

# Wellness Whispers



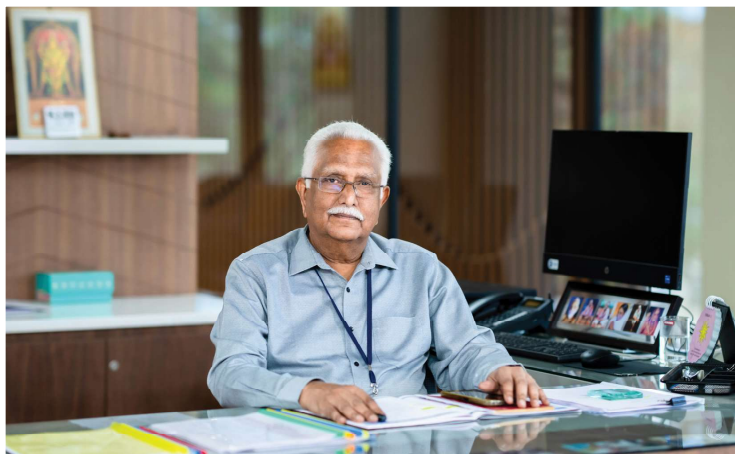
## PSG HOSPITALS DAY 2024

### ★ ★ ★ ★ STAR AWARDEES ★ ★ ★ ★





## PATRON'S MESSAGE



Warm greetings!

Wellness whispers provide us with an opportunity to share and inform the rest of the PSG wellness fraternity of what's happening in our house. So much remarkable work is done in our campus that goes unnoticed.

This useful newsletter brings us closer and to learn, appreciate and honor our colleagues.

The importance of team work, recognition of the contributors of every stakeholder is brought out in this useful monthly bulletin.

All my best wishes

Dr. T. Balaji  
Director, PSG Institute of Oncology

## PSG WELCOMES! NEW MEDICAL STAFFS

### Dr B Gokhularaj

Assistant Professor  
Cardiology



### Dr R Jayadeepa

Principal and Professor  
PSG College of Nursing

### Dr Sivaprasad V

Consultant  
CTVS



### Dr Bavisha

Consultant  
Child Psychiatrist

### Dr J Kavitha

Programme Coordinator  
AHSC



### Dr Nitin Srinivasan

Developmental and  
Behavioral Paediatrics

## CHIEF PATRON

Shri L Gopala Krishnan  
Managing Trustee, PSG & Son's Charities

## PATRONS

Dr J S Bhuwaneswaran – Director PSG SSH  
Dr T Balaji - Director, PSG Institute of Oncology

Dr T M Subba Rao - Principal PSG IMSR  
Mr V Jaganathan - General Manager

## EDITORIAL BOARD

Mrs Parimalam G – Manager CRM  
Dr M D Anuratha – Nursing Superintendent  
Dr Kavitha V – Chief Dietician  
Mrs Indumathi Shanmugam – Executive  
Mr Noble Hermus - Executive

Mr Sekar Krishnamoorthy – Manager HR  
Mrs A K Manju Sreemathy – Manager Operations  
Mr G K Janakiraam – Manager Marketing  
Mr Santhosh S – Executive Operations  
Mrs. S Divya - Executive

## NURSING ACTIVITIES

### Dementia Orientation and Certificate Course

Dementia orientation certificate course was conducted by PSG Hospitals in collaboration with Dementia India alliance on 26th November 2024. 17 members from the department of Nursing Service, physiotherapy and hospital counseling attended the day long session.



Dr. Deepa, Consultant Pain and Palliative medicine, Dr. Mohanavel, Consultant Geriatric Medicine, Ms. Assumpta Johncy M. Nurse Educator and Ms. Palanipushpam, Hospital Councillor were the trainers.

### Mental Health Day - Nursing



The staff nurses from Psychiatry Ward performed a mime to create awareness on the occasion of World Mental Health Day on 9th October 2024. The mime was very creative and was thought provoking.

### Workshop: Human Milk Bank

Ms. Kavitha Selvaraj, Breast Feeding Counseling Nurse participated as a delegate in the Workshop on Human Milk Bank organized by Fernandez Hospital & LAMCON 2024 on 28th September 2024 at Banjara Hills, Hyderabad.



Ms. Kavitha Selvaraj, Breast Feeding Counseling Nurse was awarded the second prize in the category of the “Sushena Award for Best Healthcare Worker” at LAMBCON Hyderabad on 29th September 2024, for the exemplary work done in the field of breast feeding, lactation management and human milk banking.

### National level conference on Enlightening Educational Methods in Nursing



Dr. Anuratha M. D. Nursing Superintendent participated as resource person in the national level conference on “Enlightening educational methods in nursing” held on November 29th 2024 at GEM institute of nursing education and research, Coimbatore, India.

Mrs. Bindu, Ward supervisor and 20 other staff nurses participated in the national level conference on “Enlightening educational methods in nursing” held on November 29th 2024 at GEM institute of nursing education and research, Coimbatore, India.





# NABH ACCREDITATION

The Department of Nursing Service received the Nursing Excellence certificate from NABH in the year 2022. It is the first teaching hospital in Coimbatore to be granted the nursing excellence certificate by NABH. The assessment was held for two days covering seven chapters, 48 standards and 216 objectives. The chapters include efficient management of resources, effective care of patients, management of medication, communication and guidance and infection control practices among others.



The journey began in September 2021 and with the dedicated work the department of nursing service strived to uphold these standards to attain this glorious achievement. Though the Covid situation was easing up it was a difficult scenario for the nursing fraternity.

Thus after a long wait and excellent performance the Nursing department was awarded the certificate of excellence with the validity of two years. The Re-certification was conducted on 13th and 14th of July 2024. Three Assessors visited the

campus and conducted an in-depth inspection. The Department of Nursing Service upheld the NABH Nursing Excellence standards that were initiated in 2021, making the best practices as a habit. This Journey towards perfection is a continuous and ever learning process that the Department of Nursing Service of PSG Hospitals will strive to sustain.

## CNE program on Critical care Nutrition

Mrs. Prameela A. Assistant Nursing Superintendent and Mrs. Gnanasundari M. Ward supervisor attended the Dr.Reddy's & Nestle Health Science Ltd - CNE program on Critical care Nutrition - case study discussion on Dec 18, 2024.





# DIETARY

The Preventive Cardiology Dietary Team organized a series of World Heart Day events at PSG College of Arts and Science in September 2024.



Mrs. C. Hemalatha was invited as a guest speaker at the School of Engineering, Avinashilingam Institute for Home Science and Higher Education for Women, to deliver a talk on “Nutrition and Lifestyle Management” on September 26, 2024, as part of National Nutrition Month.



A course for Food Safety Supervisors titled “Basic Manufacturing & COVID” was conducted at PSG College of Arts & Science, Coimbatore, on October 25, 2024, by FoSTaC, FSSAI. Eight staff members from the Dietary, PSG cafeteria, and students’ mess participated.



Ms. Mekhana J, Dietitian conducted awareness sessions with various activities on Building Healthier Eating Habits for the Students of Thryambika Vidya Mandir, Staff, Faculty & Medical College Students of Sree Mookambika Institute of Medical Sciences, Kanniyakumari on 8 & 9 November 2024.



Dietitian Ms. Sundarilakshmi conducted a session on balanced diet and eating habits for children with developmental delays at Cottolengo Special School for Mentally Retarded on 29th October 2024.



Dr. V. Kavitha, Chief Dietitian, participated in a workshop on gut health in Bangalore on November 10, 2024. She also served as a panelist for the Peptaquest - Expert Evidence Experience session on critical care nutrition in Kovalam from November 22–23, 2024. On November 28, 2024, Dr. Kavitha contributed as a faculty member for a session on critical care nutrition organized by the Indian Society for Critical Care Medicine. Additionally, she was a faculty member for a workshop on “Nutrition Assessment and Diet Prescription” at the NAPCON 2024 Conference, held from November 21–24, 2024.







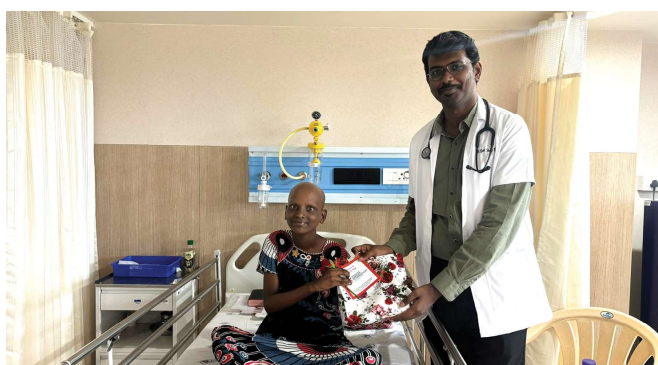
## Breast Cancer Awareness Program

The PSG Institute of Oncology successfully held its Breast Cancer Awareness Initiative, inspiring hope and spreading vital knowledge.



## Palliative & Hospice care Day

Palliative and Hospice Care Day was celebrated, raising awareness about palliative, elder care, and hospice services.



## Rose Day

We celebrated Rose Day with oncology patients and shared roses with them, bringing smiles and joy.



## Radixact® System training course

Mr. Sankar Sekar successfully completed Radixact® System training @ Genolier, Switzerland.



# ONCOLOGY

## Coimbatore Marathon 2024

The 12th edition of the Walkaroo Coimbatore Marathon held on Sunday 15th Dec 24 in the city attracted over 21,000 participants across India.

PSG Hospitals was the wellness partner and over 140 volunteers deployed at the 8 aid stations along the race track helped in efficient conduct of the marathon.







IT



Mr Selvakumar, Chief Information Officer & Database Architect visited Singapore for the HPE ARUBA Networking Meet on Sep 29 - Oct 01, 2024.

# HCC - ACTIVITIES

## Skill Development Program: Mind Recharge



Hospital Counselling Center has been conducting Skill Development Program: Mind Recharge for the wellbeing of Employees of PSG Hospitals.

## Group Therapy



Group therapy session for the patient attenders of ICU has been conducted every week for providing psychological support.

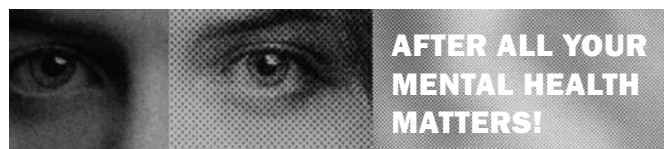
## Mental Health & Wellbeing



Hospital Counsellors conducted a Guest Lecture on 'Mental Health & Wellbeing' for the employees of Petrus Technologies Pvt LTD.

### Importance of Mental Health:

- Boosts Productivity
- Helps with Decision making
- Improves Sleep quality
- Higher Quality of life
- Improves Relationship



## Employee's Promotions

The HR page proudly showcases the well-deserved promotions of our dedicated medical employees. Congratulations to all for their hard work and achievements!

# HR



**Dr. N. Lalitha**

Promoted as Professor  
FETAL MEDICINE



**Dr. T. Siva Shankar**

Joined as a SMO at  
RHC - KARADIVAVI



**Dr. J. Sankar Ganesh**

Promoted as Professor  
COMMUNITY MEDICINE



**Dr. M. Siva Selvakumar**

Promoted as Professor  
COMMUNITY MEDICINE



**Dr. R. Someshwaran**

Promoted as Professor  
MICRO BIOLOGY



**Dr. R. Senthilkumar**

Promoted as Associate Professor  
ENDOCRINOLOGY



**Dr. K. Karthikeyan**

Promoted as Associate Professor  
ENT



**Dr. N. Jayaprakash**

Promoted as Associate Professor  
RADIOLOGY



**Dr. R. S. Jegan**

Promoted as Associate Professor  
FORENSIC MEDICINE



**Dr. M. Abraham Benjamin**

Promoted as Associate Professor  
GENERAL SURGERY



**Dr. D. Anu Priya**

Promoted as Associate Professor  
OBSTETRICS & GYNECOLOGY



**Dr. Priyadarshini. K. R**

Promoted as Associate Professor  
PATHOLOGY



**Dr. S. Arivazhagan**

Promoted as Associate Professor  
NEPHROLOGY



**Dr. G. Surya Raj**

Promoted as Assistant Professor  
ANASTHESIA



**Dr. B. Sebina Francis**

Promoted as Assistant Professor  
ENT



**Dr. Lakshmi K. Nair**

Promoted as Assistant Professor  
ANASTHESIA



**Dr. Liza Susan John**

Promoted as Assistant Professor  
ANASTHESIA



**Dr. N. Nandhini**

Promoted as Assistant Professor  
MEDICINE

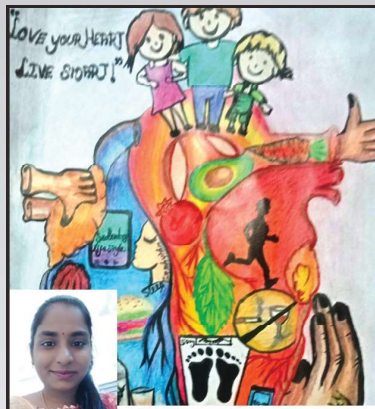


# NEWS

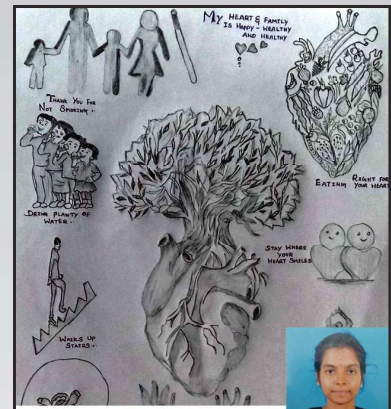
## World Heart Day Drawings



**Dinesh**  
HSA  
Special Ward



**Mahalakshmi**  
Staff Nurse, Special Ward



**Pavithra**  
Dietitian, Special Ward



**Swetha**  
Dietitian  
Special Ward



Advocate Ms. B. Mythili during ICC Awareness Talk.

## Employee Activity Program

This program aims to strengthen interpersonal relationships and improve problem-solving skills. Ultimately, it inspires motivation, encourages self-expression, and contributes to a productive work environment. Dr. Nithin Srinivasan delivered an inspiring lecture on Good Parenting, sharing invaluable insights and guidance with the audience.





# உழைக்கும் மகளிருக்கான மனநல மேம்பாடு

**மருத்துவர். எஸ். அனுஜா பனிக்கர்**

**பேராசிரியர், மனநல மருத்துவத் துறை, PSG IMS&R**



இன்றைய காலச்சூழலில், ஆண்களுக்கு நிகராக பெண்களும் குடும்ப நலனுக்காக பொருளிட்ட வேண்டிய கட்டாயத்தில் இருக்கிறார்கள். வீட்டுவேலைகளுடன் சேர்த்து, தங்கள் திறமைக்கேற்ற பல்வேறு தொழில் சார்ந்த பணிகளில் பெண்கள் இன்று ஈடுபட்டு வருகிறார்கள்.

உழைக்கும் மகளிர் அனைவருக்கும் தங்கள் மனதிற்குகந்த பணிச்சூழல் அமைந்துவிடுவதில்லை. பணிபுரியும் மகளிர் ஊதியம் மட்டும் பெறுவதில்லை, அதனுடன், மன அழுத்தம், அளவுக்கு மீறிய பணிச்சுமை, பாலியல் சீண்டல்கள் சேர்த்தே பெறுகிறார்கள். இதனால் உடல் மற்றும் மனநலன் சார்ந்த பல்வேறு பாதிப்புகளுக்கு ஆளாகிறார்கள்.

**பணியிடத்தில் மனநல மேம்பாட்டை உறுதிசெய்வதற்கான சில வழிமுறைகள்:**

- **திறந்த மனதுடன் பேசுங்கள்:** உங்கள் துயரங்களை பகிர்ந்து கொள்ள ஆதரவு மிக்க ஒரு சக பணியாளர், மூத்தவர், குடும்ப உறுப்பினர் அல்லது நண்பரைத் தேர்ந்தெடுத்து, அவர்களுடன் உங்கள் சிரமங்களை திறந்த மனதுடன் பேசுங்கள். உங்களை ஏற்றுக்கொள்ளுங்கள்: மற்றவர்களுடன் ஒப்பிட வேண்டாம். உங்களால் செய்ய இயலாததை புரிந்து ஏற்றுக்கொள்ளுங்கள். அதே நேரத்தில், நீங்கள் நன்றாக செய்யக்கூடிய விஷயங்களின் மீது கவனம் செலுத்துங்கள்.
- **சுய பராமரிப்பு:** ஆரோக்கியமான உணவு, போதிய தூக்கம், உடற்பயிற்சி அல்லது ஓர் பொழுதுபோக்கு உங்களின் தன்னம்பிக்கையும் மனநிலையும் மேம்படுத்த உதவும்.
- **உறவுகளை மேம்படுத்துங்கள்:** தனிமைப்படுத்திக் கொள்ளாதல், கோபம், குழக்களாகப் பிரியும் பழக்கம் அல்லது கோபத்தை குடும்பத்தினர்/ நண்பர்களிடம் காட்டுவது போன்றவை, உறவுகளில் சிக்கலை அதிகரிக்க செய்கின்றன. மாற்றாக, பிறரை அவர்கள் இருக்கின்ற நிலையில் ஏற்றுக்கொண்டு, சிக்கல்களை அணுகி தீர்க்க முயலுங்கள்.
- **வேலை-வாழ்க்கை சமநிலை:** வேலை முக்கியமே! அதைக்காட்டிலும், உங்கள் நட்புறவுகளும் குடும்ப உறவுகளும் முக்கியம். அவர்களுக்காக நேரம் செலவழிப்பது உறவுகளை மேம்படுத்தும்.

இந்த வருட உலக மனநல தினத்தை முன்னிட்டு, உலக சுகாதார அமைப்பு **{WHO} 'Mental Health in the Workplace'** என்ற தலைப்பை முன்வைத்துள்ளது. நம்மில் பெரும்பாலோர் தங்கள் நேரத்தின் பெரும் பகுதியை வேலை நேரத்தின் போது செலவிடுகிறோம். மனநல விழிப்புணர்வை பரப்ப, ஊனூறா மருத்துவமனையின் மருத்துவ மன ஆலோசனை மையம் **(HCC) IGNITE-2024** என்ற நிகழ்ச்சியை **PSG** மருத்துவமனையின் பணியாளர்களுக்காக நடத்தியது. மேலும், பணியாளர்களுக்கு மனநல ஆலோசனை வழங்க ஒரு பணியாளர் ஆலோசனை கிளிகுக்குக்கையும் நடத்துகிறது.

பணியிடத்தில் மகளிர் மனநலம் காப்பது  
மனநலம் காக்க நாம் அனைவரும்

நம் அனைவரின் கடமையாகும். மகளிரின்  
ஒற்றுமையாக செயலாற்றுவோம்.





## முதியோர் நலம் காப்போம்! முதுமையையும் இனிமையாக்குவோம்!!

ஒரு பிஞ்சு, காயாகி பழமாவது போல, நாமும் குழந்தையாகப் பிறந்து, வளர்ந்து மூப்படைவதும் இயற்கையே! ஆனால் நம்மில் பலர் முதுமையில் நமது உடலில் நடக்கும் வளர்சிதைமாற்றங்கள் பற்றிய விழிப்புணர்வு இல்லாமலே முதுமைப்பருவத்தை அடைகின்றோம்.

உதாரணமாக, முடி நரைத்தல், தோல் சுருக்கம், பார்வை மற்றும் செவித்திறன் குறைதல், வாசனை, சுவை மற்றும் தொடு உணர்ச்சிகள் குறைவது, பற்கள் சார்ந்த பிரச்சனைகள், எலும்புப் புறை மற்றும் தேய்மானம், பசியின்மை, மலச்சிக்கல், தூக்கமின்மை, புராஸ்டேட் வீக்கம், மறதி, சிறுநீர் கசிதல், இதயம் நுரையீரல் கல்லீரல் மற்றும் சிறுநீரகத்தின் செயல்பாடு இயல்பை விட குறைதல் போன்ற நோய்கள் ஏற்பட வாய்ப்புள்ளது. இந்த நோய்களுக்கான அறிகுறிகள் தென்படும்பொழுதே கவனித்து சிகிச்சை எடுத்துக்கொள்ளும்போது இவற்றை பெரும்பாலும் தவிர்க்க முடியும். ஆனால், நாம் இவற்றை முதுமையில் சாதாரணமாக வருவதுதானே என்று அசிரத்தையாக இருந்து விடுகிறோம்.

முதியோர்கள் சிலர் வாழ்க்கைத் துணையின் மறைவினாலும், குடும்பத்தின் பிரிவினாலும் தனிமையில் தவிர்க்கின்றனர். கவலை, பதற்றம், அச்சம் மற்றும் மனக்குழப்பம், மனச்சோர்வு, ஞாபகமறதி போன்ற பல்வேறு மன நோய்கள் அவர்களின் வாழ்க்கையை பாதிக்கிறது. இதற்காக பல வகையான மருந்துகளை உட்கொள்கின்றனர். இதனால் 'பாலிஃபார்மசி' ஏற்பட்டு சிரமப்படுகின்றனர்.

மேலும், ஆரோக்கியமான உணவு முறை, உடற்பயிற்சி, மற்றும் சரியான வாழ்க்கை முறைகளை பின்பற்றாமல் இருப்பதாலும் மற்றும் பல நோய்களாலும் பல்வேறு உறுப்புகளின் செயல்திறன் குறைகிறது. முதியோர்களின் செயல் திறன் குறையும்போது அவர்களின் அன்றாட வாழ்க்கையின் செயல்களில் சிரமப்படுகின்றனர். உதாரணமாக நடப்பது, குளிப்பது, சாப்பிடுவது, உடை மாற்றுவது என்று அவர்களை பராமரிப்பவர்களுக்கும் சிரமம் ஏற்படுகிறது.

முதியவர்கள், முதியோர் நல மருத்துவரை அணுகும் போது அவர்களின் உடல்தன்மை அறிந்து, பிரச்சனைகளுக்கான தகுந்த காரணத்தை கண்டறிந்து சிகிச்சை அளிக்கப் படுகிறது. முதியோர்களின் செயல் திறனை உயர்த்தி அன்றாட வாழ்க்கையில் அவர்களாகவே செயல்படவும், மேலும் வாழ்க்கை தரத்தை உயர்த்தவும் முதியோர் நல பிரிவு உதவுகிறது.

முதியோர் நலம் காப்போம்!  
முதுமையையும் இனிமையாக்குவோம்!!

**மருத்துவர். எஸ். மோகனவேல்**  
**முதியோர் நல மருத்துவம்**





# EVENTS

## PSG 35<sup>th</sup> Hospital Day Celebrations

On November 15th, we proudly celebrated our 35th anniversary as a hospital. It was a memorable day where all our employees showcased their incredible talents, making it a truly wonderful occasion to cherish.





## Screening the documentary film: NILGIRIS.



## Many school students visited the PSG Hospital Day Medical Exhibition.





# NEWS & APPRECIATION



## 300 plus Robotic Surgeries

Under the leadership of the Director of SSH, Team PSG has successfully performed and surpassed 300 plus robotic surgeries in less than three years.

## NAPCON 2024

Coimbatore NAPCON 2024: The 26th Joint National Conference on Pulmonary Diseases by the National College of Chest Physicians (India) and the Indian Chest Society was conducted from November 21st to 24th, 2024, at PSG Institute of Medical Sciences and Research, Coimbatore.



## World Mental Health Day

The PSG Hospitals' Department of Psychiatry and Counseling proudly celebrated World Mental Health Day, hosting a series of impactful events. These celebrations aimed to raise awareness, promote mental well-being, and offer support, leaving a profound and positive impact on all participants.

## Guest Lecture @ PSG CAS

Mrs. Rajalakshmi, Manager of Insurance, delivered an insightful and impactful guest lecture on 'Health Insurance and Claims Management: Strategies for Efficiency and Coverage' at PSG College of Arts and Science on October 7, 2024. Her expertise and engaging presentation provided invaluable knowledge to the Department of Hospital Administration, leaving a lasting impression on all attendees.





## Radiation Oncology Trainings

Dr. V. Aswin Chandran and Dr. N. Nithyanandan successfully completed the Radixact® Physician Training course in Genolier, Switzerland, from May 14 to 16, 2024.

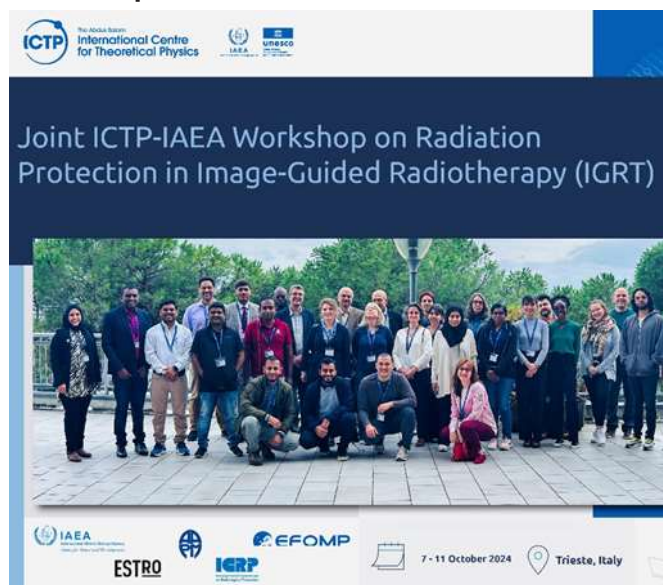


## SKIT by PSG Counselors

PSG counselors performed a skit at the September 2024 Wellness Whispers newsletter content contributors' meet.



## Fellowship on Radiation Protection IGRT



## IGRT & Motion Management training

Dr. N. Nithyanandan and Mr. Sankar Sekar successfully completed the Varian Advanced Imaging Clinical School IGRT & Motion Management training course in Gliwice Poland, from 18-21 Sep 2024.



Dr. A. Saravana Kumar successfully completed 1-month fellowship on IGRT course in Italy from October 7 to November 7, 2024 and delivered an Invited talk at 80th Korean Congress of Radiology which was held at Seoul, South Korea on Nov 1 – 4, 2024.



# MARKETING ACTIVITIES



@ 21-09-2024 | PSG Hospitals – B Block Auditorium  
**Event: Memory Clinic Inauguration**

The Department of Geriatrics & Psychiatry inaugurated Memory Clinic successfully, providing specialized care for Cognitive health and supporting memory-related concerns with expert guidance and care.



@ 9-10-2024 | PSG College of Arts and Science  
**Event: World Heart Day Celebration with PSG CAS**

The Dept of Preventive Cardiology & PEARL Clinic in association with PSGCAS attempted to set a LIMCA Book of Records by forming a Human Heart Chain with 12,000 students of PSG CAS, raising awareness for heart health.



@ 14th, 21st, 28th Sep & 05th, 12th, 19th Oct-2024  
Sri Venkatesa Perumal Temple, Mondipalayam  
**Event: First Aid Health Camp**

We conducted a First Aid Health Camp at Mondipalayam Sri Venkatesa Perumal Temple (Melathirupathi) in all Saturday's of Purattasi –Tamil Month aimed to provide health safety & preparedness in case of any emergencies.



@ 19-10-2024 | IMA Hall – Paramathi Velur  
**Event: CME event covering Fever Diagnosis & Investigation**

Dept of General Medicine & Infectious Disease hosted a CME event covering Fever Diagnosis & Investigation, Hepatobiliary Diseases & Management, and COPD Acute Exacerbation and experts shared their valuable insights.



@ 20-10-2024 | Coimbatore IMA Hall  
**Event: Centenary Celebration of IMA Coimbatore.**

PSG Hospitals proudly participated in the centenary celebration of IMA Coimbatore, showcasing PSG Hospitals' comprehensive healthcare services. Our involvement underscored our commitment to excellence in patient care and medical advancements.



@ 06-11-2024 to 06-12-2024 | PSG IMS&R B- Block 1B Ward  
**Event: Students Screening Camp**

PSG Hospitals conducted a Student Screening Camp for PSG College of Technology & Polytechnic and screened 2070 students.





@ 17-11-2024 | PSG Hospitals - B Block  
**Event: Cyclothion 2024**

Department of Urology, Andrology & PSG Institute Of Oncology Hosted Cyclothion 2024 to promote Men's Health & Prostate cancer Awareness Month November.



@ 21-11-2024 | PSG IMS&R - Health Care Campus  
**Event: 26th Joint National Conference on Pulmonary Diseases NAPCON**

PSG Hospitals organized the 26th Joint National Conference on Pulmonary Diseases, hosted by the National College of Chest Physicians (India) and the Indian Chest Society. (Department of Respiratory Medicine & Pulmonology)



@ 22-11-2024 & 25-11-2024 | PSG Suraksha Nursing Care Facility  
**Event: Vasthu Pooja and Ganapathy Homam**

We performed the Vasthu Pooja and Ganapathy Homam at PSG Suraksha Nursing Care facility on 22-11-2024. The grand opening ceremony was conducted with great enthusiasm on 25-11-2024.



@ 23-11-2024 | PSG College of Technology - J Block  
**Event: DIACON 2024**

We successfully organized DIACON 2024, a prestigious dialysis conference hosted by the Department of Nephrology. The event brought together experts to discuss advancements in dialysis treatments and care over 500 allied health sciences students participated in the conference.



@ 23-11-2024 | Anandhas, Puliakulam, Coimbatore  
**Event: Health Camp and Health Talk for the General Insurance Retirees' Association**

PSG Hospitals, conducted an enlightening Health Care Camp and Health Talk for the General Insurance Retirees' Association by Director super speciality hospital Dr. J.S. Bhuvaneshwaran. Empowering retirees with valuable health insights for a better tomorrow!



@ 15-12-2024 | Stanes School, Codissia Trade Fair Complex, Coimbatore  
**Event: Walkaroo Coimbatore Marathon 2024**

PSG Hospitals is proud to be the official healthcare partner of the Walkaroo Coimbatore Marathon, with over 21,000 participants! And Pre marathon expo at Codissia Trade Fair Complex.



# DEPARTMENT OF FAMILY MEDICINE



Origin: The family doctor concept in India stems from the 'Community-Based Vaidya System,' where the Vaidya acted as the 'Family Physician,' a role cherished for millennia.

## Why Have a Family Physician?

- Knows you better than any other doctor.
- Provides lifelong care.
- Helps prevent disease and catch health issues early.
- Reduces hospital visits and long-term medical costs.
- Offers advanced care when needed.
- Guides through the healthcare system with timely referrals and follow-ups.

## Family Physicians vs. Specialists:

- Varied expertise: Treat almost anything non-severe.
- Long-term relationships: First point of contact for illness across generations.
- Continuity of care: Comprehensive and cost-effective.
- Medical counselling and preventive care.
- Home care and personalized, holistic treatment.
- Access to emergency help and best health resources.

## Scope of Family Medicine: Qualified to treat most ailments for all ages, family physicians provide:

- Preventive Care: Health education, lifestyle management, screenings, vaccinations.
- Acute Care: Fever, cough, sore throat, rashes, headaches, and more.
- Chronic Care: Diabetes, hypertension, hypothyroidism, high cholesterol, mental health issues, chronic kidney disease, heart diseases, and cancers.



# CSSD



## CENTRAL STERILE SUPPLY DEPARTMENT

The Central Sterile Supply Department (CSSD) of PSG Hospitals is located on the sixth floor of the B-Block hospital building and spans 8900 square feet, operating efficiently 24/7. CSSD ensures the safety and efficacy of medical instruments in healthcare, focusing on effective workload management and quality control. The department follows a unidirectional flow concept with areas for washing/decontamination, assembly, and sterilization, followed by sterile storage.

Our state-of-the-art instruments include an automated washer (Natsteel) and 4 autoclaves with capacities ranging from 548 to 928 liters. Heat-sensitive materials are sterilized using an ethylene oxide plant (Freeztech Innovations, India) and a Plasma sterilizer (Sterrads, Johnson & Johnson, USA) for quick sterilization. Designated storage areas are available for both short-term and long-term distribution. CSSD caters to all OTs, ICUs, OPDs, wards, and the Oncology department.

Comprehensive documentation and quality control measures, including biological and chemical markers in every sterilized pack, ensure high patient care standards and minimize risks. The CSSD utilizes rapid biological indicators (3M Attest) for timely issuance of sterilized items. Recall procedures are implemented for traceability. Our CSSD team includes 1 nursing supervisor, 3 staff nurses, 1 office assistant, 3 technicians, 2 assistant technicians, and 18 attendants working on shifts under the guidance of the Microbiology department faculty.





For any news or content, please share it with the PSG IMSR Staff Newsletter at [staffnewsletter@psgimsr.ac.in](mailto:staffnewsletter@psgimsr.ac.in)