

CF Newsletter 2020

An unforgettable year comes to a close. Another Christmas season has come. Usually a season of joy, rejoicing, dinners, sports, activities, leaves, travels, programs, singing and carols and barbecues... Covid has changed everything. Our daily lives, work, fears, prayers, hopes, everything has changed post Covid. We hear of waves of Covid, numbers of lock downs, and have adapted to a changed world.

As we look back at this year, we are humbled and stand with thanksgiving; thus far the Lord has led us, kept us safe and alive. His promises of care, protection, providence and guidance have continued to be with us and we have experienced His Presence with us this year.

Christian Fellowship

The weekly Fellowship meetings continue to keep the community together. God strengthened our seniors to be actively involved in the hospital with adequate precautions. Dr Susan KV had a minor stroke. By God's grace she recovered fully. Dr KO John continued Life Revision Seminars through Zoom. Dr David and Leela are kept by God's grace despite their illness. Praise God for the healing of Dr KO John and Dr Nellimala's family from Covid. Dr Valsa led the PPE tailoring unit as various cadre of staff helped with procuring, stitching, and distribution.



Each of the members contributed in responding to the Covid pandemic. Drs George and Susan Philip deserve special mention for their tireless leadership during these difficult months.

Dr Paul and the maintenance team were kept more than busy as the Covid situation unfolded and new requirements came up for the hospital front,

fever clinic, suspect ward, Covid ward, specialty clinics, etc. Dr Latha authored a book "Fear Not" during the Covid times. She traveled during these times to Kashmir and helped the John Bishop Memorial Mission hospital, Anantnag.



Drs. Leni and Joshua initiated the dialysis unit. We have finished about 500 dialyses.

Covid Response

The Covid pandemic affected the hospital suddenly and severely as it did the rest of the world and India.

Due to travel restriction imposed in the earlier months the number of patients coming to our hospital dropped by 40-45%. This affected the financial stability of our hospital which had been self-supporting all these decades. We want to praise God for the numerous meetings, and times of discussion and planning we had with all levels of staff and the full co-operation we received.

Many committees were formed and the leadership that each committee rendered during this unscripted unfolding pandemic was invaluable and exactly what we needed.

New ideas were generated from among the staff and the mission hospital WhatsApp group. These WhatsApp groups became very useful to disseminate ideas and the news of what was happening in each area. We are grateful to the institutions and hospitals and the CMAI who coordinated to give us equipment, PPE and other disposables.





The crèche became our tailoring unit where our staff started to make masks which were difficult to procure. Many learnt skills anew. Of cutting, matching pieces, and machine stitching. They started making cloth masks and then they prepared personal protective equipment all sorts—gowns, masks, hoods, shoe covers, etc. with polypropylene.



We received new patients (who had never visited us before) as many smaller and mid-sized hospitals around closed down. Our regular out-patients continued to visit despite travel restrictions.



The main gates were closed for the "first time" during the day, and entry into the hospital restricted.



"NO MASKS, NO ENTRY!" was enforced to restrict spread of illness. Security staff reduced in number as some left and new security

staff did not want to join. The patient logistics within the hospital were managed by a new group of staff looking after triage and floor.

Disinfection procedures had been specified by the government authorities. These were taken up by the disinfection team and were carried out meticulously. In the early days, disinfection material were in short supply, spirit, bleach and Lysol.

The government required 50 Covid beds from us. The area designated did not have facilities for ventilator support and it was decided to admit patients with mild to moderate disease. The disease diagnosis, management protocols and prognosis were being evolved the world over. And we were all onlookers to the happenings in Italy, Spain, Brazil and the USA. The scenario was not very encouraging.

CMC started an online training program and few of the doctors and nurses were trained in Covid basic management online. They continued to conduct online training sessions as newer details emerged. And as Covid patients were being treated in CMC, we could get firsthand knowledge as to the clinical features, management and other details.

The state government also had frequent meetings, training sessions and updates of the treatment protocols. Patients with ILI were treated as OP and patients with SARI were referred to DH, Dindigul.



All this while, the clinical team had been gearing up with the changing guidelines. They had formulated the protocols to manage Covid patients and patients with suspect Covid disease. It was so gratifying to see that God provided the right people to take on these new responsibilities.

This team continued to update themselves and train all our staff in the new protocols.

The maintenance team modified the hospital entrance and provided foot pedal-operated wash basins and soap dispensers. The MM Ward was cordoned off physically and designated as the Covid ward. As days passed and as the numbers of Covid admission reduced, the MMW was partially reopened in December for regular patients. They are on the move as the Nephrology and Cardiology OPDs are being set up through these months.



Procedures and surgeries were done in full PPE suits. We were concerned as few of our staff tested positive. It was a difficult diagnosis for them to accept. We praise God for the healing our staff received and for the protection of the remaining staff. We thank God for enabling us to treat around 200 Covid patients

in our facility.

There have been many times when we wondered how we would move forward.....would we have enough money to run this large institution with over 500 employees? We testify that *God alone* helped us tide this difficult period from March to August as friends, alumni and our own staff sent in donations and contributed to the hospital funds to enable us to tide over this situation.

- In a time of difficulty, we came together and started to pray.
- There was a willingness to do other jobs assigned to us and take responsibility.
- There was a willingness to sacrifice our time and money for a larger cause.
- There was joy and fulfillment in working together during this period of uncertainty.

Clinical Departments

The OG staff thank God for the increasingly complicated patients they could manage.

Newer purchases have improved the quality of care in Medicine (ventilator, defibrillator, and

monitors), Anesthesia (workstation), OG (CTG), and Lab (analyzers).



Maternity ward was renovated. Some OPDs moved into new areas: Medicine, Ophthalmology, Endocrine, and Gastroenterology. The new Nephrology and Cardiac OPDs will be soon ready.

Training

Apart from the ongoing DNB Gen Medicine and Family Medicine courses, we thank God that this year, DNB courses in Pediatrics and OG were re-started. Drs. Josmina, Parag and Albin have passed their DNB exams. The paramedical and nursing students were sent home. The staff and tutors took online classes for them.

College Of Nursing

We are grateful for the services of Mrs. Bharathy Jacob who helped us start the BSc (N) program last year. Both Dr. Jacob Chacko and Bharathy Jacob stepped down from active service in the month of June. We have initiated the admission of students of the second batch of the BSc (N) program.

Happenings

For many years we have been used to a few hours of water supply in the morning and evening. Over the last few months we had good rains which caused us to see a 24 hour water supply! Our



campus is once again green and presently we are

experiencing the climate as in a salubrious hill resort!

The Cardiac Cath lab and the College of Nursing buildings are planned this year. The College of Nursing construction permissions are yet to be obtained fully. These are major expenses for the Institution and we continue to look to God for help and guidance.

Spiritual



Retreats were held for staff and students. Bible studies in the men's and ladies hostel conducted by Br. Prabhakar Chandran and Mrs. Hannah Alex are a blessing.

Staff Movements

Drs Cijoy, Vimal Anand, Jesinth, Rajavasanth, Naveen, Anu John, Sebin, Chinthu, Shalom, Bincy, rejoined after specialty training at CMC, Vellore.

We thank Mr. Koshy, Mr. Rengaraj, Mr. Keba and Mr. Murugadoss who retired after many years of fruitful service.

Community



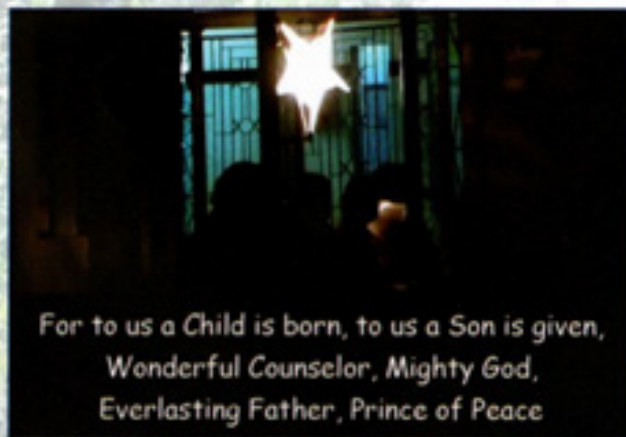
The weekly (6) and monthly (3) peripheral clinics continued to function throughout the year. These peripheral clinics saw increasing numbers of patients during the pandemic. Health education and follow up of patients with NCDs were done at the villages. ENT, Eye and Dental camps were conducted in a few schools and villages.

Palliative care team went to patients' homes each week. One of them, a paraplegic could be rehabilitated at the Sadhuji home. An electric wheel chair was made available for him through the government district disability program.



Praise God for answered prayers. It is wonderful to recount His mercies. They are new each morning.

In the coming year may God's presence be real and palpable as we determine to spend increased time Him. He has preserved us through the Covid pandemic for a further purpose. May God reveal His plans and purposes for us as a community and for us as individuals.



For to us a Child is born, to us a Son is given,
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace

*We wish you all a blessed Christmas
and purposeful New Year 2021.*

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