एवं ऑपरेशन) इस अवसर पर उपस्थित थे।

इसके तहत सिम्स फार्मेसी उच्च प्रशिक्षित नर्सिंग स्टाफ द्वारा निःशुल्क महत्वपूर्ण मूल्यांकन परीक्षण प्रदान करेगी।

SIMS Launches AI-Driven Pharmacies At 40 Metro Rail Stations In Chennai

Chennai Metro Rail Limited (CMRL) has partnered with SIMS Hospital to introduce pharmacy outlets across 40 Metro Rail stations in Chennai.

The inauguration occurred at Vadapalani Metro Station, with notable figures, including Ravi Pachamuthu, Chairman of SRM Group, and Raju Sivasamy, Vice President of SIMS Hospital, in attendance. T. Archunan, Director (Projects) of CMRL, and Rajesh Chaturvedi, Director (Systems and Operations), graced the event.

These pharmacies feature artificial intelligence (AI) integration for home delivery, promising personalized customer experiences, efficient prescription processing, and optimized inventory management. Additionally, complimentary tests will be available at these outlets.

SIMS Hospital has introduced a priority appointment booking system and offers teleconsultation services at the Metro Rail stations, enhancing commuter convenience.

Dr.Ravi emphasized the project's aim to provide seamless access to medications for commuters, heralding it as an innovative step toward accessible healthcare.

Furthermore, Metro passengers enjoy a 20% discount at SIMS Hospital on Sundays and public holidays, further enhancing the benefits of this collaboration.

SIMS At The Top:

THE TIMES OF INDIA

TOP MULTI-SPECIALITY HOSPITALS

SIMS Hospital has been awarded among the TOP MULTI-SPECIALITY HOSPITALS in CHENNAI by the Times Health Survey, Times of India!

SIMS Events:

International Women's Day:

SIMS Hospital celebrated International Women's Day by launching a special screening package for just Rs 999. On this occasion, the hospital introduced the SHE clinic, which aims to provide options to all women who desire to receive care from a team of exclusively female members, which includes female consultants, nurses, and support staff.

SPECIAL SCREENING PACKAGE FOR WOMEN @ 999: Offers comprehensive screening including blood tests, ECG, ultrasound, pap smear, and screenings for eye, dental, and ENT health.

Specialities In SHE Clinic

Cardiology, Dermatology, Diabetology, General Check-ups, Infectious Disease, Medical Gastroenterology, Obstetrics, Gynaecology, and IVF, Ophthalmology, Oncology, Paediatrics, Psychiatry, Rheumatology, Urology





HR Events



Nellore Events





Tirupati Events




D-Club Meeting at Radha Regent


D Club Dinner Meet


Dr.Muralidharan Anniversary

Kola Perumal school Camp

Dr.Vijay Birthday Celebration


Dr.Anas Engagement

SUMMER RECIPES

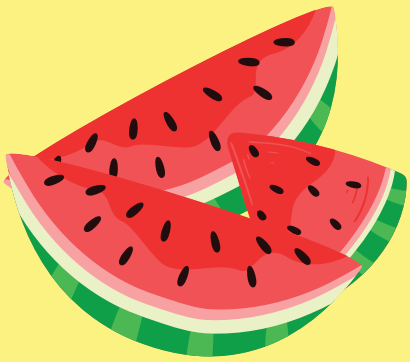
WATERMELON MINT COOLER

Ingredients:

- 4 cups of fresh watermelon chunks, seedless
- ¼ cup fresh mint leaves, packed
- 2 tablespoons freshly squeezed lime juice
- Ice cubes (optional)
- Mint sprigs for garnish (optional)

Instructions:

1. Cut the watermelon into chunks, removing any seeds if necessary.
2. Wash the mint leaves thoroughly and remove any stems.
3. In a blender, combine the watermelon chunks, mint leaves, and freshly squeezed lime juice.
4. Blend until smooth. If you prefer a smoother consistency, you can strain the mixture through a fine mesh sieve or cheesecloth.
5. Taste the mixture and adjust the sweetness or tanginess by adding more lime juice if desired.
6. If you prefer a colder drink, you can add ice cubes to the blender and pulse until crushed and well incorporated.
7. Pour the Watermelon Mint Cooler into glasses and garnish with mint sprigs if desired.
8. Serve immediately and enjoy the refreshing taste of summer!



Benefits:

- Watermelon juice is primarily composed of water, making it an excellent hydrating beverage. Staying hydrated is essential for maintaining bodily functions and overall health.
- Watermelon is rich in vitamins A, C, and B6. Vitamin A is essential for eye health, vitamin C supports the immune system and promotes wound healing, while vitamin B6 is important for brain function and helps convert food into energy. Additionally, watermelon contains minerals such as potassium, which helps regulate blood pressure and muscle function.
- Watermelon contains antioxidants like lycopene, which gives it its vibrant red color. Lycopene is known for its potential to reduce the risk of certain chronic diseases, including heart disease and certain types of cancer.
- Lime juice contains electrolytes like potassium and magnesium, which are important for maintaining proper fluid balance, nerve function, and muscle contractions.
- Watermelon juice is relatively low in calories compared to other beverages like soda or fruit juices with added sugars. This makes it a healthier option for those watching their calorie intake.
- The combination of watermelon, mint, and lime creates a refreshing and flavorful drink that can be enjoyed on its own or as a base for cocktails and mocktails.

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