



Plans for the new hospital nearly ready

Welcome to *CMC Pulse*, and an especially warm thank you to everyone who has visited, written to us, donated or prayed for us over the last year.

CMC Hospital is busier than ever, but we're doing our best to improve services, relieve pressure and create more space.

In June we opened the Shalom Family Health Centre for Vellore residents.



Dedication of Shalom Centre

In the Chittoor Campus a new secondary hospital (alongside the existing outpatient facility) will soon be serving people coming from Andhra Pradesh. In the main hospital the new Alpha Clinic now provides private consultations at short notice and maximum convenience.

With road accidents now amongst the leading causes of deaths in India, there is desperate need for a state of the art trauma centre in Vellore: there is nothing like this between Chennai and Bangalore.

Detailed plans for a new hospital and major trauma centre are now ready. Ideally situated, on the national highway on the outskirts of Vellore, phase one will also cover specialities such as cancer, neurosciences and cardiology.

We're appealing to all our friends as well as our staff to contribute whatever they can to make this dream a reality. Back in the 1930s Ida Scudder appealed for 1 million people to give one dollar each and so was able to fund the new medical college.

Can you contribute enough for 1 sq metre of the hospital, or a bag of cement?


| | |
|-----------------------------|-----------|
| Hospital building, per sq m | Rs.20,000 |
| 1 cubic metre concrete | Rs.6,000 |
| 1 bag of cement | Rs.300 |

Any amount is welcome, and will go directly to the cost of building the new hospital. You can send by cheque or DD to: "CMC Vellore Association", Development Office, CMC Hospital, Vellore – 632 004.

Inside...

Paul Brand Centenary
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Wheels of freedom

CMC is Accredited—with NABH



CMC is now accredited by the NABH (National Accreditation Board for Hospitals and Healthcare Providers). This is the national seal of approval for patient safety and quality. CMC is the biggest hospital accredited. It took 4 years of hard work!

find us on **Facebook**

For the latest news and many photos of CMC Vellore have a look at our Facebook page <http://www.facebook.com/cmcvelloreindia>

Letter from the Director, Dr. Sunil Chandy



Dr. Sunil Chandy with Dr. Gigi Chandy

Ida Scudder, our founder, reminded us that we are “building the Kingdom of God.” In and through the 114 year journey of CMC, Vellore, we can see the hand of God empowering us towards that goal. The growth of CMC as highlighted in this newsletter is a reflection of the healthcare needs in India. The human stories we encounter on a daily basis in our hospital remind us of the greater calling we must submit to. The calling to be available, accessible and approachable. As you flip through these pages, you too become part of this journey. Pray for us, help us by your presence and partner with us in this mission.

A handwritten signature in blue ink, appearing to read 'Sunil Chandy'.

Dr. Paul Wilson Brand 1914—2003

2014 is the anniversary of the birth of Dr. Paul Brand, one of the heroes of CMC. With his wife, ophthalmologist Dr. Margaret Brand (1919-2014), he worked at CMC from 1946 to 1965. Appalled by the horrors of Hansen’s Disease (leprosy) they dedicated themselves to understanding the disease and bringing relief and hope to the sufferers.



Dr. Paul Brand at work

Paul Brand’s meticulous research proved that leprosy did not cause the ‘rotting away’ of hands and feet. Many of the deformities associated with it resulted from the loss of pain sensation caused by nerve damage. Sufferers hurt themselves without realising it and developed huge sores on their feet simply because they felt no pain. He taught his patients to protect their feet and fingers, and in conjunction with the MRF Tyre company, developed MCR – the soft rubber now used throughout the world to protect vulnerable feet. He pioneered reconstructive surgery to correct clawed hands, and introduced vocational training for people with disabilities caused by leprosy. Margaret Brand cared for the eyes of the leprosy sufferers. Through their passion the New Life Centre in Bagayam and the Schieffelin Institute at Karigiri were established for treatment, rehabilitation and research.

The **Dr. Ida .S. Scudder Humanitarian Oration 2014** was awarded posthumously to Dr. Paul Brand, and the oration was delivered in his honour by the internationally acclaimed author and communicator Philip Yancey – his close friend and collaborator. Together they wrote several books including *Fearfully and Wonderfully Made* and *The Gift of Pain*.



Philip Yancey speaking

Philip Yancey said. “Paul Brand influenced me more than any single person ... I have never known anyone more brilliant, nor anyone more humble”. He highlighted three paradoxes: reductionism, happiness and success. Reductionism deconstructs things into their parts; Paul Brand strove to *reconstruct* the hands, feet and broken lives of those afflicted with leprosy and bring wholeness. Happiness and pain are viewed as opposites; but Brand celebrated the *gift* of pain which keeps us sensitive to our surroundings. Most people seek success through fame and fortune; pioneers like Ida Scudder and Paul Brand modeled a radical alternative: *losing oneself* for others, and so gaining far more.

Swachh Bharat Abhyan at CMC

In keeping with the Prime Minister’s Swachh Bharat Abhyan campaign, CMC celebrated September 25 - 30 as Cleanliness Week. Special efforts were made to clean the hospital premises, departments, offices, wards and other areas, besides extending action to the crowded roads adjoining the hospital. Staff and students enthusiastically joined in the sanitation drive through mass education, debates, poster and slogan competitions on the theme, *Team Up to Clean Up*. Prizes were awarded to the cleanest ward and outpatient clinic. If we all refrain from littering and spitting, together we can move towards a cleaner, more pleasant environment, which will also improve the nation’s health.



CMC Clean Team in action

Princy, smiling her way into our hearts

Princy (12) arrived with younger sister, Jennifer and a mischievous little brother, Kevin Raj in tow. Clinton, their caring and responsible father, is a tailor, working from home, and mother Rosy helps by doing hemming, buttons and minor jobs. They are from Tirupathur about one and a half hours by bus from Vellore.



Rosy, Clinton, Kevin, Princy, Jennifer

Princy grew up normally till she was 10. But then her haemoglobin started dropping to dangerously low levels. Finally she was diagnosed in CMC with Myelodysplastic Syndrome. In MDS patients some of the blood-producing cells in the bone marrow are damaged. They are unable to create enough new blood cells, and those they do produce are abnormal, dying off quickly, and resulting in severe anemia and sometimes bone marrow cancer.



Princy's MDS was due to marriage within the family (Rosy and Clinton are cousins). One elder brother had died aged 12. Our specialist explained the nature of the disease and the treatment options available to Princy's parents. All that they knew was that the adorable girl had to be kept alive somehow. Initially Clinton and Rosy saved each day's earnings to take Princy for monthly transfusions, which gave her a new lease of life. However recently her haemoglobin levels started to drop even within two weeks of a transfusion. Bimonthly hospital visits and transfusions were impossible for the family to afford.

Clinton somehow reached the Development Office and narrated the tragic tale of his daughter. Normally our Emergency Fund doesn't support repeated treatment. However a gentleman had dropped in the day before to give a donation, and offered further help. When he was told about Princy he readily agreed to fund her ongoing therapy. You can imagine our joy each time Princy and family leave the hospital after a transfusion.

Do contact us if you would like to help someone like Princy needing ongoing treatment or medication, by a monthly donation. It's easy to set up a regular transfer from your bank, and it could transform a life.

CONCH: Learning to care in the community



CONCH is the College of Nursing Community Health Department. A key part of nurse training at CMC is hands on experience in community nursing. The photo shows nursing students making a home visit. CONCH covers a rural population of 63,000 people in 21 villages and a semi-urban population of 23,000. Apart from regular nurse-led clinics, CONCH uses exhibitions, puppet shows and medical camps for health education, and also runs elderly care centres.

Skoch Excellence Awards 2014

Skoch Development Foundation was established to promote social, digital and financial inclusion. The Skoch Excellence Awards celebrate people, projects and institutions that go the extra mile to make India a better nation.

In October 2014 CMC was nominated for nine Excellence Awards, and placed in the "Platinum Category", amongst the best in India, for all nine.

We are grateful to God and all whose efforts and sacrifices contributed to this.



CMC's Platinum Awards and More:

Social Inclusion: Rural Unit of Health and Social Affairs; Tribal Health Initiative in Jawadhi Hills. *Digital Inclusion:* CHRIS Card; Clinical Workstation; GIS in Community Care; E-learning programme. *Smart Governance:* Bioethics Curriculum, Distance Education, HR Strategies.

The Tribal Health Initiative received a British Medical Journal Award for excellence in Primary Health Care in Challenging Circumstances. CMC was listed the second best medical college in India and India's "3rd best multispeciality hospital" in surveys by *The Week* and *India Today*.

Wheels of Freedom

What a difference a wheelchair can make to someone who can't walk! It can give independence and open doors. It can help the carers, who otherwise struggle to help the person move from place to place.

For the past few years CMC's PMR department have been able to supply great quality wheelchairs from the charity Motivation at half price, thanks to donations secured by Motivation. However this subsidy is no longer available, and the price has to go from around Rs.6,000 up to Rs.12,000.

We'd love to be able to ensure that people who can't afford the new price can still get these excellent, robust wheelchairs, well designed for tricky conditions in villages and uneven roads.



Motivation Wheelchair

50:50 Scheme

We have placed a large order for Motivation wheelchairs to reduce the transport expense and ensure availability. Now we are looking for people and companies who could sponsor one or more wheelchairs for people who can't afford the full cost.

Rs.6,000 enables us to give a half-price chair (50:50 scheme) but any amount will help. You can send a donation payable to CMC Vellore Association, to

The Development Office,
CMC Hospital, Vellore – 632004.
Tell us it is for "wheelchairs".

New Blood Bank Donation Bus—thanks to State Bank of India

We always need blood to save precious lives. Staff, volunteers and patient relatives contribute. State Bank of India joined CMC in "**Banking with a difference**" by gifting this smart Blood Donor Van to collect blood donations from the public around Vellore. Three people at a time can donate in comfortable AC conditions.



Give blood ... give life

Please give blood, at CMC or at your home place. Often one unit given can help several people. Anyone above the age of 18 with no medical illness can donate. Donors are checked out before donating, and the blood is carefully tested before use. To give blood in CMC just walk into the Blood Bank, near main reception.

Views of CMC



Neonatal Intensive Care, CHAD Community Hospital. Nearly 3,200 babies were born at CHAD in the year 2013/14.



Young and Old Grow Together. An Elders Day Centre, organised by RUHSA and supported by Friends of Vellore in Sweden, doubles as a nursery school. All age activities are very popular.



Peace and calm in the middle of CMC Hospital. The **Alpha Clinic** provides private consultations and Wellness Checkups at short notice. A garden and cafeteria and gives space to relax.

Join in and Help: Membership and Contact Details

Membership of Friends of CMC Vellore is free for all. Join up and keep in touch with our activities. 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 of the needs mentioned in this newsletter please send your DD or Cheque payable to "**CMC Vellore Association**". Development Office, CMC Hospital, Vellore – 632 004, India.

You can also donate by bank transfer: SBI Vellore Town, Account No.3033 2718 726
IFS/IBAN Code: SBIN0001618
Swift Number: SBININBB473.
Please send donation details to: dev.office@cmcvellore.ac.in