



# Wellness Whispers

99th FOUNDERS DAY



PSG &amp; SONS' CHARITIES

In Nation Building since 1926

Dr. G.R. DAMODARAN  
1914-1988

## STAFF DAY

20<sup>th</sup> February 2025On the Birthday of  
Prof. Dr. G. R. Damodaran

CHIEF GUEST

Dr. G. Gnanasambandam  
Professor Emeritus  
Sugunanagar College, Madurai

SINCE 1947



Dr. T.M. Subba Rao, Principal of PSG IMSR & Hospitals, is honored with the  
"25 Years of Excellence Award" during the Staff Day Celebrations.



## PATRON'S MESSAGE

Dear Colleagues,

PSG Wellness Whispers – this quarterly staff newsletter gives a platform to all the employees of this institution to express their talents and to witness the important news and events of all the Medical and Non Medical departments.

This staff newsletter launched by our managing trustee a year before and it grows in every editions with more number of news contents and talent contributions by the employees at different work categories.

I am happy to find such wonderful talents at our workplace. Together we can certainly sustain the quality and care at all the levels. Keep up the Good work and my wishes to you all.

### **V. JAGANATHAN**

General Manager - Administration



## PSG WELCOMES NEW MEDICAL STAFFS

<b>Dr. Dhanyamugan. K</b> Orthopedics	
<b>Dr. K. R. Nidharshana</b> Paediatrics	
<b>Dr. Karthikeyan. T</b> Cardiology	
<b>Dr. Manirathina. B</b> Obstetrics and Gynecology	
<b>Dr. I. Rachana</b> Anesthesiology	
<b>Dr. Aiswariya. S</b> Anesthesiology	
<b>Dr. Kirubanand Senniappan</b> Cardiothoracic surgery	

## 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 Instiute 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

**Mr. Sekar Krishnamoorthy** – Manager HR

**Mrs. A. K. Manju Sreemathy** –Manager Operations

**Mr. G. K. Janakiraam** – Manager Marketing

**Mr. Santhosh. S** – Executive Operations

**Mrs. Indumathi Shanmugam** – Executive

**Mr. Noble Hermus** - Executive

**Miss. M. Sweta** - Executive

# NURSING

Mrs. Mary Slazer A., Ms. Assumpta Johncy M., Mrs. Sathyapriya S., Ms. Yuvarani L, Mrs. Sowndarya R., Mrs. Sasikala M., Mrs. Janci Priya J., Ms. Muthupetchiammal R. and Ms. Yogalakshmi K. have won the B Braun skillathon Quiz and received 2years INS membership as reward.



Eighty five nurses participated in the Poster Competition held as part of the Colorectal Cancer Awareness Campaign - March 2025 in Coimbatore District under the Project for the Prevention and Control of Non-Communicable Diseases in Tamil Nadu and TNHSP (Tamil Nadu Health Systems Project) funded by the Japan International Cooperation Agency (JICA).

Ms. D. ANUJA KANSHA received a cash prize of Rs 3000, a certificate and a T shirt in appreciation for her outstanding performance from the district collector.



Dementia orientation certificate course was conducted by PSG Hospitals in collaboration with Dementia India alliance on 15th February 2025. 15 members from the department of Nursing Service attended the day long session.

Mrs. Priyaselvi B., Assistant Nursing Superintendent was one of the trainers.

Dementia orientation certificate course was conducted by PSG Hospitals in collaboration with Dementia India alliance on 15th March 2025. 15 members from the department of Nursing Service attended the day long session. Mrs. N. Alli and Mrs. Irin Dorathy, Assistant Nursing Superintendents were the trainers.



On 15th Feb 2025 sixty eight staff nurses and ward supervisors belonging to the fire and safety team from the department of nursing service participated in the fire and safety training and practical fire drill conducted by Mr. Srikumar Sikkari from Infernotech Engineers.



On 5th March 2025, Dr. Saikiran, Medical Affairs Department, from BD India conducted a session on INS recommendations and guidelines - infusion therapy. Forty eight members from the department of Nursing Service participated in the session.



# NURSING

## Ryle's Tube Feeding - Training



On 18th Feb 2025 sixty three staff nurses from the department of Nursing Service participated in the session on Ryle's tube feeding conducted by Mr. V. Anand from Abbott nutrition.

## Training on Specimen Handling

The department of nursing service, 244 staff nurses attended training on specimen collection storage, packaging and transportation for blood culture on 11th and 12th of February conducted by Dr. Anshu



Shrivastav from BD company in collaboration with the department of Microbiology, PSG Hospitals. The world kidney day is observed every year on the second Thursday of March. The department of Nursing Service, PSG Hospitals celebrated the world kidney day on 13th March 2025.

## Renal Failure Awareness

Six nurses from nephrology ward acted out a drama to create awareness on the symptoms of renal failure and its management in the dialysis unit, nephrology ward, Nephrology and endocrinology OPD. More than 100 patients and their family members watches the drama and cleared their misconceptions.



## National Conference on Forensic Nursing

From the department of Nursing Service two Nurse Educators, ICN ward supervisor and 20 staff nurses attended the national conference on forensic Nursing:



An Emerging Competency for contemporary practice conducted by PSG College of Nursing on 24th March 2025.

# DIETARY

## International Conference

Dr. V. Kavitha, Chief Dietitian, participated as a panelist in the International Conference of the IAPEN Association – ICNC 2025, at Varanasi, from 20th to 23rd February, 2025. She was awarded first prize for the Best Poster Presentation titled “Perioperative Nutrition Support in Gastrointestinal Cancer Patients Undergoing Elective Surgery”. She also attended ESPEN Life Long Learning course on Nutrition support in Peri Operative period.



## Tech-Driven Nutrition

On February 8, 2025, PSG College of Arts & Science hosted a one-day workshop titled “Tech-Driven Nutrition: Advancements in Critical Care, Dysphagia, and Digital Tools.” The event was attended by Senior Dietitians B. Divya, U. Karthika, and C. Hemalatha, along with dietitians V. Srirahavi and S. G. Mirdula.

In March 2025, Senior Dietitians delivered lectures to B.Sc. Food Service Management and Dietetics students at PSG College of Arts & Science: On March 10, U. Karthika discussed Liver diseases; On March 11, C. Hemalatha covered Diabetes Mellitus; and on March 12, B. Divya focused on Cardiovascular diseases.



Dietitian Ms. Surabi Surendran was invited as a resource person at the National-Level Symposium on “Recent Scenario in Mental Health and Nutrition”, organized by the Department of Nutrition and Dietetics, Vivekananda College of Arts and Science for Women, on February 27, 2025.

## Nutrition for Lifelong Health

Chief Dietitian Dr. V. Kavitha participated as a distinguished panelist in the “Nutrition for Lifelong Health” symposium held on March 8, 2025, at PSG IMS&R. Organized by the Department of Community Medicine in collaboration with the Indian Association of Preventive and Social Medicine (IAPSM), Senior Dietitians B. Divya, U. Karthika, and C. Hemalatha, along with Dietitian K. Kovarthini, attended the event.



## Nutrition Awareness session

On March 10, 2025, Senior Dietitian B. Divya conducted a Nutrition Awareness session at Shanti Ashram in Kovaipudur, Coimbatore, focusing on healthy, easy, and nutrient-rich recipes to promote better



nutrition and well-being among the geriatric women community.

# ONCOLOGY

## Supportive Group

A support group serves as a space where individuals facing similar challenges come together to discuss their concerns, share experiences, and offer mutual support and encouragement. These groups can vary in size, from small, casual gatherings to larger ones organized by services or institutions, and they may be exclusive or open to all.

People with shared experiences meet in these groups to provide companionship and guidance to one another, helping to reduce feelings of isolation. Support groups are especially beneficial for those managing illnesses, mental health issues such as depression or anxiety, addiction, loss, or caregiving responsibilities.

By sharing practical advice and coping strategies in a secure and understanding environment, members gain insights and emotional strength. The encouragement and knowledge shared within the group often become invaluable tools for navigating personal difficulties.



## Cervical Cancer Awareness Month

World Cervical Cancer Awareness Month is a global healthcare event observed throughout January each year. Its aim is to raise awareness about cervical cancer worldwide. Following this, we conducted an awareness program at the PSG Institute of Oncology for OP patients, led by Dr. Shruthi, Gynecologic Oncologist, and Ms. Pavithra, Counselor. The program's participants included patients, their caregivers, consultants, nursing students, and working staff. The objective of the program was to raise awareness about the HPV vaccine and Pap smear test. We addressed several questions, and the program was successful.



Wellness Whispers

## World Cancer Day

World Cancer Day is led by the Union for International Cancer Control (UICC) to support the goals of the World Cancer Declaration, written in 2008. The primary goal of World Cancer Day is to significantly reduce illness and death caused by cancer. The theme for the years 2025-2027 is 'United by Unique, which "places people at the centre of care and their stories at the heart of the conversation."



## International Childhood Cancer Day

Celebrated on February 15th, this day raises awareness and solidarity for children with cancer, survivors, and their families.

On February 12, 2025, PSG Institute of Oncology and PSG Hospitals hosted celebrations featuring storytelling, movie screenings, and a magic show for children and families. Gold ribbons, symbolizing childhood cancer awareness, were distributed.

The theme "Inspired Action" emphasized early diagnosis, accessible treatments, and collective efforts to tackle childhood cancer, while addressing challenges faced by families and healthcare providers. A pledge was made for a future with equitable care for all.





Dr.Varunn M.D., Medical superintendent and Mr.Selvakumar CIO have invited as a speaker for the Digital 360 degree conference at PSG CAS.



PSG Hospitals was awarded as the best Digital Hospital in the zone by Coimbatore Management Association.



Team PSG at heath tech conference.



Hospital Counsellors Palanipushpam P & Sandhiya M conducted skill development program – ‘Strengthening Psychological Wellbeing-Mind Recharge’.



Group Therapy session for ICU Patient Attenders conducted by Hospital Counsellor Palanipushpam P along with Hospital counselors Samriddhi S., Sandhiya M., & Swathipriya U in the waiting Area, 7th Floor, B Block.

The HCC has been providing psychological support for the staff of PSG Hospitals.





**Mr. Prathap. M** Hospital service assistant promoted as Office Assistant.



**Mrs. Maheswari. T**  
Professor – Dept of Mental Health  
Collage of Nursing



**Dr. Saravanakumar. A** Associate Professor Medical physics is promoted and redesignated as Chief Medical Physicist Associate Professor.

**Dr. Chitra**  
Professor  
Surgery



**Dr. Arunkumar. R**  
Professor  
Anesthesiology



**Dr. Guhan. R. J**  
Associate Professor  
Surgery



**Dr. Kartikayan. R. K**  
Associate Professor  
Gastroenterology



**Dr. Vidhya Devi. R**  
Associate Professor  
Ophthalmology



**Dr. Kathiravan. R**  
Associate Professor  
Community Medicine



**Dr. Abinaya. D**  
Assistant Professor  
Community Medicine



**Dr. Manojkumar Manivasakan**  
Assistant Professor  
General Medicine



# HR RECREATIONS



# "Together, we're STRONGER THAN CANCER!"



ONCOLOGY NURSES ARE PIVOTAL IN CANCER PREVENTION, DIAGNOSIS, TREATMENT, AND CARE. WE WORK COMPASSIONATELY ALONGSIDE MULTIDISCIPLINARY TEAMS IN MEDICAL, PEDIATRIC, RADIATION, HEMATOLOGICAL, SURGICAL ONCOLOGY, AND PALLIATIVE CARE, SUPPORTING PATIENTS AND FAMILIES THROUGHOUT TREATMENT.

## Specialized Roles:

- **Outpatient Nurses:** Assist patients before consultations and during procedures.
- **Chemo Port Nurses:** Administer chemotherapy, monitor responses, manage side effects, and educate patients.
- **Stoma Nurses:** Educate and care for patients pre- and post-stoma surgery.
- **RT Nurses:** Support radiation therapy patients with care and home management advice.
- **Pediatric Oncology Nurses:** Offer child-specific care despite emotional demands.
- **BMT Nurses:** Provide specialized care during bone marrow transplant.
- **Palliative Care Nurses:** Enhance quality of life for critically ill or end-of-life patients.

**Training & Engagement:** Regular training, workshops, and community events like Rose Day and the Coimbatore Marathon foster awareness and skill development. Over 1,300 awareness programs on breast self-examinations have been conducted.

**Conclusion:** Oncology nurses are the backbone of cancer care, bridging gaps globally and advancing their field with resilience and compassion.

For more information

**+91 422 434 5353**

# PHARMACISTS

## THE UNSUNG HEROES OF HEALTHCARE !



Pharmacists are indispensable in modern healthcare, ensuring safe medication use, optimizing therapies, and educating patients. They connect patients and doctors, support public health, and utilize technologies like AI and telepharmacy to improve care. By counseling patients on proper drug use, they help reduce side effects and improve adherence, resulting in better health outcomes.

### Key Contributions of Pharmacists:

**Medication Management:** Ensuring patients receive the right medication at the right time for effective treatment.

**EMR Prescriptions:** Streamlining processes, eliminating handwriting errors, and improving medication history tracking.

**Sanjeevani Service:** Providing home delivery of medicines to patients in Tamil Nadu and beyond, supporting elderly and mobility-limited individuals.

### Critical Drug Safety Challenges:

**Open-Container Drugs:** Ensuring proper labeling and storage to prevent contamination.

**Refrigerated Drugs:** Educating patients on maintaining proper storage conditions.

**Unauthorized Drug Use:** Monitoring administration and preventing off-label misuse.

**OTC Drug Use:** Promoting responsible usage and consulting professionals to avoid adverse effects.

**Digital Labeling:** Enhancing accuracy and safety through digital systems.

Pharmacists extend their role beyond dispensing medicines, offering counseling, addressing safety challenges, and integrating technology to improve care.

By prioritizing patient well-being, pharmacists are vital to building a safer, more efficient healthcare system in PSG Hospitals.

**G. VIVEKANANDH**  
Chief Pharmacist



# EVENTS

## 25 YEARS OF SERVICE EXCELLENCE AWARDEES



## STAFF DAY SPORTS & CULTURALS





FICCI TANCARE-Mr.Sekar Krishnamoorthy Manager HR invited as a Panel speaker for the FICCI TANCARE conference



POSH awareness training program conducted in coordination with DLSA panel advocates for the Doctors and staff



Team PSG have attended a Healthcare conference at Coimbatore



National Fire and Safety Day was successfully organized, with our staff enthusiastically showcasing fire and safety demonstrations



Team PSG during celebrations at JADE on successful completion of 8000 students health checkups in two months period

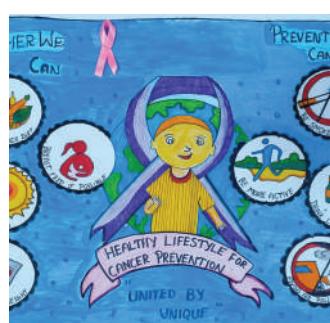


PSG team During 76th Indian Republic Day celebration at PSG IMSR & Hospital campus premises

## OFFICE YOFA PRACTICE SESSION



## EMPLOYEE'S TALENTS



# NEWS & APPRECIATION

## EMR STEERING COMMITTEE MEETING AT JADE



## INSURANCE EXCELLENCE AWARD



## PSG SSH INAUGURATES SUKANYA REHAB 360



PSG SSH inaugurates Cosmetic & Reconstructive Gynaec clinic and Sukanya Rehab 360 degree center



First Anniversary of Radiation Oncology

Wellness Whispers

## NATIONAL HBICON - 2024





## சூரக்ஷா நார்சிங் கேர்

PSG மருத்துவமனையின் புதிய முயற்சியாக, இடையர்பாஸையத்தில் சூரக்ஷா நார்சிங் கேர் வசதி தீர்க்கப்பட்டுள்ளது. இது முதியவர்கள், உடல் நலக் குறைவால் பாதிக்கப்பட்டவர்கள் மற்றும் தொடர் மருத்துவ கவனிப்பு தேவைப்படும் நோயாளிகள் குறைந்த செலவில், உயர்தர சேவைகளை பெறுவதற்கான ஒரு அருமையான வாய்ப்பாகும்.

இந்த மையத்தில் அனுபவம் மிக்க மருத்துவர் குழு, செவிலியர்கள் மற்றும் பராமரிப்பு குழுவினரால் சிறப்பான சேவை வழங்கப்படுகிறது. நோயாளிகளுக்கு தேவையான தீனசரி மருத்துவ கவனிப்பு, மருந்து மேலாண்மை, ஊட்டச்சத்து ஆலோசனை மற்றும் உடற்பயிற்சித் தீட்டங்கள் வழங்கப்படுகின்றன. மேலும், ஆவண பராமரிப்பு மற்றும் குடும்ப உறுப்பினர்களுடன் தொடர்ச்சியான தகவல் பரிமாற்றமும் மேற்கொள்ளப்படுகிறது.

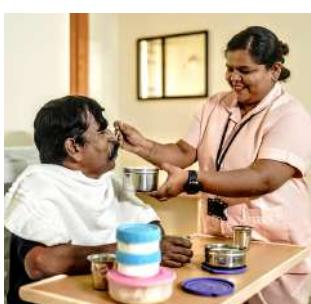
சூரக்ஷா நார்சிங் கேர் வசதி, இன்றீரா மருத்துவமனையின் தலைமை மருத்துவ குழுவின் வழிகாட்டுதலின் கீழ் செயல்படுகிறது. நோயாளிகள் மற்றும் அவர்களின் குடும்பத்தினருக்கு ஓர் உறுதுணையாக, அவர்களின் வாழ்க்கை தற்க௤ மேம்படுத்தும் நோக்கில் இந்த மையம் தொடங்கப்பட்டுள்ளது.

முதன்மை சேவைகளில்: 24/7 மருத்துவ கவனிப்பு, உடல்நிலை கண்காணிப்பு, மற்றும் அவசர உதவிகளும் அடங்கும். இடையர்பாஸையம் மற்றும் கோவையின் வடக்குப்பகுதியில் உள்ளவர்களுக்கு, PSG மருத்துவமனையின் தரமான சேவையை பெறுவதற்கான அருமையான வாய்ப்பு இது.

தொடர்பு கொள்ளலா:

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suraksha@psgimr.ac.in



# MARKETING

**Master Health Checkup Rs. 2025 Package Launch**  
 PSG Hospital launched a new Master Health Checkup package as part of the New Year 2025 celebration. Special package attracted 200 patients in January and February, and continued to benefit many more.



**Date: 09.12.2024 - 10.01.2025**  
**Event: Students Health Screening Camp**  
**Venue: PSG College of Arts and Science**

Total number of students screened: 5000 students.



**Date: 17.01.2025**  
**Event: 1st Anniversary of VAIDYA Home Health Services**  
**Venue: A-Block, PSG Hospitals**

PSG's Vaidya Home Health Services proudly celebrated its 1st anniversary, having provided quality healthcare with over 3500 home visits.

Date: 26.01.2025

Event: General Health Camp

Venue: Sri Godhandapani Bhajanai Madam, Mettupalayam

Total screening done: 180 patients.



Date: 24.02.2025

Event: VAIDYA Nurse on Bike Inauguration

Venue: EMD Department, A-Block

PSG Vaidya launched the Nurse on Bike service, providing home-based care like injections, wound care, and follow-up treatments at patients' homes.

Date: 30.01.2025

Event: PSG Little Blossoms Scheme Inauguration

Venue: B-Block, 2nd Floor Auditorium

The PSG Little Blossoms Welfare Scheme offers free services for infants up to one year, with a one-time ₹120 registration fee.



Celebrate Women's Day with Health & Happiness, Every Day of the Year!

**Women's Wellness Pack - ₹2999/-**

**DISCOUNT 20%**

► Mammogram  
► Vitamin-D  
► DEXA Scan  
► USG Abdomen & Pelvis

Valid till 31st March 2025

Vitals (Height, Weight & BMI)  
CBC | TSH | Blood Glucose - Fasting, Postprandial | Urine Complete | ECG | Creatinine | PAP Smear | Chest X-Ray PA | Lipid Profile | HbA1C | Liver Function Test | Doctor Consultation

PSG HOSPITALS

Date: 08.03.2025

Event: Health Talk on International Women's Day

Venue: Bull Machines Pvt Ltd, Sulur

Dr. Subashini, Yoga and Naturopathy Consultant, conducted a health talk, emphasizing the benefits of natural health practices.

Date: 08.03.2025

Event: Women's wellness package launch

Venue: PSG-IMSR Auditorium

PSG Hospitals celebrated Women's Day by launching the Women's Wellness Pack for ₹2999/-, under the Master Health Checkup.



Date: 13.03.2025-14.03.2025

Event: Corporate Health Camp

Venue: TTK Prestige Ltd, Pollachi Road, Myleripalayam

Village

A Corporate Health Camp was conducted at TTK, where over 500 employees were screened.

# PHYSICAL MEDICINE & REHABILITATION DEPARTMENT

*Restoring Functions and Enriching Lives.*

The PMR department is dedicated to help patients recover from injuries, deal with physical impairments or manage disabilities, regain independence and improve their Quality of Life. We offer a range of specialized services to cater to these needs which includes,

- **Pain Management Physical Therapy Speech & Language Therapy**
- **Artificial Limb Fitting Centre Occupational Therapy**
- **Sports Injury prevention & Rehabilitation**

In addition to our core rehabilitation services, the PMR department houses special rehabilitation facilities.



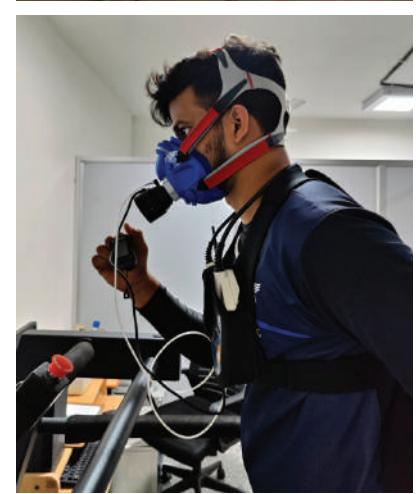
## 1. PSG Stroke Rehabilitation Centre (PSG SRC)

The PSG Stroke Rehabilitation Centre, inaugurated in 2014, serves as a center of excellence dedicated to providing rehabilitation services to Stroke patients and those with Neurological conditions such as Parkinsonism and Traumatic Brain Injury.



## 2. PSG Respiratory Rehabilitation Centre (PSG RRC)

The PSG Respiratory Rehabilitation Centre, inaugurated in 2017, provides tailored exercises and comprehensive education for individuals with lung diseases to improve their lung functions, reduce breathlessness, and enhance their quality of life.

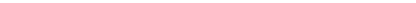


## 3. PSG Vestibular Rehabilitation Centre (PSG VRC)

The PSG Vestibular Rehabilitation Centre, inaugurated in 2020, provides comprehensive evaluations and evidence-based therapeutic interventions to aid in diagnosis and treatment of individuals with vertigo and balance disorder.

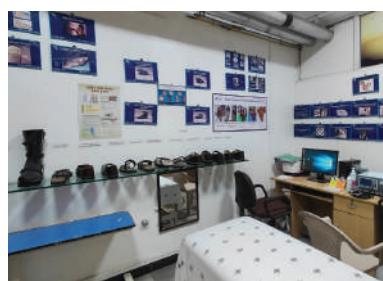
## 4. PSG Cardiac Rehabilitation Centre (PSG CRC)

The PSG Cardiac Rehabilitation Centre, inaugurated in 2021, offers primary, secondary, and tertiary prevention & rehabilitation services for patient with Cardiac diseases. The centre features modern Cardio-pulmonary Exercise Testing device to analyze fitness levels using parameters such as VO2 max, a service offered uniquely by PSG Hospitals in Coimbatore.



## 5. PSG Podiatry Clinic (PSG PC)

The PSG Podiatry Clinic, established in 2021, focuses on diabetic foot care treatments, aiming to prevent limb loss among diabetics and provide evidence-based clinical care to patients with foot ulcers.



Wellness Whispers



## சாந்தம் : அந்திமக் கால சிகிச்சை [PSG SANTHAM PALLIATIVE CARE]



அந்திமக் கால சிகிச்சை (பாலியேட்டிவ் பராமரிப்பு) என்பது கடுமையான நோய்கள் உள்ளவர்களுக்கு உதவும் சிறப்பு மருத்துவ பராமரிப்பாகும். இந்த பராமரிப்பு புற்றுநோய், சிறுநீர்க் நோய், இதய நோய் போன்ற கடுமையான நோய்கள் உள்ள அனைவருக்கும் பொருந்தும். அவர்களின் தேவைகள், விருப்பங்கள் மற்றும் மன நலத்தை முக்கியமாக கருதி, நல்வாழ்க்கையை வாழ உதவுகிறது. நோயினால் ஏற்படும் வளி, முச்சுக்தினருல், களைப்பு, மன அழுத்தம் போன்ற பிரச்சினைகளை குறைத்து, கீமோதெராபி அல்லது கதிர்வீசு சிகிச்சை (Radiation Therapy) போன்ற சிகிச்சைகளின் பக்க விளைவுகளையும் எளிதாக சமாளிக்க உதவுகிறது.

- » நோய் குணமாகுமா இல்லையா என்று எண்ணாமல், நோயாளியின் உடல்நிலை எப்படியிருப்பினும் பாலியேட்டிவ் பராமரிப்பு பெறலாம். இது பிற சிகிச்சைகளுடன் இணைந்து, நோயாளியின் வாழ்க்கையை முன்னேற்ற உதவுகிறது.
- » மருத்துவர்கள், செவிலியர்கள், மனநல ஆலோசகர்கள் மற்றும் பிற நிபுணர்கள் அடங்கிய ஒரு குழு இந்த பராமரிப்பை வழங்குகிறார்கள். அவர்கள் நோயாளிகள் மட்டுமல்லாது அவர்களின் குடும்பத்தினருக்கும் உதவுகின்றனர். மருத்துவத் தேவைகள், மன அழுத்தம், மேலும் ஆன்மீகத்துடன் இணைந்த ஒத்துழைப்பையும் இவர்கள் வழங்குவார்.
- » பாலியேட்டிவ் பராமரிப்பு வீட்டில், மருத்துவமனையில் அல்லது ஒரு சிறப்பு பராமரிப்பு மையத்தில் வழங்கப்படலாம். நோய் எதுவாக இருந்தாலும், வாழ்க்கையை வசதியாகவும், அமைதியாகவும் மாற்றுவதே இதன் நோக்கம்.
- » உண்மையில், 'வாழ்க்கை என்ற நாடகத்தில் மரணம் என்பது இறுதிக் கட்டம். நிறைவான வாழ்க்கையை திட்டமிடுவதைப் போல, நல்ல முறையில் இறப்பதையும் நாம் சிந்திக்க வேண்டிய காலமிது.

இறுதிக்காலப் பராமரிப்பு நாம் தெரிந்துகொள்ள வேண்டியவை

1. இறுதிக்காலப் பராமரிப்பு (End of Life Care) என்றால் என்ன?

இறுதிக்காலப் பராமரிப்பு என்பது வாழ்க்கையின் கடைசிக் கட்டத்தில் உள்ளவர்களுக்கு வழங்கப்படும் சிறப்பு பராமரிப்பாகும். இது அவர்களை செளகரியாகவும், வளி இல்லாமல் இருக்கவும் உதவுகிறது.

2. இந்த பராமரிப்பை யார் வழங்குவார்கள்?

மருத்துவர்கள், செவிலியர்கள், மற்றும் பராமரிப்பாளர்கள் இணைந்து இந்த பராமரிப்பை வழங்குகிறார்கள். அவர்கள் நோயாளிகளை அமைதியாக இருக்க உதவுவதோடு, குடும்பத்தினருக்கும் ஆதரவு வழங்குகிறார்கள்.

4. இறுதிக்காலப் பராமரிப்பில் என்னவெல்லாம் அடங்கும்?

இதில் வளி நிவாரணம், ஆத்மார்த்தமான ஆதரவு மற்றும் அன்றாடத் தேவைகளுக்கான உதவிகளும் அடங்கும். நோயாளிகள் சாந்தமாகவும், அமைதியாகவும் வாழ்க்கையின் இறுதி நாள்களை வாழ வழி செய்வதே இதன் நோக்கம்.





Opening Ceremony of the New Wing in the Special Ward



Coordinators & performers during International Womens Day celebrations at PSG IMSR auditorium.



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