

Vellore Newsletter

Christian Medical College and Hospital, Vellore is a private, minority-run educational and research institute that includes a network of primary, secondary and tertiary care hospitals in and around Vellore, Tamil Nadu, India. Founded in 1900 by an American missionary, Dr Ida S. Scudder, CMC Vellore has brought many significant achievements to India, including starting the first College of Nursing in 1946, performing the first reconstructive surgery for leprosy in the world in 1948, performing the first successful open heart surgery in India in 1961, performing the first kidney transplant in India in 1971, performing the first bone marrow transplantation in India in 1986 and performing the first successful ABO incompatible kidney transplant in India in 2009.



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In this issue

2021 Vellore Dinner

CMC and the Covid 19 Pandemic

What do your donations get used for?

Our Volunteers

2021 Annual Vellore Dinner Queensland Friends of Vellore

We are planning to hold the 2021 Dinner in September. Our usual venue was not available in May due to the rules required to rent premises during COVID, but the Emmanuel Church is hoping to have a plan up and running by the middle of the year. It would be great if you could put a placeholder in your diary for the 4th September.

Dr Ida Scudder



You can watch this video of Ida telling the story of CMC in her own words. Just aim your camera at the QR Code next to the text box and see the video on YouTube

CMC and the Covid 19 Pandemic

In an interview with *The Wire Science*, **Priscilla Rupali**, an infectious disease specialist who heads CMC Vellore's guideline development team discussed why CMC felt the need to develop their own guidelines for the treatment of COVID-19? Why did CMC Vellore not choose to follow, for instance, the WHO's fairly extensive COVID-19 treatment guidelines instead?

Priscilla Rupali: One reason we thought it important to develop guidelines for COVID-19 was that it was a new disease, and there was nothing known about appropriate treatments. There was widespread panic and anxiety among both patients and staff alike. We deal with nearly 9,500 patients on an outpatient basis, have more than 2,300 inpatients and 10,000 employees at any given time. So, for a new disease, it is important to standardise treatment guidelines. And while the WHO interim guidelines first came out on May 27, India saw its first case in January 2020, and our hospital saw its first case in March. That means that following WHO's guidelines wasn't an option for us. Hospitals like ours had to set up their own guidelines. Today, we use prophylactic anticoagulation for all patients. In severe or critically ill patients, we go up to intermediate-dose anticoagulation. For those who have evidence of thrombotic disease [in which patients have a high risk of developing blood clots], we adopt therapeutic [high-dose] anticoagulation.



CMC Cardiac rehabilitation helps man, 52, become fitter and more athletic.

Nearly 20 months after he suffered a heart attack and underwent angioplasty, 52-year-old R. Satyamurthy completed a 42 km full marathon in the city on Sunday.

Cardiac rehabilitation helped the Vellore resident's life return to normalcy and take up physical activities he had not attempted before.

After undergoing angioplasty in April 2019 at the Christian Medical College (CMC), Vellore, Mr. Satyamurthy joined the hospital's cardiac rehabilitation services.

To date, he has taken part in nine to 10 marathon events. In the 2020 Chennai marathon, he was part of the team from the CMC cardiac rehab group and participated in the 21 km category. In February, he took part in the 2021 Chennai marathon and completed a 42 km full marathon, according to a press release.

The cardiac rehabilitation programme was started in December 2017. "Our cardiac rehabilitation is built on new evidence that if we start a physician-supervised exercise programme as early as possible, potential for recovery is very high. In our rehab, we start working with patients within a week after they have their heart attack and start them on exercises for three to six months. There is an increase in the heart's pumping capacity to near normal to even higher than normal levels," said Muralidhar Babi, cardiac rehabilitation medicine specialist, CMC.

Post rehabilitation, the patients become part of a running club and actively run together on a daily basis, he said.

CMC's cardiac rehabilitation team consists of physicians, physiotherapists, nurses, nutritionists and counsellors. "If there is no such rehabilitation programme, patients usually tend to be sedentary and avoid all kinds of physical activity out of fear. This is rather detrimental to the heart in the long term," he added.

Web Sites

Australia: www.australianfov.net.au

Vellore: www.cmch-vellore.edu

USA: www.vellorecmc.org

UK: <https://friendsofvellore.org>

Please like our **Queensland Friends Facebook** page and share it with your friends
<https://www.facebook.com/groups/366002010203628/>

Nandhini Smiles again, thanks to CMC Free Bed Scheme



Nandhini with her cousin

Things went from bad to worse for 24-year-old Nandhini*, a student nurse from Odisha. Uncomfortable, with a growth on her neck, she went to her local hospital. They diagnosed Tuberculosis but the medicines did not help. It kept getting bigger. Desperate, she turned to CMC Vellore. By now, the tumour was noticeably large! As well as TB, she was diagnosed with chronic leukemia. Feeling a sentence of death, Nandhini was shattered. The tumour had to be removed, but she had no money. The doctors were worried she wouldn't survive the intricate procedure. However they went ahead with much prayer, and the surgery was a success. Her bills were covered by CMC's Hospital Free Bed Scheme. Today, she has a scar on her neck but that doesn't dim the sparkle in her eyes and her sweet smile. She is determined to finish her nursing course and give the same care to others that she received at CMC.

*Name changed. For more patient stories, sign up for Pulse emails at www.givecmc.org.

QLD Friends of Vellore Office Bearers

We would like to thank the retiring office bearers and announce the new office bearers of the Queensland Friends of Vellore

Chairperson:	Sharon George
Vice Chairperson:	Bella George
Hon. Secretary:	Shoma Baidya
Treasurer:	Richard Caitens
Publicity Officers	Kerry Griffiths & Belinda Gledhill

Email for Office Bearers

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