

R.M.F. Newsletter

Volume 6 (4)
Oct - Dec 2024



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K.M.F. Newsletter (Oct-Dec 2024)

The KMF Newsletter is a quarterly collection of stories and news about KMF and its work. The newsletter is aimed at those interested in the story of this hospital and the initiative to revive it, that it may be a faithful witness in the community it seeks to serve. Please do keep the work of KMF in prayer.

MS Comments:

Greetings from KMF.

As the year winds down, it is a time to reflect on the mercy and faithfulness of God towards KMF. The work in the hospital and the community outreach in the villages around continues to grow and diversify. Village camps for eye/dental care, the medical camps in Kurumbadi village, palliative and home based care have been agents of transformative outreach to the people of the Nilgiris. Research has been a new initiative and we hope to continue the process of quality assessment towards accreditation this year. While our mission is pertains to the patients in the hospital and community, there is also a continued emphasis on development of our staff, both in terms of skills and morale through training programmes and activities that bring us together.

One heartening aspect of the work here in Kotagiri has been the involvement of the Nilgiris community in coming together to support a good cause. Some have contributed financially; others support or connect us to resources and people. KMF exists to serve the community in the Nilgiris and we hope to press on forward despite challenges – we need your continued support so that together we can make a difference in this region.

Praise the LORD O my soul; all my inmost being, praise his holy name. Praise the LORD O my soul and forget not all his benefits. Psalm 103:1

Dr. Tony Abraham Thomas
Medical Superintendent, KMF Hospital

What's happening in KMF ?

CLINICAL SERVICES AND COMMUNITY HEALTH

World Disability Day, Gift distribution

World Disability Day was celebrated in KMF on December 3rd 2024 with an event that celebrated and acknowledged caregivers in the community as leaders. Around 150 persons including those are differently abled and their families participated. Each family was given a gift by Microland Foundation (MLF), who are the main sponsors of the community and palliative care outreach project of KMF. It was highly appreciated by the patient families and their joy was very clearly seen on their faces and through their words. It was also very encouraging for us to see and hear stories from some of the patients who have benefitted from this collaboration. KMF staff participated by singing songs and two thought provoking skits.



Auto drivers health check-up

We had a free health check-up for the local auto drivers of Kotagiri on 19th December. This included health education on eye and dental health, medical check-up, dental and eye consultations. Around 18 drivers attended and benefitted from this event.



World Diabetes Day

A 'World Diabetes Day programme' was held on Nov 14th 2024. Patient education by doctors and nurses, educational posters, diabetic diet food demonstrations, diabetic foot evaluation, free blood tests and consultations were some of the activities in KMF Hospital on that day.



General ward curtains

The Female general ward underwent a transformation with the addition of beautiful yellow and white curtains. This provides much greater privacy than before and vastly improves the ambience of the ward. The curtains and the rod system were installed free of charge by a staff of the Gasfit company who felt that he must make a contribution towards the hospital for the good work being done. We are very grateful for this spontaneous outpouring of magnanimity.

Free Eye (DBCS), Dental and Medical camp

A team from KMF consisting of an ophthalmologist, optometrists, nurses and volunteers conducts free eye camps once a month in the villages of Kotagiri, Coonoor and Ooty blocks as part of the DBCS (District Blindness Control Society) scheme. Screening for cataract, refractive errors and hearing testing, distribution of glasses, medications and free cataract surgery are some of the services provided.

During the Oct-Dec 2024 period, two camps were held in Kengarai and Kesalada villages. Around 160 patients were screened and 10 patients underwent cataract surgeries.



Blood donation camp

On December 5th, KMF hospital saw around 35 individuals donating blood during a blood donation camp held along with the Lions Blood Bank of Coimbatore. Staff from the hospital and general public participated in this selfless gesture that saves lives.

School screening for eye diseases

Regular screening of children for refractive error and other eye diseases is done by a team from Ophthalmology department of KMF. Those identified to have refractive error are referred to KMF or the government hospital for further evaluation and glasses. Over 6 months (June-Dec 2024), 3400 students in 34 schools were screened and 264 students were identified with refractive error.



COMMUNITY OUTREACH

Reaching out to the communities in the villages in and around Kotagiri has been an integral part of KMF's vision and mission. Dr. Miriam George, a public health expert has initiated visits to villages, especially those in remote locations to assess the health needs of patients.

Home based care and palliative care

A team from KMF visits individuals and families at their home to provide medical care and counselling which includes dressings for wounds, small procedures, follow up of medications etc. backed up by consultants in the hospital. Those requiring medical consultation are sent to the hospital and are evaluated.

Tribal Outreach and Malnutrition programme

KMF Hospital in association with Astitva has been working with tribals in the Coonoor and Kotagiri blocks which include a monthly visit to the Kurumbadi village. Health clinics, diagnostic tests, health education and distribution of medicines is done during these visits.

Project Nourish - KMF partners with an NGO, Astitva, in a project aimed at improving supporting nutrition and combating nutritional deficiencies like anemia among children and expecting & lactating mothers of the tribal community in and around Coonoor in the Nilgiris. This is a CSR initiative of HPCL.

Food distribution – Families in need of support in the form of nutrition are provided with rations on a need basis in the villages of Kotagiri.

Training – Training of the staff in the Community department, training in Home nursing for staff of KMF have been conducted. We are looking at training community volunteers in simple home nursing so that they can be resource persons in their own villages. This is done in association with Pisces group in Vellore.

Many of the community outreach activities are possible thanks to funding by the **Microland Foundation** and we are very grateful for their support, which has been making a tremendous impact on the health of the vulnerable people in the Nilgiris.



Disability & Rehabilitation Consultation

Dr. Bobeena Chandy from the Department of Physical Medicine and Rehabilitation was available for a consultation on 17, 18th of October. Around 40 patients with disabilities of various kinds underwent comprehensive evaluation by a physiotherapist, speech therapist and consultants from Rehabilitation and Neurology.



STAFF ACTIVITIES



Family enrichment seminar

'Three Strands' by the Sishya team led by Ashok & Shiela Vedhanayagam held a Family enrichment seminar on the 27th of October. Around 12 families from the hospital and outside participated and were blessed. There was a



separate session for the children.

Rev. CB Samuel

The staff of KMF were privileged to hear from Rev. CB Samuel from Delhi who addressed us on 23rd of October in the KMF Chapel.

Multilingual Christmas carol programme



The year ended with the Multilingual Christmas Carol service held on December 12th.

Dr. Vinay Kuruville from Christian Hospital, Ambilikai was the chief guest.

The preparations for the service, the practice sessions over the last two months, the involvement of the staff in various aspects like decorations, food

arrangements etc. – all of these were an opportunity to bring the staff together and also to bring the message of the birth of Christ to all who attended.



KMF Staff thanksgiving service – Dec 15th

Staff from each department got together to give thanks to God and speak about all that we were thankful for, in the KMF Chapel. This was a very meaningful time for all of us as we recounted the faithfulness of God over the past year.

New staff / service - Dental

Dr. Sarah Deepika Stephen (MDS) joined our team as consultant dentist in November. She has done Fellowship in general dentistry in CMC Vellore and then a post-graduate MDS in Oral & Maxillofacial surgery.



Ward Christmas programme for patients – Dec 18th



Specialty Consultations

Visiting consultants from CMC Vellore, alumni from Vellore fill the need for certain specialties for which patients have to otherwise travel to Coimbatore.

- **Vascular surgery and general surgery consultation-** A team of vascular surgeons, anesthetists and technicians visit KMF once every 2 months for a consultation led by Dr. Prabhu Premkumar from Vascular Surgery Department, CMC Vellore. Endovascular laser surgeries were performed at a fraction of the cost in any other center, which is beneficial to those from financially deprived backgrounds.
- **Urology (Bi-monthly)** - Dr. Ganesh Gopalakrishnan, retired professor of Urology, CMC Vellore does consultations, diagnostic procedures and urological surgeries.
- **Rheumatology (Monthly)** - The Rheumatology department of CMC Vellore provides consultations KMF every second Saturday of each month. They see local as well as follow-up patients from Erode and Coimbatore.
- **Pulmonary medicine (Monthly)** – Consultations for pulmonary illnesses by consultants from the Department of Pulmonary Medicine, CMC Vellore. The visiting consultant also conducts a CME during each visit.
- **Dermatology** – Dr. Amitha from Coimbatore visits on the first and second Monday of every month.
- **ENT & Plastic surgery** – Dr. John Oommen, from Coimbatore, every alternate month (29/11/24, 6/12/24)
- **Cancer and Radiotherapy** – Consultants from Dept. of RT, CMC Vellore once every 3 months
- **Diabetes, Thyroid, & Endocrinology** – Dr. Felix, Dept. of Endocrinology, CMC Vellore (21/12/24)
- **General surgery** – Dr. Suraj Surendran, Dept. of Gen. Surgery, CMC Vellore (1-6th Nov)
- **Disability camp** – Dr. Bobeena, Dept. of PMR, CMC Vellore, Oct 17,18th



Research

1. *Hematology– Hematology at an altitude; prospective observational study on anemia and Hb levels – Study in progress*
2. *Stroke burden, prevalence and clinical / palliative needs – retrospective and prospective study planned*

Staff training and meetings

- The staff meet once a month, usually on the fourth Thursday of each month.
- Daily devotions

- Youth fellowship once in two weeks, children’s club once in a month (last Saturday), Weekly fellowship, Women’s fellowship every 2 weeks,
- Staff retreats – Family enrichment seminar Oct 27th, Rev. CB Samuel Oct 23rd
- Leadership training – CLC First line leadership classes – once a month

Academic activities

1 – Academic sessions - Regular CMEs and academic classes have been held in KMF attended by the doctors and nurses on relevant various topics once a month.

2 - In-service training of nurses is being held regularly, under the guidance of Mrs. Roseline (nursing in-charge)

3 - Staff training

STAFF SENT FOR TRAINING			
No.	Name (Department)	Training details	Training date / duration
1.	Dr. Koshy George	Paediatric Palliative care Institute of Palliative Medicine, Calicut	2023-24
2.	Mr. Ligin	Diploma in Hospital Administration, CMC Vellore	2023-24
TRAINING BY VISITING CONSULTANTS			
1.	Dr. Neenu Oliver John	Role of RT in Carcinoma cervix (Radiotherapy)	11.10.2024
2.	Dr. Bobeena R Chandy	Autonomic Dysreflexia (PMR)	18.10.2024

ASSOCIATIONS AND COLLABORATIONS

These are some of the major associations with different organizations

- 1 - CMC Vellore** – Training of staff, specialty consultations, sponsorship for PG, administrative support
- 2 – CFH, Oddanchatram** – Recruitment of staff, training of staff, cover during leave
- 3 – St. Johns Medical College** – Rural service obligation medical doctor – one every 2 years
- 4 – CMC Ludhiana** – Stroke unit training
- 5 – KMCH Medical College, Coimbatore** – STEMI programme for MI management
- 6 – Center for Leadership Change** – Leadership training and mentoring, retreats
- 7 – ICMR** – Telestroke implementation study
- 8 – CSR and grants** – some major contributors
 - Azim Premji Philanthropy – CT scan and neonatal ICU
 - Tata Education and Development trust – Oxygen generation plant
 - Nandan Nilekani Philanthropies – Oxygen/Vacuum pipelines, Effluent treatment plant
 - Hexaware – ICU and ENT equipment, COVID support
 - Microland– Ambulance, Community and Palliative care programme
 - Roop Manek Bhanshali Charitable Trust – Solar plant
 - Kotak Mahindra – Ambulance
 - Rox Foundation – Eye equipment

Ongoing projects and plans

- 1 - Effluent Treatment Plant** - In progress with Environmental Engineering dept. in CMC Vellore to guide us.
- 2 - Palliative and rehabilitation centre** – A comprehensive centre with physiotherapy, occupational therapy, palliative care is being planned. This will be a community and hospital based programme.
- 3 – NABH**
- 4. Geriatric care center**

How can you be involved in KMF’s revival?

You too can be a part of KMF in the following ways:

- 1. Pray** – Please pray and support the work in KMF, for the staff and
- 2. Participate** - Visit us for a holiday, as a volunteer or join us!
- 3. Contribute** - For those wishing to contribute financially, bank account details are given below.

Account Name - KOTAGIRI MEDICAL FELLOWSHIP HOSPITAL Account no. - 1958914021
IFSC code - CBIN0281010 MICR – 643016302CENTRAL BANK OF INDIA, KOTAGIRI, Savings account

Prayer points:

1. **Hospital activities and staff** - Please pray that all that we do as a community will be done with the love of Christ and a spirit of unity, thus being a witness to Him who works within us.
2. **Projects** –Pray for the Sewage Treatment Plant installation, Rehabilitation centre construction (waiting for approvals).
3. **Stroke study** – A large scale community prevalence study. Please pray that we will be able to form the team and get government support for the study.
4. **Finances** – Pray for wisdom to use our finances wisely as we purchase equipment and expand the activities of the hospital.

Support, Finances and funding

The revival of KMF hospital is an endeavour shared by not just the staff, but by a wider network of donors and well-wishers who pray and ‘hold the ropes’. A big thank-you to all individual supporters who have given generously - the work goes on because of your involvement. We are especially grateful to CMC Vellore for supporting the hospital through financial and administrative input and through the many specialists who visit regularly.

Needs in the hospital

The following are some of the needs of the hospital that we are working on with an approximate cost. As a charitable hospital, we manage the daily running expenses independently but we are dependent on contributions to invest in equipment to upgrade the services provided. Those interested in contributing financially to the hospital are encouraged to contact the medical superintendent.

1. **ENT surgeon, General surgeon needed** – On short-term or long term or visiting basis.
2. **Occupational therapist, Medical sociologist**
3. **Charity fund** – Any amount to this fund will be used to subsidise treatment costs to those who require treatment but cannot afford the cost.
4. **Equipment** – Surgical equipment – Rs. 4 Lakh
5. **Eye and ENT camp support** – **KMF conducts free eye and ENT camps every month.** Rs. 25,000 will support one eye/ENT camp. Rs. 1 Lakh will support the cost of surgery for 10 patients who undergo free

KMF Hospital contact details

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