



Patient Information & Education रोगी सूचना एवं शिक्षा

First **NABH** Accredited Hospital of Southern Rajasthan



GBH
AMERICAN
HOSPITAL

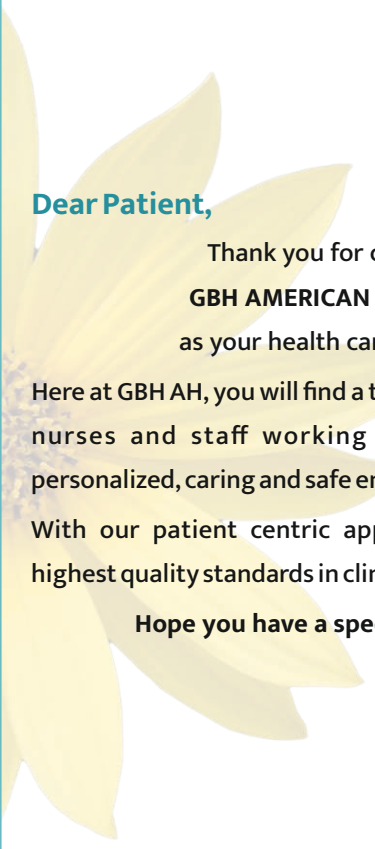


Bhatt Ji ki Bari, Udaipur 313001 - Rajasthan

Call for more Detail : **0294-3535000, 2426000**

Contact@gbhamericanhospital.com, visit : www.gbhamericanhospital.com

HELPLINE : 0 93 52 30 40 50



Dear Patient,

Thank you for choosing
GBH AMERICAN HOSPITAL
as your health care provider.

Here at GBH AH, you will find a team of expert clinicians, nurses and staff working together to provide personalized, caring and safe environment.

With our patient centric approach, we assure you highest quality standards in clinical care and safety.

Hope you have a speedy recovery !!



GBH AMERICAN HOSPITAL



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ABOUT GBH AMERICAN HOSPITAL

GBH American Hospital is a 150 bedded super multispecialty hospital established under the leadership of **Dr. Kirti Kumar Jain** in 2006.

At GBH AH, you will find a team of expert physicians, nurses, and staff working together to provide you with advanced medicine in a personalized and caring environment. We believe that continuous quality of care and performance improvement are the foundation for preserving and enhancing health care delivery.

It is the first NABH Accredited hospital in southern Rajasthan since 2012.



To Serve. To Heal. To Grow.

We are committed to the growth, development and welfare of our people, and creation of value for our stakeholders, upon whom we rely to make the mission to our patients happen.



To provide the highest quality tertiary (super-specialty) medical care, exceptional service and best value to all its local and global patrons; through dedicated, highly skilled and compassionate doctors and staff; using state-of-the-art technology.



- I. Vision (Imbibe and Share Vision)
- II. Honesty (Among Employee and For Patients)
- III. Respect (Give And Earn Respect)
- IV. Trust (Gain Patient trust)
- V. Transparent (In Process)
- VI. Own (Own Quality Excellence)
- VII. Share (Develop and Share)



GBH AMERICAN HOSPITAL



SERVICES AVAILABLE

- Anaesthesiology
- Cardiology
- Cardiothoracic Surgery & Vascular Surgery
- Critical & Intensive Care
- Dental Science
- Dermatology & Venerology
- Emergency Medicine
- Endocrinology
- Gastroenterology
- General Medicine
- General Surgery including Bariatric & Laparoscopic Surgery
- Neonatology
- Nephrology
- Neurology & Stroke
- Neurosurgery
- Obstetric & Gynaecology
- Oncology (Medical, Surgical & Chemotherapy)
- Orthopedic Surgery including Joint Replacement
- Otorhinolaryngology
- Pediatrics
- Physiotherapy
- Plastic & Reconstructive Surgery
- Psychiatry - OPD
- Spine Surgery
- Urology
- Blood Transfusion Services
- Nutrition & Dietetics
- Ambulance Services
- Pharmacy

Diagnostic Services

- X Ray, CT Scan
- Ultra Sound
- 2D Echo & Color Doppler
- ECG
- TMT, Holter Monitoring
- EEG
- EMG
- Urodynamic Studies
- Audiometry

Laboratory Services

- Clinical Bio-chemistry
- Clinical Microbiology & Serology
- Clinical Pathology
- Cytopathology
- Hematology
- Histopathology

NON SCOPE OF SERVICES

- Ophthalmology
- MRI
- Organ Transplant
- Blood Bank
- Chest & Tb
- Psychiatry(IP)
- PET Scan
- Nuclear Medicine
- Radiation Therapy



FLOOR PLAN

3	<p>NICU PICU Paediatric Ward Executive Deluxe & Deluxe Rooms Chemotherapy Ward</p>
2	<p>Dialysis Unit General Wards (Male & Female) Executive Deluxe & Deluxe Rooms Day Care Ward IP Pharmacy Labor Ward</p>
1	<p>OT Complex MICU / SICU Cath Lab CTVS ICU & Cardiac ICU Cardiac OT Isolation Room Step Down</p>
0	<p>Reception Pharmacy Out Patient Department Lab Sample Collection Area Emergency Radiology & Other Diagnostic Services Security Office Endoscopy Insurance</p>
-1	<p>Medical Administration Auditorium Dietetics & Cafeteria Laboratory Physiotherapy Purchase & Stores IT Department Media & Marketing Laundry IP Billing & Insurance CSSD, BME & Infection Control Medical Records Department Mortuary Maintenance Human Resource Gas Manifold</p>



FACILITIES

ADMISSION PROCESS:

After consulting the doctor, kindly submit the admission note from the doctor or the admission form from emergency to the reception counter for the first time registration process as well as for the prior admission deposit. And for the cashless services, contact with the corporate desk counter for further formalities. The allotment of specific room will be based on the availability of bed.

The slot of the surgery will be booked by your treating surgeon and in case of cancellation of surgery will be conveyed by your treating consultant.

DISCHARGE PROCESS:

- Discharges are normally ordered around 10am daily following doctor's round. An approval and written order from your consultant doctor is required for the discharge process to be initiated.
- The discharge process takes up to 2 to 5 hours for completing all the formalities.
- The copy of final slip, indicating your financial clearance will be handed over to you by the billing staff. Kindly produce this at the nursing station of your ward.

TYPES OF ROOMS:

EXECUTIVE DELUXE

- Large room with abundant sunlight
- TV, AC, Cupboards
- Cot and sofa bed for the attendant



DELUXE

- Twin sharing for two patients with common washroom
- TV, dedicated cupboards for each patient
- Sofa bed provided for each patient attendant



GENERAL WARDS

- Separate for Males & Females.
- Air Conditioned with abundant sunlight.



PATIENT SERVICES

Pharmacy

Your medication will be prescribed by your doctor. It will be provided by the hospital pharmacy which is situated at ground floor and second floor. Hospital Policy does not permit medicine from outside.

Dietary Services

The menu of our hospital is personally supervised by our dietitian. We only serve vegetarian food. You may give your choice of cuisine to the dietitian after admission. You are requested not to leave food in the room, as this attracts pests. The hospital does not permit food from outside. Non vegetarian food is strictly not permitted inside hospital premises.

The meal service timing of patients is as follows:

Services	Timing
Early Morning Tea	6:30am - 7:30am
Breakfast	7:30am - 8:30am
Lunch	12:30pm - 1:30pm
Evening Tea	3:30pm - 4:30pm
Dinner	7:00pm - 8:00pm

Ambulance Services

The hospital has reasonable ambulance services for which you can contact main reception number at 19. You may also get in touch with nursing staff of your ward for more information.

Personal Belonging

You will be provided with hospital clothing & toiletries (for Deluxe & Ex-Deluxe Room). Please ensure that all your jewellery & valuable items are removed and kept at home or in the safe custody of your relatives.

Tipping

We discourage tipping to staff at our hospital.

Television & WIFI Services

- A package of channels is provided in every single room and semi deluxe room.
- WIFI service is made available in Executive Deluxe and Deluxe area. For password you may contact IT team on 2447 extension/nursing staff.

Housekeeping & Maintenance

- Housekeeping & cleaning shall be done regularly during your stay. In case if you need any more services you may contact your nursing desk.
- Preventive maintenance of all equipments in the room is routinely and thoroughly done before admission of new patient, please inform In Charge nurse on the floor or reception desk in case of any maintenance issue.



HOSPITAL RULES

Patient Visiting Policy

In the rooms/ wards only one attendant may stay with the patient. A pass for this has to be obtained from the Reception. The security staff will ask to see this pass; therefore you are requested to please keep the pass ready for the check. Separate passes are issued for critical care units (ICU) and operation theaters. Please get in touch with the reception for the same. These passes are to be returned back to the reception.

Area	Morning	Evening
Wards	11:00 am to 12:30 pm	6:00 pm to 7:30 pm
Critical Care Units (ICUs)	7:30 am to 8:30 am	7:30 pm to 8:30 pm

- Flowers are not allowed in the Inpatients Areas.

No Smoking Policy:

Smoking and consumption of alcohol is prohibited for all patients and visitors. Strict adherence to the same needs to be followed.

FEEDBACK, COMPLAINT & SUGGESTION:

Please use suggestion box for submission of any complaint or suggestion. You may also contact Floor Coordinator, Patient Care Service Department (ext- 2443, 9314595232), or Deputy Medical Superintendent (ext-2970, 9314595200) for the same.

IMPORTANT CONTACT NUMBERS

Department	Number
ADMISSION COUNTER	2242
CAFETERIA	2441 & 2440
EMERGENCY	2214
FEMALE GENERAL WARD	2121
FRONT OFFICE	91
INSURANCE DEPARTMENT	2208
IP BILLING	2444
IP PHARMACY	2236 & 2266
MAINTENANCE	2466
MALE GENERAL WARD	2122
NURSING STATION (DELUXE)	2124 & 2123
NURSING STATION (EX DELUXE)	2127
PATIENT CARE DEPARTMENT	9314478143
SECURITY OFFICE & AMBULANCE SERVICES	2264



PATIENT EDUCATION



PATIENT RIGHTS & RESPONSIBILITIES

PATIENT RIGHTS

- Right to confidentiality
- Right to be treated with respect & dignity and privacy during examination, procedure and treatment.
- Right to get their spiritual and cultural needs respected.
- Right to know the care plan, progress and information on health care needs
- Right to refuse treatment
- Right of second opinion
- Right to know the expected cost of treatment
- Right to access his/her clinical records
- Right to informed consent
- Right to complaint and give feedback
- Protection from neglect and abuse

PATIENT RESPONSIBILITIES

- To provide complete and accurate information
- To abide by all hospital rules & regulations
- To be on time for appointments
- To pay the bill
- To follow the treatment plan
- To treat staff, other patients, visitors with respect.
- To respect that some other patients medical condition may be more urgent and accept that your doctor may need to attend them first.
- Not to take any medications without the knowledge of your doctor
- To accept the measures taken by the hospital to ensure personal privacy and confidentiality of medical records
- Not to demand any illegal or fraudulent document
- To have realistic expectation from treatment

Any violation of rights can be directly reported to Patient Care Department or Deputy Medical Superintendent or through Feedback or Suggestion Box



SAFE MEDICATION PRACTICES

- Safe medication use is a shared responsibility between you, your doctor, pharmacist, and other healthcare providers.
- **Know the names of your medications:** Keep a current medication list of all medications including prescription, over-the-counter, herbal medications, and supplements.
- **Know why you are taking the medications:** It is important to know what each medication does to identify duplicate therapy or medication errors.
- **Read labels carefully:** Read the label carefully and ask questions if the instructions are unclear.
- Don't be afraid to ask your doctor and pharmacist questions. Your questions will help them know what additional information they should provide you. Some questions you may want to ask about taking the medicine:
 - When should I take it — as needed, or on schedule?
 - How often should I take it?
 - How long will I have to take it?
 - How will I know it's working?
 - If I forget to take it, what should I do?
 - What are the side effects?
- **Keep your doctor and pharmacist informed:** A current medication list with the names of the medications, times you take them, and reason you take them will help your providers make decisions on adjusting or changing your medications. It will also help them identify potential drug interactions.
- **Read new prescriptions before leaving the doctor's office:** If you are not able to read the prescription, clarify it before you go to the pharmacy.
- **Never take someone else's medication:** Taking other peoples' medication can lead to adverse reactions or drug interactions. Check the label on your medicine before taking it to make sure it is for you.
- **Take medications exactly as prescribed:** Always follow the directions your doctor has given on how to take your medications.
- **Store medications safely:** In general, most medications should be stored in a cool, dry place at room temperature, out of the reach of children, and not in direct sunlight. Some medications may require refrigeration or special storage and handling.



Five Moments for Medication Safety



Starting a medicine

- ▶ What is the name of this medicine and what is it for?
- ▶ What are the risks and possible side-effects?



Taking my medicine

- ▶ When should I take this medicine and how much should I take each time?
- ▶ What should I do if I have side-effects?



Adding a medicine

- ▶ Do I really need any other medicine?
- ▶ Can this medicine interact with my other medicines?



Reviewing my medicine

- ▶ How long should I take each medicine?
- ▶ Am I taking any medicines I no longer need?



Stopping my medicine

- ▶ When should I stop each medicine?
- ▶ If I have to stop my medicine due to an unwanted effect, where should I report this?



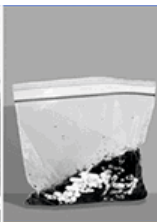
SAFEST WAYS TO DISPOSE UNUSED / EXPIRED MEDICATIONS AT HOME

Prescription and over-the-counter (OTC) drugs in pills, liquids, drops, patches, creams and inhalers can be thrown into the household trash. Follow these steps :

1. The drugs should be removed from their original containers and mixed with something undesirable, such as used coffee grounds or dirt, thus making the medicine less appealing to children and pets as well as unrecognizable to someone looking through the trash for drugs.
2. This mixture should be then put into something that can be closed (are-sealable zipper storage bag, empty can or other containers) to prevent the drug from leaking or spilling out.
3. Throw the container in the garbage.



**Mix with an
unappealing
substance.**



**Place in a
sealed
container.**



**Throw into
household
trash.**



**Scratch out
personal
information.**



ANTIBIOTICS : Antibiotics are medicines that help people fight infections caused by bacteria.

They DO NOT work on infections caused by viruses , like colds, flu, bronchitis and runny noses (even if the mucus is thick, yellow or green).

Some common bacterial infections that are treated with antibiotics include:

- Strep throat
- Pneumonia (an infection of the lungs)
- Bladder infections
- Infections you catch through sex, such as gonorrhea and chlamydia.

SIDE EFFECTS of ANTIBIOTICS



Rash



Nausea



Dizziness



**Yeast
Infection**



Diarrhea

More serious side effects include Clostridioides difficile infection (also called C. difficile or C. diff), which causes diarrhea that can lead to severe colon damage and death.

People can also have severe and life-threatening allergic reactions symptoms of which range from rash itching (mild) to hives, lip swelling, trouble swallowing or breathing (serious).

ANTIBIOTIC RESISTANCE

It occurs when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. If antibiotics lose their effectiveness, then we lose the ability to treat infections, like those that lead to sepsis.

What can I do to reduce antibiotic resistance ?

- Do not pressure your doctor for antibiotics when he or she does not think you need them.
- If you are prescribed antibiotics, finish all of the medicine and take it exactly as directed. Never skip doses or stop taking the medicine without talking to your doctor or nurse.
- Do not give antibiotics that were prescribed to you to anyone else.
- Do not use antibacterial soaps or cleaning products.(Alcohol-based hand gels are fine to use.)



DRUG INTERACTIONS

Drug interactions involve combinations of a medication with other substances that alter the medication's effect on the body. This can cause the medication to be less or more potent than intended or result in unexpected side effects.

The main types are:

Drug-drug interaction: This is when a medication reacts with one or more other drugs. For example, taking a cough medicine (antitussive) and a drug to help you sleep (sedative) could cause the two medications to affect each other.

Drug-food/drink interaction. This is when something you eat or drink affects a drug. For instance, it can be dangerous to drink alcohol while you're on certain medications. Some vitamins and dietary supplements interact with medicines, too.

Drug-condition interaction. This is when you have a health problem that makes it risky for you to take certain meds. For example, if you have a condition like high blood pressure, taking a decongestant for a cold could drive up your blood pressure even more.

General Rules to avoid Drug Interactions :

1. Never take medications with alcohol
2. Always ask your doctor or pharmacists about interactions.
3. Never combine medications without a doctor's order
4. Do not assume natural products are safe
5. Take medications only with water
6. Read the warning labels

S.No.	Drug Name	Interaction with Drug	Description
1	Metronidazole	Acohol, Disulfiram, Warfarin	Medications that inhibit cytochrome P450 enzymes (Cyp2c9 and possible others), such as phenytoin or Phenobarbital
2	Meropenem	Amoxicillin	Meropenem may decrease the excretion rate of Amoxicillin which could result in a higher serum level.
3	Ceftriaxone	Benzydamine	The risk or severity of nephrotoxicity can be increased when ceftriaxone is combined with Benzydamine.
4	Sitagliptin	Alogliptin	The risk or severity of hypoglycemia can be increased when Sitagliptin is combined with Alogliptin.
5	Ferrous Ascorbate	Phenobarbital, Primidone, Phenytoin	produce vomiting & diarrhea
6	Piracetam	Diazepam	Diazepam may decrease the excretion rate of Piracetam which could result in a higher serum level.
7	Ambroxol	Aminoglutethimide	The risk or severity of methemoglobinemia can be increased when Aminoglutethimide is combined with Ambroxol.
8	Apixaban	Arformoterol	The metabolism of Apixaban can be decreased when combined with Arformoterol.
9	Pantoprazole	Amantadine	Pantoprazole may decrease the excretion rate of Amantadine which could result in a higher serum level.



NUTRITION

A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. To give your child a nutritious diet:

- Make half of what is on your child's plate fruits and vegetables
- Choose healthy sources of protein, such as lean meat, nuts, and eggs
- Serve whole-grain breads and cereals because they are high in fiber. Reduce refined grains.
- Broil, grill, or steam foods instead of frying them
- Limit fast food and junk food
- Offer water or milk instead of sugary fruit drinks and sodas

Consider these nutrient-dense foods:

- **Protein.** Choose pulses, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- **Fruits.** Encourage your child to eat a variety of fresh, canned, frozen or dried fruits. Keep in mind that 1/4 cup of dried fruit counts as one serving of fruit.
- **Vegetables.** Serve a variety of fresh, canned, frozen or dried vegetables. Choose peas or beans, along with colorful vegetables each week.
- **Grains.** Choose whole grains, such as whole-wheat bread or pasta, oatmeal, popcorn, quinoa, or brown or wild rice.
- **Dairy.** Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt and cheese. Fortified soy beverages also count as dairy.

Aim to limit your child's calories from:

- **Sugar.** Naturally occurring sugars, such as those in fruit and milk, aren't added sugars. Examples of added sugars include brown sugar, corn sweetener, corn syrup and honey. To avoid added sugar, check nutrition labels. Choose cereals with minimal added sugars. Avoid sodas and other drinks with added sugars. Limit juice servings. If your child drinks juice, make sure it's 100% juice without added sugars.
- **Fats.** Fats mainly come from animal sources of food, such as red meat, hot dogs, poultry, butter and other full-fat dairy products. Pizza, sandwiches, burgers and burritos are a common source of saturated fat. Desserts such as cakes and ice cream are another common source of saturated fat. When cooking, look for ways to replace saturated fats with vegetable and nut oils, which provide essential fatty acids and vitamin E.
- **Salt.** Salt can hide in sandwiches, where the sodium in bread, meat, condiments and toppings adds up. Processed foods, such as pizza, pasta dishes and soup, often have high amounts of salt. Encourage snacking on fruits and vegetables instead of chips and cookies. Check nutrition labels and look for products low in sodium.



BREAST FEEDING

BENEFITS

- Lowers the risk of breast cancer, ovarian cancer and type 2 Diabetes.
- Help you lose pregnancy weight faster.
- Creates a bond between mother and baby.
- Ideal Nutrition for infants
- Enhance the immune system of your baby.
- Easily digested



BREAST MILK IS BEST MILK

Initiation & Duration of Breast Feeding

- Initiation of Breast feeding within 1 Hour of birth.
- Exclusive breast feeding for 6 months.
- Timely initiation of appropriate complementary feeding at 6 months along with continued breast feeding for 2 years.

INFANT CARE

- Keep the baby warm with one or two layers of clothes more than adults and keep the head covered with a hat
- Keep the umbilical cord dry and, not applying anything on it, such as ointment
- Keep the baby and the mother together in the same room and allow the baby to feed on demand
- When the baby is small, keep the baby in skin-to skin contact as much as possible every day
- Massage safely and with light hands.
- Bathing once in a week is enough.
- Wash hands with soap and water before handling the baby
- Know the danger signs and where to seek care, such as if the baby is not feeding well, has fast breathing or a high temperature
- Follow immunization schedule.



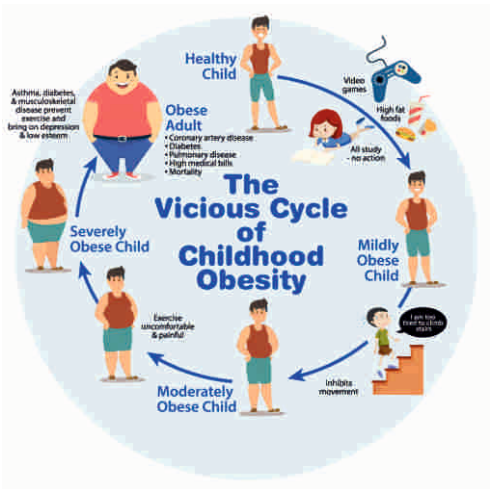
CHILDHOOD OBESITY

Childhood obesity is a complex disease that can occur when your child is above a healthy weight for their age and height. The medical definition of childhood obesity is having a body mass index (BMI) at or above the 95th percentile on the Centers for Disease Control and Prevention's (CDC) specific growth charts.

The body mass index (BMI), which provides a guideline of weight in relation to height, is the accepted measure of overweight and obesity. Your child's doctor can use growth charts, the BMI and, if necessary, other tests to help you figure out if your child's weight could pose health problems.

Children who have obesity are at a higher risk of developing many health conditions. These conditions include:

- Asthma
- Type 2 diabetes
- High cholesterol
- Stroke.
- Certain cancers
- Sleep apnea.
- High blood pressure (hypertension)
- Heart disease.
- Musculoskeletal disorders
- Fatty liver



RISK FACTORS

Many factors — usually working in combination — increase your child's risk of becoming overweight:

- **Diet.** Regularly eating high-calorie foods, such as fast foods, baked goods, candy and desserts, sugary drinks, including fruit juices and sports drinks can cause obesity
- **Lack of exercise.** Children who don't exercise and spent too much time in sedentary activities, such as watching television or playing video games, also contributes to the problem. TV shows also often feature ads for unhealthy foods.
- **Family factors.** If your child comes from a family of overweight people, he or she may be more likely to put on weight. This is especially true in an environment where high-calorie foods are always available and physical activity isn't encouraged.
- **Psychological factors.** Personal, parental and family stress can increase a child's risk of obesity. Some children overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom. Their parents might have similar tendencies.
- **Socioeconomic factors.** People in some communities have limited resources and limited access to supermarkets. As a result, they might buy convenience foods that don't spoil quickly, such as frozen meals, crackers and cookies. Also, people who live in lower income neighborhoods might not have access to a safe place to exercise.
- **Certain medications.** Some prescription drugs can increase the risk of developing obesity. They include prednisone, lithium, amitriptyline, paroxetine (Paxil), gabapentin (Neurontin, Gralise, Horizant) and propranolol (Inderal, Hemangeol).

To help prevent excess weight gain in your child, you can:

- **Set a good example.** Make healthy eating and regular physical activity a family affair.
- **Have healthy snacks available.** Options include fruits with low-fat yogurt, baby carrots with hummus, or whole-grain cereal with low-fat milk.
- **Offer new foods multiple times.** Don't be discouraged if your child doesn't immediately like a new food. It usually takes multiple exposures to a food to gain acceptance.
- **Choose nonfood rewards.** Promising candy for good behavior is a bad idea.
- **Be sure your child gets enough sleep.** Some studies indicate that too little sleep may increase the risk of obesity. Sleep deprivation can cause hormonal imbalances that lead to increased appetite.



VACCINATION

Vaccinations ensure that your child is immune to certain communicable diseases, thus preventing them from contracting it or even suffering from the effects of it. In the occasion where they come into contact with an infected individual, the vaccinated child will not be affected by the serious effects or complications.



A vaccine is usually a weakened or killed form of an organism/toxin, or a part of it. When it is introduced into the body, the immune system thinks that the vaccine is the actual microbe or toxin and activates an immune response to the perceived danger. The immune system also creates specialised memory cells that are able to recognise the microbe or toxin later. So, if or when the actual pathogen strikes, these thousands of memory cells can trigger a full-blown attack quickly and neutralise the pathogen.

VACCINE SAFETY

According to the World Health Organization, 'Vaccines are safe'. Vaccines that are licensed for use have undergone rigorous clinical trials and continue to be monitored even after introduction in the market. Most of the reactions to vaccines are temporary and minor. In the rare case of a serious event, the incident needs to be reported to the physician and/or relevant authority.

SIDE EFFECTS

Mild side effects — With many vaccines, side effects can include:

- A mild fever
- A reddish, tender area at the site of injection
- Occasionally, an immune system reaction similar to something called "serum sickness" that is characterized by fever, skin rash, swollen lymph nodes, joint pain, and/or other symptoms

These side effects do not mean that you are sick or that the vaccine has given you an infection; rather, they indicate that your immune system is responding to the vaccine.

Severe side effects - Severe side effects of vaccines are rare but may include a severe neurologic reaction (eg, seizures) or severe allergic reactions (anaphylaxis). Allergic reactions usually occur within minutes to hours of receiving the vaccine. If this occurs in the health care provider's office, emergency care can be given immediately. If a severe reaction occurs later, the person or a family member should call emergency medical services

If you have a history of allergic reactions to particular foods, medications, or ingredients, you may need to avoid certain vaccines; your health care provider can talk to you about this.



IMMUNIZATION SCHEDULE

Birth	BCG, Hep B1, OPV
6 weeks	DTwP /DTaP1, Hib-1, IPV-1, Hep B2, PCV 1,Rota-1
10 weeks	DTwP /DTaP2, Hib-2, IPV-2, Hep B3, PCV 2, Rota-2
14Weeks	DTwP /DTaP3, Hib-3, IPV-3, Hep B4, PCV 3, Rota-3*
6 Months	Influenza-1
7 Months	Influenza -2
6 – 9 Months	Typhoid Conjugate Vaccine
9 Months	MMR 1 (Mumps, measles, Rubella)
12 Months	Hepatitis A- 1
12 – 15 Months	PCV Booster
15 Months	MMR 2, Varicella
16 – 18 Months	DTwP /DTaP, Hib, IPV
18 – 19 Months	Hepatitis A- 2**, Varicella 2
4 – 6 years	DTwP /DTaP, IPV, MMR 3
9 – 15 years (Girls)	HPV (2 doses)
10 – 12 Years	Tdap/ Td
2nd, 3rd, 4th and 5th Year	Annual Influenza Vaccine



ADULT IMMUNIZATION

Adults too need vaccinations to boost efficacy of childhood vaccines, aid immunity for newer comorbidities and afford protection when immunity is suppressed due to acquired illnesses.



Vaccines Recommended For Adults

Vaccinations for adults are recommended based on their age, medical conditions, occupation, lifestyle, travel and prior vaccination record.

To be prescribed by a Physician based on your medical condition

Disease	Vaccine	Schedule	Validity
Influenza	Flu	1 dose annually	1 year
Pneumonia	Pneumovax 23 PCV 23	2 doses (1 dose from 50-64 years of age and 2nd dose after 5 years of 1st dose)	5 years
Herpes Zoster/ Shingles	Shingrix Vacc.	2 doses (after 50 years of age) Second dose 2-6 months after first dose	10 years
Tetanus, Diphtheria, Pertussis	Tdap	Once in 10 years	10 years
Typhoid	Conjugated vaccine Enteroshield or Tybar TCV	Once every 3 years	3 years
Cervical cancer	HPV	3 doses for females . 1 at 19-26 years of age, 2 & 3 between 17-45 years with 0-6 months gap/apart . Same for men	Lifetime
Hepatitis A	Hep A	Strictly on Doctors advise A - 2 doses (from 19-65 years of age and above) if indicated	Lifetime
Hepatitis B	Hep B	B - 3 doses (from 19-65 years of age and above) if indicated	Lifetime



BLOOD TRANSFUSION

A blood transfusion is a common procedure in which donated blood or blood components are given to you through an intravenous line (IV). A blood transfusion is given to replace blood and blood components that may be too low.

The patient may have abnormal blood levels due to blood loss from trauma or surgery, or as a result of certain medical problems. The transfusion is done with one or more of the following parts of blood : red blood cells, platelets, plasma or cryoprecipitate.

REASONS

A blood transfusion can save your life. You may need a blood transfusion if you've lost blood from an injury or during surgery, or if you have certain medical conditions including:

- Anemia.
- Certain cancers.
- Hemophilia.
- Sickle cell disease.



RISKS

Blood transfusions are generally considered safe, but there is some risk of complications. Mild complications and rarely severe ones can occur during the transfusion or several days or more after. More common reactions include allergic reactions, which might cause hives and itching, and fever.

Bloodborne infections:

Blood banks screen donors and test donated blood to reduce the risk of transfusion-related infections, so infections, such as HIV or hepatitis B or C, are extremely rare.

Other serious reactions

- **Acute immune hemolytic reaction.** Your immune system attacks the transfused red blood cells because the donor blood type is not a good match. The attacked cells release a substance into your blood that harms your kidneys.
- **Delayed hemolytic reaction.** Similar to an acute immune hemolytic reaction, this reaction occurs more slowly. It can take one to four weeks to notice a decrease in red blood cell levels.
- **Graft-versus-host disease.** In this condition, transfused white blood cells attack your bone marrow. Usually fatal, it's more likely to affect people with severely weakened immune systems, such as those being treated for leukemia or lymphoma.



ALTERNATIVES

Alternatives to blood transfusions exist but may not work in all situations. Medications can help your body produce blood. But if you've lost too much blood or your life is in danger, you'll likely need a transfusion. The alternatives won't help quickly enough.

BLOOD TRANSFUSION PROCESS

Your blood will be tested before a transfusion to determine whether your blood type is A, B, AB or O and whether your blood is Rh positive or Rh negative. The donated blood used for your transfusion must be compatible with your blood type.

An intravenous (IV) line with a needle is inserted into one of your blood vessels. The donated blood that's been stored in a plastic bag enters your bloodstream through the IV. You'll be seated or lying down for the procedure, which usually takes one to four hours.

A nurse will monitor you throughout the procedure and take measures of your blood pressure, temperature and heart rate.

Tell your health care provider if you've had a reaction to a blood transfusion in the past.

Reactions to a blood transfusion can happen during the transfusion, a day afterward or up to several months later. Your nurse will monitor you closely for a reaction. If a reaction occurs, the transfusion will be stopped. During your transfusion, please let your nurse know immediately if you have any of the following symptoms:

- Bleeding, pain or new bruising at the IV site.
- Cold and clammy skin, fever or chills.
- Dark or reddish urine.
- Fast heartbeat, chest pain, trouble breathing or wheezing.
- Headache, dizziness, nausea or vomiting.
- Rash, hives or itching.
- Severe back pain.

After your transfusion, your healthcare provider will recommend that you rest for 24 to 48 hours.



FALL PREVENTION

FALLS ARE PREVENTABLE

Falls are the leading cause of injury for patients in any hospital.

Following can increase the risk of falling while in hospitals

- Previous history of falls
- Dizziness / Weakness
- Forgetfulness or confusion
- Toileting urgency
- Low blood pressure
- Selected Medications
- Recent procedure or surgery
- Poor Vision or hearing

Reduce the risk of a fall:

- Bring non-skid shoes for walking.
- Bring your walking aids(if,any) to the hospital with you. Keep them nearby to move about safely.
- Keep personal items within reach (i.e. glasses, mobile phones).
- Wear your glasses and hearing aids.
- Always ask for help to get out of bed
- Move slowly when getting out of bed and wait a few moments before walking away from the bed or chair
- Keep your Bed Side rails up
- Use call bell for assistance
- Notify our staff immediately if you notice any kind of spill on the floor
- Be aware of any tubes, drains or equipment attached to your body that might cause you to trip
- PLEASE DO NOT SIT ON THE EDGE of the bed as you may slide off or fall.
- Ensure safety belt is being tied while using wheel chair



If you feel dizzy or weak, let someone know you need help!

NOTE FOR ATTENDERS/CAREGIVERS:

Call a staff member to the room if the patient needs re positioning or assistance to the bathroom.

DO NOT ASSIST THE PATIENT YOURSELF

- Inform the nurse in-charge that you are leaving.
- Check that patient's possessions are within his/her reach
- Ensure bed sides rails are raised and bed locked
- Share with staff any history of falls or confusion or if they notice new confusion or dizziness in the patient.





ORGAN DONATION

One organ donor can save up to 8 lives and enhance the lives of many others through tissue donation.

Organ donation is the process when a person allows an organ of their own to be removed and transplanted to another person, legally, either by consent while the donor is alive or dead with the assent of the next of kin

Organs & Tissues That Can Be Donated

Heart, Lungs (x2), Liver, Kidneys (x2), Pancreas, Intestines

Corneas, Skin, Bones, Tendons, Heart valves, Femoral and saphenous veins

Who can be a Donor?

Living Donor : Any person not less than 18 years of age, who voluntarily authorizes the removal of any of his organ and/or tissue, during his or her lifetime, as per prevalent medical practices for therapeutic purposes.

A person during his life can donate one kidney (the other kidney is capable of maintaining the body functions adequately for the donor), a portion of pancreas (half of the pancreas is adequate for sustaining pancreatic functions) and a part of the liver (the segments of liver will regenerate after a period of time in both recipient and donor).

Deceased Donor : Anyone, regardless of age, race or gender can become an organ and tissue donor after his or her Death (Brain stem/Cardiac). Consent of near relative or a person in lawful possession of the dead body is required. If the deceased donor is under the age of 18 years, then the consent required from one of the parent or any near relative authorized by the parents is essential. Medical suitability for donation is determined at the time of death.

PLEDGE TO BE AN ORGAN DONOR

Pledging your organs is a simple procedure. Fill the online pledge form and you will receive a donor card with a unique government registration number .All pledges are registered at NOTTO (National Organ and Tissue Transplant Organization) Registering as an organ donor is merely an expression of your intent to be an organ donor.

According to Indian Law, it is your next of kin who will decide whether to donate your organs or not upon death. Therefore, when you pledge to be an organ donor, its very important that you discuss your wish to donate with your family. This is to enable your family to carry out your wishes in case the needs arises.

SHARE LIFE to SAVE LIVES



GBH AMERICAN HOSPITAL



STRESS MANAGEMENT

Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life.

Signs of stress building up include :

Not being able to sleep properly with worries going through your mind.

Minor problems causing you to feel impatient or irritable.

Not being able to concentrate due to many things going through your mind.

Being unable to make decisions.

Drinking or smoking more.

Not enjoying food so much.

Being unable to relax and always feeling that something needs to be done.

Feeling tense. Sometimes 'fight or flight' stress hormones are released causing physical symptoms. These include:

Feeling sick (nauseated).

A 'knot' in the stomach.

Feeling sweaty with a dry mouth.

A 'thumping' heart (palpitations).

Headaches and muscle tension in the neck and shoulders.

Techniques to Reduce Stress



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga



Visualization



Slow, deep breaths



PRACTICING MINDFULNESS

What is mindfulness?

Mindfulness is the practice of paying attention to what is happening to you from moment to moment. To be mindful, you must slow down and bring awareness to your thoughts, feelings and actions, without attaching judgment to them. When we feel stressed, it is easy to focus solely on problems and simultaneously be blind to any positive experiences. Taking notice of simple sensations, like taste, helps stop this line of thinking.

Benefits of Mindfulness include:

- Improving cognitive ability
- Slowing brain aging
- Reducing stress, anxiety, and depression symptoms
- Increasing a sense of well-being
- Helping with pain management
- Improving quality of life for those living with chronic conditions

How to Practice Mindfulness?

No matter what you're doing, you can practice placing your attention on your breath. Whether you're making the bed, surfing the web, or walking the dog, nearly every moment is an opportunity to become more present.

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



SMOKING CESSATION

1 EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- Smoking is the most preventable cause of death in the world. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- Many children ages 3-11 are exposed to secondhand smoke and vapor.
- Tobacco use and nicotine addiction is a growing crisis for teens and young adults. \You can be one of the millions of people who successfully quit every year.
- Within 1 year after quitting, your risk of heart disease goes down by half.



2 MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

- SET** a quit date within the next 7 days.
- CHOOSE** a method: cold turkey or gradually.
- DECIDE** if you need help from a health care provider, nicotine replacement or medicine.
- PREPARE** for your quit day by planning how to deal with cravings and urges.
- QUIT** on your quit day.



3 TIPS FOR SUCCESS



Deal with Urges

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



Get Active

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too.



Handle Stress

Learn other healthy ways to manage the stress of quitting.



Get Support

A buddy system or support program can help you with some of the common struggles of quitting.



Stick with It

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.



HAI PREVENTION

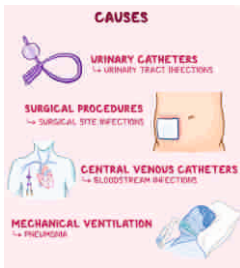
Healthcare associated infections (HAIs) are infections that people catch when they are receiving care in a healthcare facility.

HAIs occur at a cost to the patient and the community because they cause:

- Illness to the patient
- A longer stay in hospital
- A longer recovery time
- Costs associated with a longer stay in hospital and longer recovery time.

Some people are more vulnerable for acquiring HAI than others, including:

- Premature babies
- Very sick children
- Elderly people
- Frail people
- People with certain medical conditions, such as diabetes
- People with low immunity - such as people with diseases that compromise their immune system or people who are being treated with chemotherapy or steroids.



Risk factors for acquiring an HAI

There are other risk factors that may increase your risk of acquiring an HAI. These include:

- increased length of stay – a long hospital stay can increase your risk of HAI, for example, if you are admitted to hospital for complex or multiple illnesses
- surgical procedures – the length and type of surgery can increase the risk
- hand hygiene techniques – inadequate hand hygiene practices by hospital staff and patients may increase your risk
- invasive procedures – some procedures that bypass the body's normal protective layer, the skin, can introduce infection into the body – for example, insertion of urinary catheters, IV cannulas, respiratory equipment and drain tubes
- non-intact skin – wounds, incisions (surgical cuts), burns and ulcers are more prone to infection than intact skin.



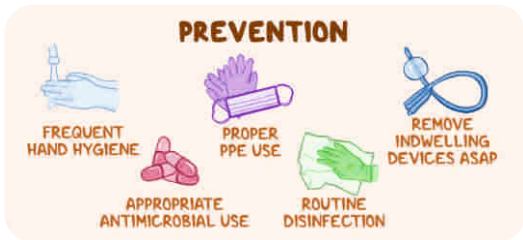
PREVENTING HEALTHCARE ASSOCIATED INFECTIONS

Healthcare workers use various well established procedures to help prevent infections, including:

- infection control procedures and policies
- correct and frequent hand hygiene measures by all staff and patients
- keeping the healthcare environment and equipment clean
- complying with standard sterile techniques when performing surgery, caring for wounds or inserting and caring for medical devices such as intravenous cannulas and urinary catheters
- using antibiotics appropriately to prevent and treat infections.
- Hospitals also participate in surveillance programs to monitor infection rates and measure the impact of infection prevention practices.

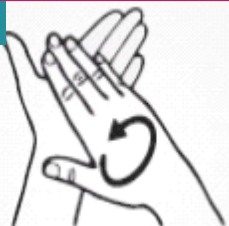
HAI PREVENTION TIPS:

- Make sure that you clean your hands often with soap and running water, or use an alcohol-based hand rub, especially after using the toilet and before eating.
- Don't be afraid to ask nursing and medical staff if they have cleaned their hands before they touch you.
- If you have an IV cannula, let your nurse know if the site around the needle is red, swollen, painful or leaking.
- Tell your nurse if any dressings are not clean, dry and attached around your wound.
- Let your nurse know if tubes or catheters feel displaced.
- Let your nurse or doctor know if you have diarrhoea.
- Cover your mouth and nose when you cough or sneeze.
- Complete any course of antibiotics that you start.
- Ask relatives or friends who have colds or are unwell not to visit.



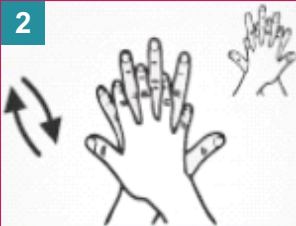
HAND WASHING STEPS

1



RUB THE PALMS TOGETHER

2



RUB THE BACK OF BOTH HANDS

3



INTERLACE FINGERS AND RUB THE HANDS TOGETHER

4



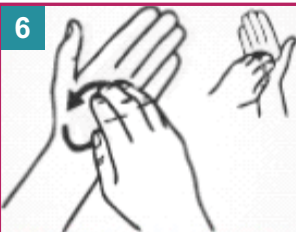
INTERLOCK RINGERS AND RUB THE BACK OF FINGERS OF BOTH HANDS

5



RUB THUMB IN A ROTATING MANNER FOLLOWED BY THE AREA BETWEEN INDEX FINGER & THUMB

6



RUB FINGERTIPS ON PALM FOR BOTH HANDS

