



VELLORE NEWSLETTER

FRIENDS OF VELLORE CHRISTIAN MEDICAL COLLEGE & HOSPITAL (QLD)

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(Qld FOV is a branch of the Australian Board of the Vellore Christian Medical College and Hospital)

Dear Friends,

In this Vellore Newsletter you will find:

- **Introducing** the new CMC Vellore DVD;
- **News** from the Australian Vellore Board's Annual Meeting,
- **Your invitation** to the Queensland Friends of Vellore Annual Meeting in November,
- **Stories** of just a couple of the few thousands provided health care through both the resources of CMC and financial aid from Australia and other supporting countries, plus some news from Vellore.

YOU ARE INVITED

to the Annual Meeting of the Queensland Friends of Vellore

at the Uniting Church 1052 Waterworks Rd The Gap

2 pm Sunday 8 November

Queensland Launch of the "Our Stories, Our CMC" DVD

RSVP to: jblee19@bigpond.net.au

or: sharonkoshy@yahoo.co.uk

THE NEW DVD

In introducing the “**Our Stories, Our CMC**” DVD, the Director, Dr Sunil Chandy, wrote: “We believe that everything we do, whether it is healthcare, patient care, service or research, is rooted in the values that the Christian Faith teaches us”.



After an introduction (short - about 2 mi and long, about 14 min), the stories that follow tell of CMC’s history, plans for its future, the experience of patients, medical, nursing and paramedical education, research, a Green Future and mental health, concluding with the credits, a total of about 70 minutes.

Producer and Director Tim Nicholls and his team from Currawong Productions, Australia, also brought us an earlier DVD “Home of a Healing God” which told us of “a day in the life of” CMC.

Both these DVDs are available for **free distribution** but it would be great if you can

1. Make sure you get it you set aside time to look at it and ,,,
2. Then hand it on to a friend so the CMC story can spread.

For your copy, contact: Brian Lee phone 33513272

or email: jblee19@bigpond.net.au giving your postal address.

AUSTRALIAN BOARD ANNUAL MEETING

Representatives from the Alumni Association, Friends of Vellore groups in NSW, Victoria, Queensland and South Australia and Observers from Victoria and Qld met with the national committee members (Dr Bella George, President, Dr Stephen Aseervatham, Vice-President and Liz Guiver, Secretary) in Melbourne on 22 August. A special guest was Dr Sunil Chandy, the Director of CMC Vellore.

Dr Chandy reported that CMC has recently received nine awards and the number of patients coming through the Hospital gates (6500 to 9500 each working day) confirms the reason for the Hospital's existence.

As with any modern institution in this rapidly changing world – and India is changing faster than many other places – changes must happen at CMC and development must continue.

GENEROUS GIVING TO CMC'S WORK

The Treasurer's report to the Annual Meeting showed that \$194,725 was received by the Australian Board in 2014-15 from FOV groups in NSW, Qld, S A., Tasmania and Victoria and, for the first time, this included donations (a total of over \$3000) paid directly through the Australian Board PayPal account. Apart from a one-off payment towards the cost of the new DVD of \$38,000, Administration expenses were under \$2000 for the year, a tribute to the many hours of volunteer work by all involved.

Funds transferred to CMC included the Community Health project (6,000), CMC Council membership fee (6,000), money given under the Person-to-Person program (9,000), and a further contribution to the Centenary Endowment Fund which supports poorer patients (80,000). Another \$51,230 sent to CMC comes under the category "Initiated by others", that is. personal donations for specific CMC projects: the Jawadhi Hills Ultrasound Machine, the Diabetes Project, Palliative Care and particular programs of some CMC staff.

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Please email fovqld@hotmail.com

and leave your surname and current address so our mailing lists can be adjusted for the next Newsletter

CMC'S VISION FOR THE FUTURE

Dr Ida Scudder's favourite hymn begins, "Be Thou my vision, O Lord of my heart". She lived to see the vision given to her develop for 60 years from a seed to a great tree,

In these exciting and challenging times, CMC lives by the vision granted today. Dr Sunil Chandy, the present Director, spoke of the outworking of this vision – a long term goal to build a new hospital complex on a CMC property at Kannigapuram, about 11kms from the present Campus with its 78 year old hospital buildings which are always fully occupied and need refurbishing.

The highest rate of casualties in Tamil Nadu used to be from farming accidents. Nowadays it is road accidents. The new Kannigapuram Hospital will include a modern Trauma Unit which will have helicopter access and 5 ambulances equipped as mobile hospitals because rapid road transport from the scene of the accident to the hospital cannot be assumed. Any readers of this Newsletter who have been on Indian roads in recent years can appreciate this.

The 700 - 1000 beds in the new Hospital will reduce the demand on the present Hospital.

EARLY MANAGEMENT OF TRAUMA COURSES

This is not new for CMC because 42 of these courses have been run at CMC since 1997. This year 30 people, including 8 from Chennai's Apollo Hospital attended this course which aims to provide hands-on experience in the prioritisation and early management of trauma through lectures, scenarios and skill-stations in various aspects of trauma evaluation and management. The planned new hospital will include a dedicated Trauma Unit.

2015 COLLEGE MOTTO AWARD

Tezpur in Assam is a long way from CMC Vellore but CMC graduates, Dr Koshy George and his wife Dr Lydia John, have put into practice both the skills and the attitudes learnt during their College years in their work in Tezpur's Baptist Christian Hospital. For this work they were awarded the 2015 College Motto Award, the motto being, "Not to be ministered unto but to minister".

The audience was told of the many new programs that have made a difference to the community they serve, and were told that "their awareness and insight have made Tezpur a hub of local and multi-centric research programs. Apart from all their academic and professional work, Koshy and Lydia take an active part in the Sunday evening fellowship for the hospital staff and have been instrumental in the spiritual nurture of the student community in the hospital and well as in surrounding educational institutions."

A JAWADI HILLS STORY

I have written before in these Newsletters of the Jawadi Hills and about people in this area, 600m above sea level, 30kms and some hours travel time distant from Vellore. An outreach program by CMC's Community Health and Development (CHAD) has led to an increasing involvement by CMC in this needy area.

In Lakshmi and her husband Selvam's remote village people depend almost entirely on subsistence farming and manual labour. Many houses are no more than thatched huts. If they have electricity it would be enough for only one light bulb. It is a 20 minute walk to a waterfall to collect water for the house. Bathing and clothes washing is done in the stream under the waterfall.

Because life here is uncertain children are named only after their first birthday. Others have called the new born in this story Thambi which just means "little boy". When he was born, the third child in the family, his grandmother had delivered him at home and cut the umbilical cord following the usual practice among poorer families.

The parents were distressed that right from birth Thambi suffered with loose motions and vomiting. Leaving the older children with family members, Lashmi and Selvam took the long walk across the hills to reach the bus which brought them to the CHAD Hospital in the College Campus. Their confidence in the skilled and loving staff there made them sure an answer would be found to their baby's problem.

The CHAD staff realised it was a gastro-intestinal infection from the unhygienic circumstances of his delivery and the lack of facilities for a new born. With intravenous fluids, oral supplements and antibiotics they believed Thambi should be on the way to life as a normal, bouncing baby boy.

DENGUE PREVENTION AT CMC CAMPUSES

Dengue is sometimes a problem in North Qld with fears that with global warming it could move further south if not checked. It is still only a small problem in this country.

Every year, in the Vellore area including the CMC Campuses, after the rainy season there is an increase in mosquito-borne diseases like dengue and chikungunya (the latter fortunately not yet in Australia). To control these epidemics the reduction of breeding sites is essential.

An anti-dengue cleanliness campaign in July by 200 volunteers from staff and students set about clearing garbage likely to collect rain water. Each of the 14 groups collected about 20 bags of plastic waste and were disheartened to see the amount of plastics, glass, leather and so on strewn within the CMC properties. A list of suggestions was drawn up to help all concerned keep the place clean, tidy and mosquito larvae free, even including one habit that every Friday be the day when vases of flowers are emptied and refilled!

MINNALA'S FEET – A STORY FROM RUHSA

In many parts of India close inter-marriage is common because parents like to choose someone they know well (often this is a family member) as the spouse of their son or daughter. Minnala's mother was married to her mother's brother. This little girl was born with both feet crumpled and deformed. Relatives advised the parents to kill her; after all, she was only a girl, she would never be normal, never get married and always be a financial burden.

Her mother, Selvi, refused to do this. When she was 10 days old Selvi took her to the doctors at RUHSA (CMC's Rural Unit for Health and Social Action) where the baby was referred to the Paediatric Orthopaedics Department at CMC for a full diagnosis. They confirmed it was a severe club foot deformity, a known symptom in close inter-marriage babies. CMC's doctors taught the RUHSA physiotherapist how to encase the feet in a plaster cast and then at 6 months she had both feet operated on. The family's poverty led to lapses in the remedial program. A follow-up visit when Minnala was 3 showed she needed further treatment and special shoes for the next 2 years. Later RUHSA helped the family with school expenses and now she is 12 her feet look and function normally. Her dream is to study nursing and become part of the team who helped her so much.



SPIT-FREE INDIA – AN IMPOSSIBLE DREAM?

On a visit to USA in the 1800s, Charles Dickens was disgusted by the prevalence of spittoons in public places, even in the grand Congress building. Not these days, of course!

Partly but not wholly because many people in India chew betel nut which greatly increases saliva, most people, as the Director, Dr S Chandy said at the launch of a new campaign, “do not follow the basic rules of where to spit and where not to spit.” He said that this campaign is a step towards making Vellore, and then India spit free.

Late in June this campaign was launched to make all the CMC Campuses “spit free” through a joint effort by the Rotary Club of Vellore through its Tuberculosis Control Society and the T B Control Advisory Committee of CMC. The District T B Officer said that despite effective T B control programs, it has not been possible to eliminate this disease. By focusing on making our villages and towns spit free, a preventative measure, the incidence of T B could be brought down.

AN AWARD FOR ANN BOTHAMLEY

After completing her nursing training in UK, Ann came to Vellore in 1968 under the auspices of the Baptist Missionary Society. As a highly qualified nurse and a committed Christian missionary she had achieved a great deal by the time of her retirement in 1998. Examples include designing the coronary care unit and teaching the coronary care course for staff nurses and planning the nursing protocol for the bone marrow transplant unit.

She did not forget those with special needs – the staff on minimum pay scales and long term children patients – and devised and carried out programs to help them.

With an Australian nurse, Marlienne Thomson, 25 years ago this year she set up the Balanilayam Hostel so that the children of doctors working in remote areas could live and attend schools in Vellore.

Ann and Marlienne started Bible studies for women interns and student nurses in their home and also for the domestic staff (“sweepers and attenders”) in the evenings in a small mud hut with the light of a petromax lamp.

After her retirement Ann returned to CMC in 2006 to work as a Pastoral Carer for Haematology patients, and has been also taking Scripture classes for the 11th and 12th graders at the Ida Scudder School.

The Alumni Association presented Ann with the Alumni 2015 Award “for her immense contribution to our campuses and to our alumni through her exemplary characteristics of integrity, high level of commitment, compassion and professional excellence”.

TOP QUALITY IS THE AIM

This year CMC gained the coveted and prestigious D L Shah Quality Gold Award for its Clinical Audit Program. These Awards began in 2007 to promote awareness of quality initiatives and the adoption of best practices in Indian hospitals. The Award recognises successful programs that have resulted in tangible improvement.

CMC is the largest hospital in India to be accredited by the National Accreditation Board of Hospitals and Health Care Providers through which there is a continuous improvement exercise with inspections every 18 months and re-certification every 3 years.

Thanks to CMC’s “Newslink” and to Mrs Ann Witchells for material used in this Newsletter

TAX DEDUCTIBLE DONATIONS BY BANK TRANSFER

People wishing to donate to CMC Vellore may find it convenient to pay by Bank transfer.

Full Name of Account: Friends of Vellore Christian Medical College & Hospital Queensland Group Support Fund. (You can enter just: Friends of Vellore Support Fund)

BSB no.: 633000 **Account no.:** 131073413

Reference: Your surname and suburb (or as much as space allows)

After making the transfer, please send an email regarding your deposit to the Treasurer: cmcvellore@optusnet.com.au so a receipt can be sent to you.

A REMINDER OF THE WEB SITES

Australian Board site: australianfov.net.au

Vellore and USA sites: cmch-vellore.edu and vellorecmc.org

STREET STALL NEWS

Many thanks to new volunteers, and to those wonderful people who continue their many years of stall work.

Each of the Toowong and Tank Street stalls happen once a month on a Thursday morning.. New helpers are always welcome. Continuing needs include:

- Suitable items for sale
- Help with transporting the goods
- Workers at the stalls

- regularly or now and again as you are able.

If you, or someone you know, can help in this, kindly contact Mrs Claire Mainstone (3371 1332).

Regards, Brian Lee (Newsletter Editor).

OLD FRIENDS OF VELLORE OFFICE BEARERS

Chairman: Mrs Cathy Chandani, 24 Mathews St, Bethania 4205 (ph 0412391353)

Vice Chairman: Rev John Hooper, P O Box 2143, Salisbury East, Qld 4107

Hon. Secretary: Dr Sharon George, 120 Santa Isobel Blvd, Pacific Pines 4211
Ph 0401 919 664

Hon. Treasurer: Mr Richard Caitens, 107 Northgate Rd Northgate 4013 (ph 3266 1962)

Stalls Co-ordinator: Mrs Claire Mainstone, 37 Fifth Av, St Lucia, 4067 (ph 3371 1332)

Publicity Officer &

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