



Reaching out to the hills! Community Health and Missions



The Kotagiri Medical Fellowship Hospital, Nilgiris Hills

The small but dedicated Missions Department team focuses on encouraging and reviving the mission hospitals, which used to be the main health care facilities for many communities. The poor and the lower middle class still turn to them for dependable care. Dwindling manpower and depleted resources have left many struggling for survival. The Department arranges for clinicians from CMC to serve for a while at these hospitals and sends teams to advise on administration and strategic planning.

In August 2017 CMC signed a Memorandum of Understanding with the Kotagiri Medical Fellowship in the Nilgris. With an Ophthalmologist, an Optometrist and a Paediatrician from CMC joining on special deputation, the 50-bed hospital is already showing signs of revival. Other similar initiatives are under way.

Missions Department also organises an annual conference *Shiloh*. Seasoned stalwarts from the mission field meet with students and staff, encouraging them to consider mission work.

The purpose of the Christian Medical College isn't just to provide medical services here in Vellore, but to bring health and hope to those who most need it anywhere. Part of the way we do this through training healthcare professionals for service and then supporting them and the network of smaller mission hospitals.



Signing the MoU with KMF

The Jawadhi Hills area is close to Vellore but, due to poor infrastructure, health and education indices are lagging behind those of the State. Pulse 2016 introduced the "model villages" project. In February staff and students had a work camp there to build toilets. The team runs an after school education scheme in the hills, and, thanks to our friends from Germany and Sweden, the summer camps give life skills training and health check ups. FoV Australia have given us a rugged four wheel drive vehicle for the tough terrain.



Learning about health is fun at Jawadhi Hills Summer Camps. Inset: children's health checks



Students dig toilets: Jawadahi camp

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Christian Medical College Vellore Association is registered under the Societies Act, 1860, (No.5 of 1947). Registered Address: CMC Hospital, Ida Scudder Road, Vellore— 632 004, TN, India. Donations to CMC Vellore attract relief under Section 80G of the IT Act.



For the latest news, photos and videos of CMC Vellore have a look at our Website: www.cmcvellore.ac.in (also for online appointments) And our Facebook page <http://www.facebook.com/cmcvelloreindia>

Update on new campuses—Chittoor and Kannigapuram



Outpatient waiting area, Chittoor

With space at a premium in the main hospital campus, people are anxious to know about progress on the two new hospitals, in Chittoor (Andhra Pradesh) and Kannigapuram (just 10km from Vellore).

Chittoor numbers have increased five fold over 18 months, and now cross 10,000 outpatients and 450 inpatient admissions every month.



New laparoscopic suite in full use

More than 2,000 surgeries have been performed in the excellent theatres, opened in August 2016, reducing waiting lists in Vellore.



Pleasant landscaping on the spacious Chittoor campus



Modern, efficient laboratory at Chittoor runs nearly 12,000 tests per month

Despite some setbacks (like a huge rock just below the surface, shortage of sand and—unusually for Vellore—too much water), construction has been proceeding steadily at Kannigapuram, the new centre for trauma care and super specialities like oncology, heart diseases and neurosciences. On the outskirts of Vellore this will have over 1,500 beds, both general and private, and all the latest facilities.



Buildings taking shape at Kannigapuram

Phase one consists of four blocks, all of which will have a basement, ground floor and seven higher floors. Over 40% of the frame was complete by November 2017, but with internal works, installation of services and equipment still to come it will be 2019 or later before the hospital opens its doors. You can learn more on our website: Our Campuses—Kannigapuram.



Cake to celebrate the first birthday of the operating theatres at Chittoor



Little Jisha in good hands

Jisha is three and a half years old, the first born of Chellappan and Ragini. Back home in Tirupur (350 km from Vellore) her little brother Gopal anxiously awaits news. Chellappan earns Rs.8,300 per month, working in a welding company in Coimbatore. He visits home only at weekends, because of the two hour commute, and irregular work hours. Ragini manages the housework and the care of the toddlers, helped by his parents.

Jisha had a small swelling on her lower back at birth. As she grew the swelling became more obvious, along with mild deformity of both feet. She started walking, though standing was a little difficult. She had difficulty passing urine and frequently developed urinary infection. Their family doctor suggested bringing her to Vellore for investigation of the swelling. Jisha was seen by a neurosurgeon who realized that her spinal cord was protruding and needed surgical correction. The family scraped together what they could, offering Rs.50,000 for the delicate operation. A grant of Rs.70,000 from the Emergency Fund ensured the operation could go ahead in November, and she is now on the road to recovery. (Names changed)

Greetings from our New Director: Dr. J.V. Peter

When I entered Christian Medical College Vellore in 1982, in awe as a medical student, little did I realize that God had a special purpose in bringing me to this great institution. I am humbled and honoured by this high calling of God. CMC is **God's chosen place of healing for millions**. My desire is that it should be a model of *compassionate, Christ-centred, holistic, cost-effective, quality health care enabled by technology*.



Director Dr. J.V. Peter (right) with Medical Superintendent Dr. Prasad Mathews dedicating the new suture stores

CMC Vellore is unique in many ways. Here both rich and poor are cared for irrespective of whether they can afford treatment. We have **earned people's trust by consistently providing quality, ethical healthcare**, from the primary level up to quaternary care. Through highly subsidized training courses, a focus on the marginalized, outreach to the community, expertise **with today's health care needs and research into pressing medical problems** CMC remains at the forefront of healthcare.

Our mission statement highlights three areas where we seek to make a difference: patient care, research and education. For patient care we urgently need more capacity, since the main town campus is crowded. The facility in Chittoor, Andhra Pradesh will become a healthcare training institute while expanding clinical services. The new campus at Kannigapuram, Vellore is rapidly coming up and will provide trauma care and specialty services.

Dr. J. V. Peter took over from Dr. Sunil Chandy as the Director of the Christian Medical College Vellore on 23rd September 2017. He did undergraduate and postgraduate training in CMC and subsequently specialized in Intensive Care Medicine in Australia. He has been the head of both Medical ICU and Pharmacy and was Associate Director (Finance). He is married to Jayanthi, an Ophthalmologist. They are blessed with two children.

We are investing more in research, which has the potential to conquer diseases worldwide, and helps to identify cost effective treatments appropriate for the Indian context. Education, and training people as servant healers, is crucial both for our future and for an ever widening impact in the healthcare sector, which remains desperately short of good health professionals.

2018 marks one hundred years since our founder, Dr. Ida Sophia Scudder, started her Licensed Medical Practitioner Course for **women**. **CMC's MBBS degree is now recognized the world over as a badge of excellence, high ethical standards and compassionate care**. We are committed to help meet the need for people equipped and willing to serve in secondary hospitals and the community, through traditional and distance learning routes.

Please join us in this journey. Your friendship, prayers, contributions, suggestions and advice are always welcome.

Fun Events in 2017



Trombone section of the Moving Big Band
The Moving Big Band (MBB) and the Gothenburg Chamber Orchestra from Sweden presented the Ida Scudder Memorial concert in February 2017, thanks to the Alumni Batch of 1957.



The Challengers Cricket Club for the Disabled India XI took on, and roundly defeated, the CMC students team in a 20-20 format charity match to raise funds for children with cancer and disabled **cricketers**. **Significant degrees of disability didn't stop hard hitting and fast bowling.**

Baby saved with EXIT procedure

Ultrasound scans of an expectant mother showed that her 37-week foetus had a large solid mass compressing the wind pipe, which would make it difficult to breathe after birth. A multidisciplinary team of obstetricians, anaesthetists, paediatric otolaryngologists and neonatologists carried out a life-saving procedure, EXIT (Ex Utero Intrapartum Treatment), to deliver the baby partially, while keeping the umbilical connection to the mother with the help of special techniques such as uterine relaxation and amnion infusion. The baby continued getting oxygen from the mother until its airway was secured. The surgical procedure took seven minutes after which the baby was completely delivered.

Keeping the hospital safe for all

Ensuring that the hospital is a safe environment for patients, staff and visitors is the priority of the Safety Cell, and the safety managers in every department. Inspections and training help to prevent or reduce the impact of fires and disasters. Major incident plans and mock drills ensure that staff know what to do should the worst happen.



All staff undergo fire safety training



Testing patient evacuation procedures in a major incident mock drill

Meanwhile the Hospital Infection Control Committee is constantly monitoring the wards and theatres for signs of the microbes that can undo the good work of the medical teams by infecting recovering patients. The simplest and best thing we (staff and visitors) can do to prevent such complications is to wash our hands well after every patient contact.

Support medical research at CMC and get more tax back!
Christian Medical College Vellore has been notified by the government as an institution engaged in research activities. Donations made specifically for research purposes qualify for exemption under Section 35(1)(ii) of the Income Tax Act—currently at the rate of 150%. If donating for research please indicate this clearly, since the money will go to a separate bank account, and a special certificate issued.

Heart Procedures for Children
The Cardiology and Cardiothoracic teams perform life-saving surgeries on children born with heart defects. But these are very expensive, often with a long hospital stay, especially if any complications arise. Can you help treat more children through a donation to the Emergency Fund?

Safer for mothers & babies: Skoch Awards

We received Order of Merit awards for five different programmes at the Skoch Swasth Bharat Awards 2017, held in New Delhi on 17th and 18th of March. Of these the Obstetrics team won the Gold Award for Patient Safety for their successful **“intrapartum initiative”** which has led to a big improvement in perinatal mortality and asphyxia rates in the labour room over the past six years, despite a steadily increasing workload, while holding down the cost per patient. Another award went to the Neonatology Department for their invention of a device which saves the lives of babies born with asphyxia through cooling them, at a fraction of the cost of available commercial equipment. It is now being marketed internationally as **“Miracradle!”**.



Dr. Emily Ebenezer receives the Skoch Award for the Obstetric team's **“Intrapartum Initiative”**

Stop Press ... latest news



CMC Vellore won the coveted British Medical Journal South Asia Award: Best Quality Improvement Team, at a ceremony on 18th November 2017.

Left: Dr. Lallu Joseph presenting for CMC's Quality Management team

India's Best Private Hospital 2017
CMC Vellore was voted India's third best hospital & best private hospital in The Week - Nielsen Survey, featured in the The Week Magazine, 17th November 2017. See the article: *Lighting Lives*.

Excellent Nursing
National Accreditation Board for Hospitals (NABH) granted CMC's Nursing Services their **“Nursing Excellence”** certification in November.

Join in and Help: Membership and Contact Details

Friends of CMC Vellore is free to join and keeps you in touch with our activities and developments. Just send us a letter or email with your name and postal address. Friends support us as they can by prayer, giving and suggestions.

If you'd like to donate towards any charitable needs of CMC, please send a DD or Cheque, payable to CMC Vellore Association, to Development Office, CMC, Vellore—632 004, India. Phone: +91 416 228 3509

You can also donate by NEFT/ bank transfer: SBI Vellore Town, Account No.3033 2718 726
IFS/IBAN Code: SBIN0001618
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