

NEWSLETTER

ISSUE 4 / MAY 2021

Celebrating the Recognition
The most Socially Responsible Organization



From the desk of MD

We want to reach out as many rural areas as possible and establish CIPACA's quality of ICU services and save as many lives as possible by making it accessible to them

Chief Guest's Message

Quality ICU Care is always our mission as well as our vision but making it affordable at a nominal cost for the marginalised section of the society is our responsibility.



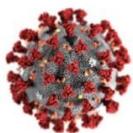
Clinical case study



Nursing case study
COVID-19 Pneumonia with Depression
Disorder and Parkinsonism



A Useful guide to dealing with
anxiety in COVID times



COVID-19 Pandemic: Quick
Bytes and Information



I may be Young but I am a
Warrior!!



A Warrior, A Nurse,
A Wife And A Mother!

big wins



We thank **Asian-African Chamber of Commerce and Industry**

for

Felicitating **CIPACA** as the **“The Most Socially Responsible Company of the Year in Hospitals and Healthcare”** for 2021

under the Leadership of

Dr Raja Amarnath, Managing Director



The certificate features a circular portrait of Dr Raja Amarnath, a man in a suit with a stethoscope, set against a background of a dotted pattern. To the right of the portrait, the text reads: "Congratulation Dr Raja Amarnath Managing Director CIPACA". Below this, it states "The Most Socially Responsible Company Of The Year In Healthcare & Hospitals". A red box indicates the event details: "GALA EVENT SATURDAY, 24 APRIL 2021". The location is "The Grand, Vasant Kunj New Delhi". At the bottom, it says "PRIVILEGED to be THE HONOREE 2021" and includes the hashtag "#LeadershipAward" and the website "www.asianafrican.org". Logos for The Global Goals, the 3rd Asian-African Leadership Forum, and the Asian-African Chamber of Commerce & Industry are also present.



The most Socially Responsible Organisation of the year



“We want to reach out to as many rural areas as possible and establish CIPACA’s quality of ICU services and save as many lives as possible by making it accessible to them”

How many healthcare organisations think of patients’ ability to access, avail, and afford the facilities offered by them? Most of them focus on making their services available in an area which is easier for them to set up and function. And quite often it is a posh area in a city where most of the economically well to do families reside. 65-70 percent of India lives in rural areas where the percentage of tertiary healthcare is almost negligible. This leads to thousands losing their lives as they do not receive the much needed emergency care on time.

Here is an organisation that received the ‘Leadership Award’ for being The Most Socially Responsible Company of The Year In Healthcare & Hospitals for the year 2021 by the Asian-African Leadership Forum. CIPACA (Chennai Interventional Pulmonology and Critical Care Associates) (P) Ltd. is a team of doctors, medical, para medical and business development professionals specialized in establishing tertiary level Multidisciplinary Critical care units, specially designed to cater urban and rural areas. The person behind this venture is Dr G. Raja Amarnath (MD DM, FCCP EDIC (UK)), who trained in Critical care in India and Abroad. Since its inception, CIPACA has set up 295 ICU teams, 340 Critical care beds and saved 189602 lives.

The absence of ICU care in rural and semi urban areas is a matter of grave concern as in case of an emergency, the time taken for accessing an ICU in a nearby city often comes at a cost. “We want to reach out to as many rural areas as possible and establish CIPACA’s quality of ICU services and save as many lives as possible by making it accessible to them” said the founder Dr. Amarnath.

CIPACAs’ social responsibility rests on three crucial factors, accessibility, availability, and affordability. According to Dr. Amarnath, “People in rural areas cannot afford the ICUS which are only available in metropolitan cities and are very expensive. They have two challenges: Reaching within the golden hour and the charges (even if you are surviving and reach there). This is what makes CIPACA a socially responsible organisation.” The significant point about CIPACA is that their operation-driven model does not require any investment for themselves. We hope that Dr. Amarnath’s dream of establishing a minimum of one ICU in every taluk may come true as early as possible.

An excerpt from the interview of
Dr Raja Amarnath,
Managing Director, CIPACA





Chief Guest's Message

Quality ICU Care is always our mission as well as our vision but making it affordable at a nominal cost for the marginalised section of the society is our responsibility.

ICU Care is a vast subject, especially for rural communities that are often deprived of minimal healthcare services. With cases of poisoning, snake bites, cardiac arrest, head injury, lung infection, breathing difficulty etc penetrating the morbidity ratio in rural areas, it is very important that we have ICUs in every nook and corner of the country so that we can treat and save the lives of critically ill patients, especially during the golden hour period when they are gasping for survival.

Sometimes, it's not just about the treatment but also the question of affordability that arises. The cost of ICU shoots the roof when patients are referred to Coimbatore or nearby city areas where the cost of ICU for a single day amounts to 50,000 to 60,000 rupees per patient. By the time the patient is cured, the family is already in financial shambles.

Therefore, keeping such perennial problems in mind, when we started our ICU in Oddanchatram where our only motto was to save maximum lives during emergency and that too at an affordable price, since it's the rural demography that we are talking about. Sree Kumaran Hospital has saved 2000+ critically ill patients over the past two years and I would like to congratulate the entire team of CIPACA for saving more than 1,00,000+ lives across different locations of the country.

Quality ICU Care is always our mission as well as our vision but making it affordable at a nominal cost for the marginalised section of the society is our responsibility. We believe Sree Kumaran Multi-specialty Hospital will keep on saving lives and making a difference in rural India.

Dr Nachimuthu

MBBS. MS
Managing Director
Sree Kumaran Multi-specialty Hospital, Oddanchatram





SPOT LIGHT OF THE MONTH



CIPACA joins hands with Westminster Healthcare to provide state of the art and quality Covid ICU Services.

With a 20-member medical experts' team and an innovative strategy of combining on site critical care specialists and backup Telemedicine teams to run Covid ICU operations and combat related issues, we have embarked on a mission to serve the nation during these tough times!!



BusinessLine 

Westminster Healthcare join hands with CIPACA for Covid ICU operations

G BALACHANDAR
Chennai, April 23
Westminster Healthcare, a subsidiary of LycaHealth of the United Kingdom and a unit of Lyca Group, has partnered with CIPACA (P) Ltd, a leading healthcare institution that specialises in setting up and management of ICU operations, to offer Covid critical care services at its 70,000 sq ft facility in Chennai.

"CIPACA delivers high-quality services in rural areas against all odds, I am sure they would deliver the best in hospitals like Westminster that strives to offer international care. So CIPACA is the right choice for us," said TR Raghuraman, Medical Director of Westminster Hospitals.

CIPACA presently operates more than 300 emergency and ICU beds with a team of more than 120 Doctors, 300 nurses and 80 administration & business development professionals across hospitals in Tamil Nadu.

Expert team
Under the tie-up, CIPACA has deployed a 20-member medical experts' team for Westminster Hospital's Covid ICU operations and will initially set up 10 beds for the same. Depending upon the needs, Covid ICU care will be ramped up further.





Westminster Hospitals

வெஸ்ட் மின்ஸ்டர் மற்றும் சிப்பாக இணைந்து முதல் கோவிட் அவசர சிகிச்சை பிரிவு தொடக்கம்



சென்னை, ஏப். 24: தாமஸ் கோவிட் மீட்டிங்குகள் போன்ற செயல்களை வழங்க வழிநடாந்து, தற்போதுள்ள காரண நிலைக்கு ஏற்ப சிகிச்சையளிக்கக்கூடிய வெஸ்ட் மின்ஸ்டர் ஹெல்த் கேர் சிபாக்காவும் இணைந்துள்ளது!!!

2014 ஆம் ஆண்டில் திறுவப்பட்ட சிபாக்கா இரண்டாம் நிலை மற்றும் மூன்றாம் நிலை மருத்துவமனைகளில் நவீன அவசர மற்றும் தீவிர சிகிச்சை பிரிவுகளை வழங்குவதில் திறமை வாய்ந்த வெஸ்ட் மின்ஸ்டர் மருத்துவமனைகளின் மருத்துவமனைகள், அருகாட்சி மருத்துவமனைகள், நெல்விந்தியாவில் பல்வேறு நிலைகளில் உள்ள பெருநிலை மருத்துவமனைகள் உள்ளிட்ட காரண திறமைகளில் தனது செயல்களை நடத்தி வருகிறது. அவர்கள் 120 க்கும் மேற்பட்ட மருத்துவர்கள், 300 செவியர்கள் மற்றும் 80 நிர்வாக மற்றும் வணிக மேம்பாட்டு நிபுணர்களின் கொண்ட 300 க்கும் மேற்பட்ட அவசர மற்றும் ஐசிஓ படுக்கைகளை இங்கே வைத்துள்ளார். சிபாக்கா மிகவும் திறமையான மற்றும் பாதுகாப்பான மற்றும் தாமஸ் கோவிட் செயல்களை வழங்குவதில் பரிநிறி பெற்று, இங்கு பணியாற்றும் மருத்துவர்கள் இந்தியா மற்றும் உலக தரநிலை



TALK OF CITY

Westminster Hospitals

Westminster Healthcare joins hands with CIPACA to start COVID ICU To provide state of the art and quality Covid Critical Care Services

CHENNAI, APRIL 24: Westminster Healthcare joins hands with CIPACA to start COVID ICU to provide state of the art and quality Covid Critical Care Services, and to modernize to suit the current level of health care. Westminster Healthcare launches a joint venture with CIPACA, the country's most renowned Critical care service provider to various health care institutions.

Westminster Healthcare, a pioneer in concierge and bespoke healthcare providers have consistently evolved to the needs of current pandemic situation. The pandemic effects everyone equally, we at Westminster, would like to provide quality ICU care for our Covid patients.

CIPACA founded in 2014 specializes in providing quality and state of the art emergency and critical



care services in both secondary and tertiary level hospitals. It currently operates its services in health organisations including medical college hospitals, trust hospitals, corporate hospitals of different levels in South India. They operate more than 300 Emergency and ICU beds with a team of more than 120 Doctors, 300 nurses and 80 administration & business development professionals. CIPACA is a shop in shop

model of emergency and critical care service providers within the hospital. The team is highly skilled and trained in delivery of safe and quality healthcare. The doctors are qualified and trained in India and United Kingdom. The protocols followed are in par with the NHS of UK, the doctors have compulsory training in Advanced Trauma Life Support and other mandatory life support courses as in USA and UK.



விடியும் நேரம்

Westminster Hospitals

வெஸ்ட் மின்ஸ்டர் மற்றும் சிபாக்கா இணைந்து முதல் கோவிட் அவசர சிகிச்சை பிரிவு தொடக்கம்

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மீறும் உலகமெங்கும் உள்ள நிற்க காரண திறமைகள் சிபாக்காவை அவர்களின் திறமை வாய்ந்த வெஸ்ட் மின்ஸ்டர் ஹெல்த் கேர் சிபாக்காவும் இணைந்துள்ளது!!!

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Clinical Case Study

Aarogyam Hospital, Sambalpur
Odisha



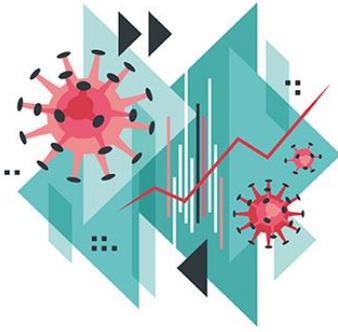
43 year-old male who was admitted to CIPACA's ICU. His CT thorax showed BILATERAL MULTILOBAR PATCHY GROUND GLASS OPACITIES OF UPSHARP MARGINS PREDOMINANTLY IN PERIPHERAL SUBPLEURAL REGION. CORADS 5. CT SEVERITY 14/25. The patient was later managed in SARI ICU with Non invasive mechanical ventilation post which the patient's condition got improved and was then discharged from ICU.



Dr Bhabani Shankar Behera
MD
ICU-Incharge
Aarogyam Hospital, Sambalpur, Odisha



Dr Praveen Kumar
MBBS
Duty Medical Officer
Sumathy Hospital- Villupuram



Nursing Case Study: COVID-19 Pneumonia with Depression Disorder and Parkinsonism

Introduction:

Patient Name: **Mrs. Sumathi**

Age – **68 years**

Date of Admission- **12.04.2021 at 10.55PM**

Provisional Diagnosis: **Type 2 DM with SHTN with Old pulmonary tuberculosis with Parkinsonism**

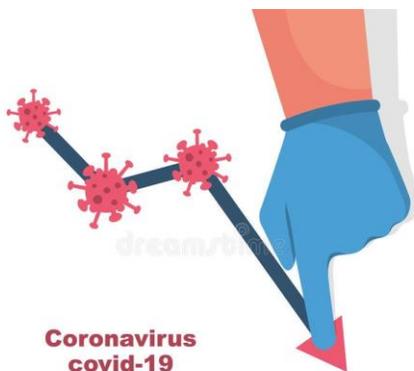
Final diagnosis: **COVID-19 Pneumonia, Depression disorder, Parkinsonism, Old PTB, HTN, DM-II**



Abstract:

Mrs. Sumathi was brought to casualty on 12.04.2021 with the complaints of breathing difficulty, generalized weakness since 2 days. She had a history of running nose since 2 days accompanied fever for the past 4 days. She was admitted to triage ICU under general medicine due to suspect reasons. RT PCR swab was sent and results were awaited. Psychiatric/ Neurological opinion was sought and patient was counseled by respective team of doctors.

Mrs. Sumathi was brought to casualty on 12.04.2021 with the complaints of breathing difficulty, generalized weakness since 2 days.



Background-

On admission dated 12.04.2021, patient was on NIV with FiO₂ -70 PEEPS- 6, PS – 12 her vital signs showed a body Temp: 100.2 degree F, PR: 90b/min, RR: 44b/min, SPO₂: 90%, BP: 130/90mmHg, GCS: 9/15

After receiving RTPCR positive reports, the patient was shifted to COVID – ICU where she was kept in close monitoring in special respiratory nursing care. IV fluids were started & Ryle’s tube insitu and urinary catheterization were done. Consultant’s orders were followed and routine investigations were carried out (observed-CRP- 81mg/dl, D- Dimmer – 3590 were increased). Inj: Clexane 0.6ml, inj: Remdisivir 100mg was started. CT Chest showed extensive granulous opacities whereas CT Brain showed – age related atrophic changes, blood culture showed staphylococcus aureus grown. Bed sore was noted on the right side of the gluteal region with grade II. The patient was in alpha bed with everyday aseptic dressing being done. Position of the patient was changed in every two hours coupled by back care, which, too was rendered to the patient in every 2 hours. Perineum care was given daily and the patient was administered Nebulization every 8 hourly. Ryle’s tube feeding was given every 4 hourly.

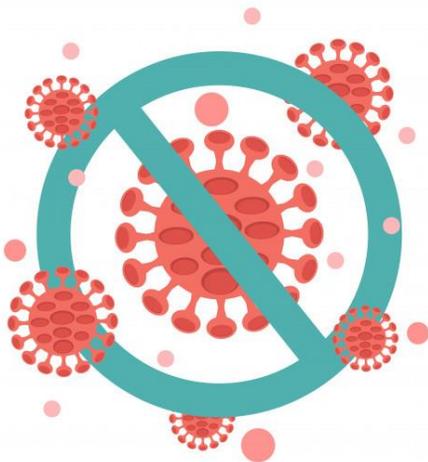
On 25th April repeat RTPCR tested and reports turned to negative.

On 26th April patient general condition had improved considerably upon discharge. Patient was found to be hemodynamically stable., post which she was discharged .



Conclusion

The Patient was diagnosed in early stages of COVID- 19 because of which prompt treatment could be initiated and the patient got eventually discharged maintaining room air saturation and other vital status. The patient attenders were very satisfied by the effective and timely nursing care provided to the patient. They appreciated ” CIPACA’s nursing team” for their hard efforts and moral support which helped in patient’s speedy recovery.



Ms. Moirangthem Chanchan Devi

M.Sc Nursing, Ph.D Scholar
Nursing Supervisor

Madha Medical College and Research Institute, Chennai

*I may be a mother and a wife
 but before that I am a nurse
 and for me saving my
 patients' lives is my topmost
 priority.*

Rose Mary has been working as an ER Nursing Supervisor for Sri Narayani Hospital and Research Centre, Vellore for past 1year. Having finished her GNM from Eshwari Bai School of Nursing, Secunderabad in the year 1999, Ms. Rose is not only a frontline healthcare worker, tending to hundreds of patients flooding the ER every day since April 2020 to till date, but at the same time, she is also a wife and mother, taking care of her family diligently. However, she is never scared to risk her life as she believes that helping the humanity is the world's noblest work.

Q 1. Most of the ICUs and Emergency wards in hospitals are converted to treat Covid-19 patients. How do you feel about this? How has this changed your life as a frontline worker?

Mary: Life is unpredictable so we must always be prepared for the worst. Not giving up and striving to uplift the mankind with your best has always been my motto and this is something which I don't just preach but also follow whole-heartedly. I have been working and dealing with COVID patients for the past one year now. Even though the work (treating the covid patients) is very challenging and risky, but I prefer never giving up. Since all the wards and ICUs are now converted to treat COVID patients, I honestly feel that I need to be more careful while rendering patient care. I see hundreds and thousands of people suffering every day because hospitals are not equipped with enough number of beds to treat the critically ill patients, gasping for oxygen or ventilator support. While the COVID census keeps on increasing by each passing day, it is alarming to see how the mentally stressed out the patients are.

A Warrior, A Nurse, A Wife And A Mother!

Q 2. But apart from being a Nursing Supervisor of a frontline worker, you are also a mother and a wife. Every day, when you go back home, do you ever feel scared being a COVID warrior yourself? How do you take care of them in this crisis situation?

Mary: I may be a mother and a wife but before that I am a nurse and for me saving my patients' lives is my topmost priority. I remember when I first passed out from my GNM course; I was overjoyed and I pledged never to compromise anything for my noble profession. But it will be dishonest of me to say that I don't feel scared or worried about my family. Yes, ofcourse I do. It's my responsibility that my family feels safe and secured. So, even though I take precautions and all preventive measures by wearing PPE suits and other safety guards, somewhere I feel this uncanny fear of getting infected as well. Therefore, to take care of my family with extra care and caution, I use handrubs and herbal products to increase my family's immunity and to make them ready to fight this war.





“
As a ER nurse, I receive patients unexpectedly, I don't even have the time to check how many hours I had been working.
 ”

Q 3. Extended working hours, overloaded emergency, how do you manage it all? How do you motivate yourself not to give up even if there is a lot of stress?

Mary: As a ER nurse, I receive patients unexpectedly, I don't even have the time to check how many hours I had been working. In this pandemic situation, the workload is more than ever. We receive more Covid positive patients, however, we don't mind the overloading of patients since we all work together as a team to give the best of the care to the patients struggling to get well soon. But, sometimes, the physical and mental exhaustion gets the best out of me for which I need some relieving leave days in between the days I work to free myself from the stress. I motivate myself everyday and am confident enough to keep saving lives like this.

Q 4. We see patients and patients' families fighting for beds and ventilators outside the Government as well as the Private Hospitals every day. What do you feel when you see patients lining up outside, waiting to get treated but much to your dismay, there are no beds? How does it affect you mentally, not being able to give patient care equally to everyone?

Mary: In emergency ward, there are plenty of COVID patients coming in everyday. Due to insufficiency of beds to cater to both stable and unstable patients, they really suffer and sometimes we often encounter patient attenders behaving arrogantly with the staffs. When managing all these situations, I feel really sorrowful towards the patients' condition deteriorating due to the unavailability of beds. I feel all the hospitals should take appropriate action to have extra infrastructure to deal with such pandemics. For example, when we receive COVID positive cardiac arrest patients, we do the required treatment, revive the patient and secure patient in ventilator but because of insufficiency of beds, we are compelled to refer the patient out to some other hospitals. At these times, the patient attenders get really depressed and sometimes patient may be declared dead in ambulance itself. Thinking about the rising mortality rate due to infrastructural deficiencies makes us feel really sad.

Q 5. Teamwork is very important during tough times. How do you motivate and manage your nursing team during crisis times?



It's my humble advise to the public to stay home unless they have a necessity to come out of the home every day.

Mary: An effective **teamwork** is essential for patient safety as it minimizes adverse events caused by miscommunication with others caring for the patient, and misunderstandings of roles and responsibilities. In crisis times and even when receiving emergency sick patients, the team we have inside the ER will rush to start the care required to treat the critically ill patient. I will always accompany them and guide them as a core team member and at the same time, I will also motivate the staff to take over all the needed protocols we maintain in the casualty. Teamwork is really a great strength in hospital, especially in an emergency ward. Our main goal is to save as many lives as possible so that they can go back to their families at an earliest.

Q 6. What will be your advice to general public to keep themselves safe and protected during this second wave of pandemic? Give some clinical/ home remedy tips.

Mary: As a healthcare worker, it's my humble advise to the public to stay home unless they have a necessity to come out of the home every day. Using handrubs and masks will reduce the spread of the virus. Social distancing and covering the cough and sneeze with a tissue or handkerchief will stop the infected droplets to spread in air. Besides researches are going on, the second wave of the mutated Corona virus having more capability to spread the infection faster it seems. So, public should take this pandemic situation more seriously and conductively as a responsible citizen of India to eradicate this Covid-19. Home remedies to manage and prevent the Covid conditions are using local herbal products like pepper, cumin seeds and turmeric as a cheaper antibiotic daily to increase immunity and keep us more safer from virus spread.



Ms. Rose Mary
G.N.M
Nursing Supervisor
Sri Narayani Hospital and Research Centre, Sripuram,
Vellore



I MAY BE YOUNG BUT I AM A WARRIOR!!



Q1. Covid-19 has shook the entire world, especially if we talk about the healthcare system around us. What is your thoughts, as a Unit Coordinator, on managing a Covid ICU from an administrator's point of view as well as a frontline healthcare worker? How do you find it different from your job role prior to pandemic?

Rantu: Covid 19 has impacted our healthcare system in every worst way possible. Lack of emergency resources, infrastructure has altogether affected millions of lives around us. Now-a-days, managing beds at our hospital and also taking decisions which patient should get admitted and which patient to receive isolation care has become an integral component of my daily life. Earlier, things were only confined to performing daily general admin work but running covid ICUs demand more commitment and mental strength, especially when you see patients gasping for oxygen.

Rantu Paul has been associated with CIPACA since 2018. Hailing from Cooch Behar, West Bengal, he has always been passionate towards saving lives and making a difference in the lives of less unfortunate. His dreams took the shape of reality when he got appointed as the Unit Coordinator for Aarogyam Hospitals, Odisha from 28th September 2020. Since, then he has been taking care of managing the entire administration of the Covid ICUs.

But this is not all. It breaks my heart when I see patients lying in isolation for days without even contacting their family members. This is very heartbreaking and honestly should not happen to anyone. So, our team, from now and then, ensures that we provide them emotional support by boosting and encouraging the patients or by connecting them to their family members through the wide screens of our smartphone.

It breaks my heart when I see patients lying in isolation for days without even contacting their family members



Q2. These days, you often hear on the news that we are lacking ICU beds and equipment to treat the overflowing patient inflow. Now that each and every hospital is suffering crisis due to lack of ICU beds and equipment, how can you emotionally support your people and keep them motivated?

Rantu: Well, this pandemic was something nobody had imagined. More so, the way it spreads to the community at such a fast speed is unimaginable. However, rather than regretting or blaming each other for this crisis, we should come up with proper plan where we can categorize which patients need ICU admission and who all can recover from normal ward itself. It is very important that ICU care is only given to those who are in utmost need since it is a scarce commodity.

Q3. With ever increasing crisis at hand, it is also to be considered that the financial burden incurred during ICU Hospitalization is also increasing for the patients. How do you think we can help the patients in such situations? How is CIPACA helping to reduce the financial stress?

Rantu: ICU has always been a scarce and expensive service, considering how multi-disciplinary and complex it is in its operations. However, our ICUs have always been affordable for the general public, especially because we provide critical care services to the rural community of the country.

But Covid has changed it all. Everywhere we go, we find ICU charges to be extremely high. But, we have customized our prices in such a way that maximum financial leverage can be given to the patient's family.

With this, it also raises the question that how much are we financially viable to look after our healthcare needs in times of emergency. Therefore, I would recommend everyone to avail for health insurance so that such crisis problems can be solved.





Q4. When you go for rounds inside the Covid ICU, you are required to wear PPEs. But wearing PPEs is not a joke. How do you tackle this uncomfortable situation?

Wearing PPE is like covering our bodies with plastic covers. But, wearing PPE is not a problem but the fact that you are not able to drink water or consume food is very uncomfortable. Also, the fact that everytime we wear PPEs, we feel like we are burning from inside.



Although there would be times where I will breakdown but I know how to gear myself up and serve the ailing.

Q5. As an administrator who helps patients all the time, how do you keep yourself mentally strong when you see families losing their loved ones due to Covid? Does it also question the safety of your family? Give your thoughts on this.

Rantu: It is commendable to see our staff nurses helping the patients 24x7, without taking proper rest or even worrying about their own well-being. It's the hardest and probably the most saddest part to keep oneself mentally strong cause every day we are see so many people succumbing to death because of Covid and we are unable to do anything for them since there are no proper drugs to help them recover from this disease completely.

But still we have to stay strong and fight this war with all our might, not the physical one but the mental one. I have prepared myself mentally in such a way that I can deal with the stress with a smile on my face. Although there would be times where I will breakdown but I know how to gear myself up and serve the ailing.

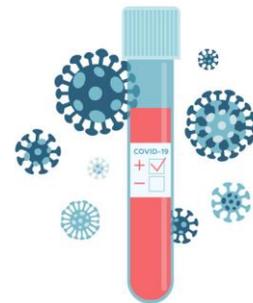
Sometimes, I do think about my family's safety and pray that they always stay safe and take good care of themselves. The fact that I am not there with them also makes me scared and worried at times.





Q6. We see many youngsters going out, partying with friends, and that too without wearing a mask. As a youngster and a frontline healthcare worker yourself, what advice would you like to give to the younger generation so that they can keep themselves safe and protected during this pandemic times?

Rantu: The Only message I would like to give to the youngsters is that if they love their families and want to spend a happy and long life with them together, kindly stay at home and don't go out unless it is very urgent. Moreover, get vaccinated as soon as possible and wear masks and sanitize yourself from time to time. If you survive this pandemic, you will get million more chances to enjoy and party but now is not the right time. Your carelessness can cost someone else's life!



Mr. Rantu Paul
BBA (Hospital Management)
Unit Coordinator
Aarogyam Hospital, Sambalpur, Odisha





A Useful Guide to dealing with Anxiety in Covid Times

Considering how we're in the midst of a worldwide pandemic with many places partially shutting down while others struggling to reopen safely, it's frightening to see some of us are residing in areas where the infection rates are getting worse.

Every day, all of us are watching the headlines and wondering, "When is this going to end?"

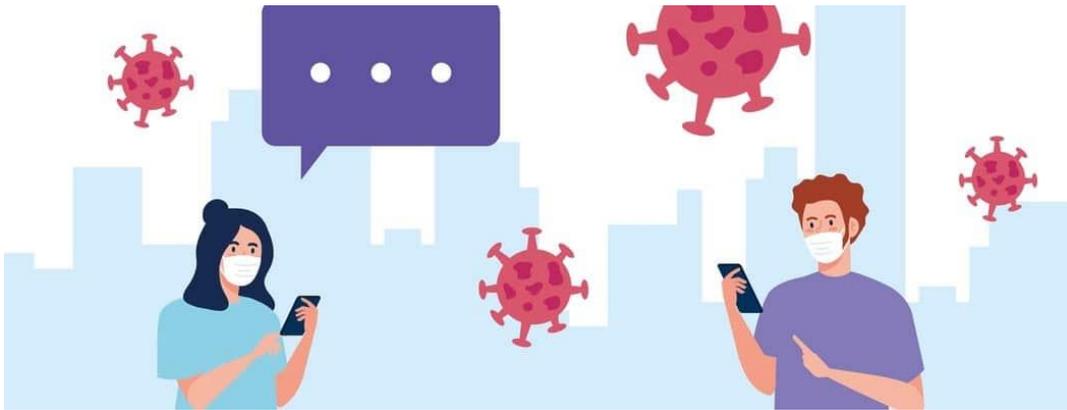
For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. This all the more adds reasons for the situation to worsen and spiral out into overwhelming fear and panic.

But there are many things we can do—even in the face of this unique crisis!

To begin with, we need to manage our **anxiety and fears**.

Wondering How? Follow the following simple 4 steps.





1. Stay informed and reduce media consumption

It's very important to stay informed about what's happening in our community and keep away from hordes of misinformation and rumours that keeps spreading around.

- Stick to trustworthy sources such as the CDC, the World Health Organization, and local public health authorities as the information you'll receive from them will be authentic and non-fabricated.
- If your anxiety is an ongoing issue, limit your media consumption to a specific time frame and time of day (e.g. thirty minutes each evening at 6 pm).
- Be careful what you share. Do your best to verify information before passing it on. Snopes' Coronavirus Collection is one place to start.



It's very important to stay informed about what's happening in our community and keep away from hordes of misinformation and rumours that keeps spreading around.

2. Focus on the things you can control

A lot of things in our life are outside of our control, including how long this pandemic will last, how other people behave, and what's going to happen in our communities.

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control.



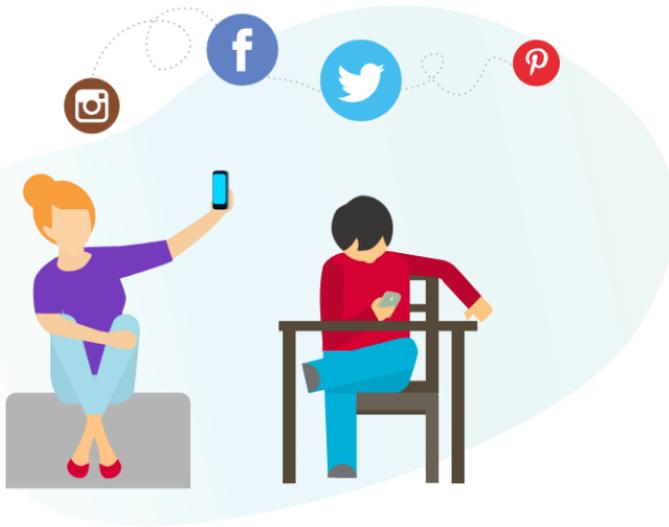
DOs

DON'Ts

<ul style="list-style-type: none"> Washing your hands frequently (for at least 20 seconds) with soap and water or a hand sanitizer that contains at least 60% alcohol. 	<ul style="list-style-type: none"> Touching your face (particularly your eyes, nose, and mouth).
<ul style="list-style-type: none"> Staying home as much as possible, 	<ul style="list-style-type: none"> Crowds and gatherings of 10 or more people.
<ul style="list-style-type: none"> Keeping 6 feet of distance between yourself and others when out. 	<ul style="list-style-type: none"> avoiding all non-essential shopping and travel.
<ul style="list-style-type: none"> Following all recommendations from health authorities. 	<ul style="list-style-type: none"> Missing out on adequate sleep

3. Stay connected

Evidence shows that many people with coronavirus—particularly young, seemingly healthy people—don’t have symptoms but can still spread the virus. That’s why the biggest thing that most people can do right now to make a positive difference is to practice social distancing.



- Make it a priority to stay in touch with friends and family, but, digitally.
- Face-to-face contact is like a “vitamin” for your mental health, so substitute physical meets with video chatting.
- Social media can be a powerful tool for staying connected with family, friends, acquaintances as well as with large communities, country, and the world. It reminds us we’re not alone.





Be kind to yourself and go easy if you're experiencing more depression or anxiety than usual.



4. Take care of your body and spirit

Practice self-care in the face of the coronavirus pandemic.

- Be kind to yourself and go easy if you're experiencing more depression or anxiety than usual.
- Maintain a routine as best you can. Even if you're stuck at home, try to stick to your regular sleep, school, meal, or work schedule.
- Take time out for activities you enjoy such as reading a good book, watching a comedy movie, playing a fun board or video games or cooking with your family .
- Find ways to exercise. Staying active will help you release anxiety, relieve stress, and manage your mood.



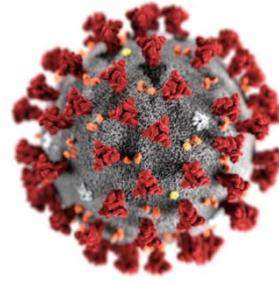
Reference

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>



Mrs. Ida Jayasundar

M.Sc (Nursing), M.Sc (Psychology)
Assistant Regional Nursing Supervisor
CIPACA



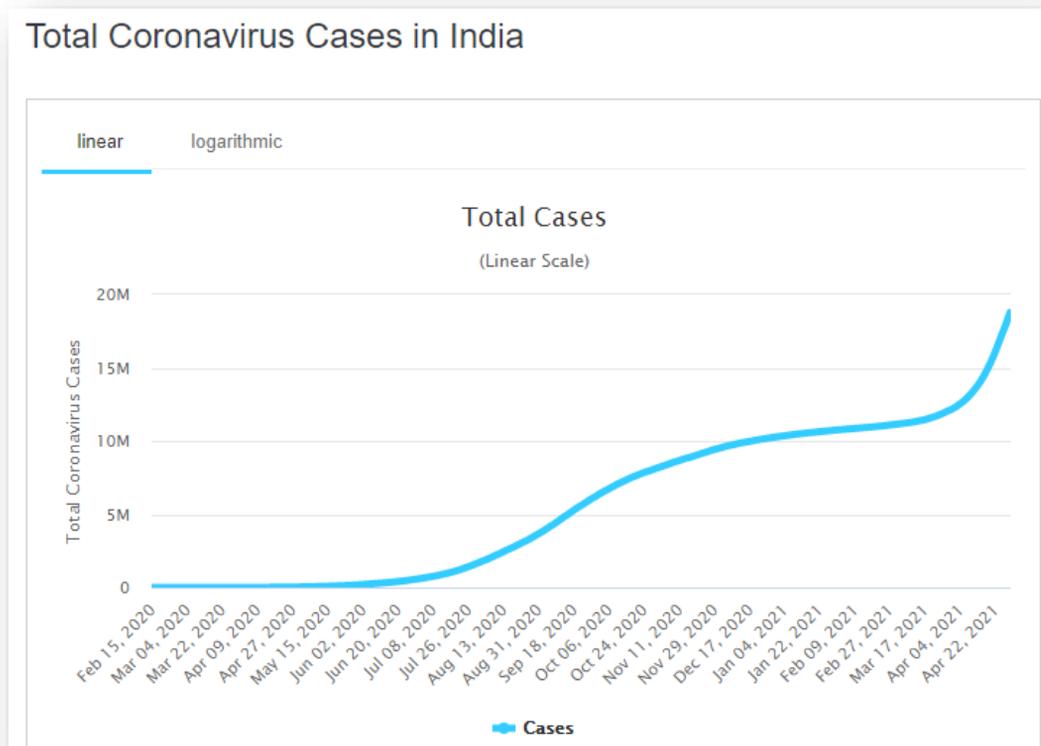
COVID-19 Pandemic: Quick Bytes and Information

Coronavirus disease 2019 (COVID-19) is a respiratory tract infection caused by a newly emergent coronavirus, SARS-CoV-2, that was first recognized in Wuhan, China, in December 2019. On 30th Jan 2020, World Health Organization (WHO) has declared this as a pandemic. More than 18M people in India have been affected by COVID 19 and more than 7,000 people in India are getting affected in recent days. (Figure 1 & 2).

Vaccination in India have been started at 16 Jan 2021. As far now 9% of the Indian population have received the at-least dose 1. During this pandemic CIPACA has issued a handbook on 'Managing COVID-19 in ICU Current concepts in various editions to tackle this pandemic situation'

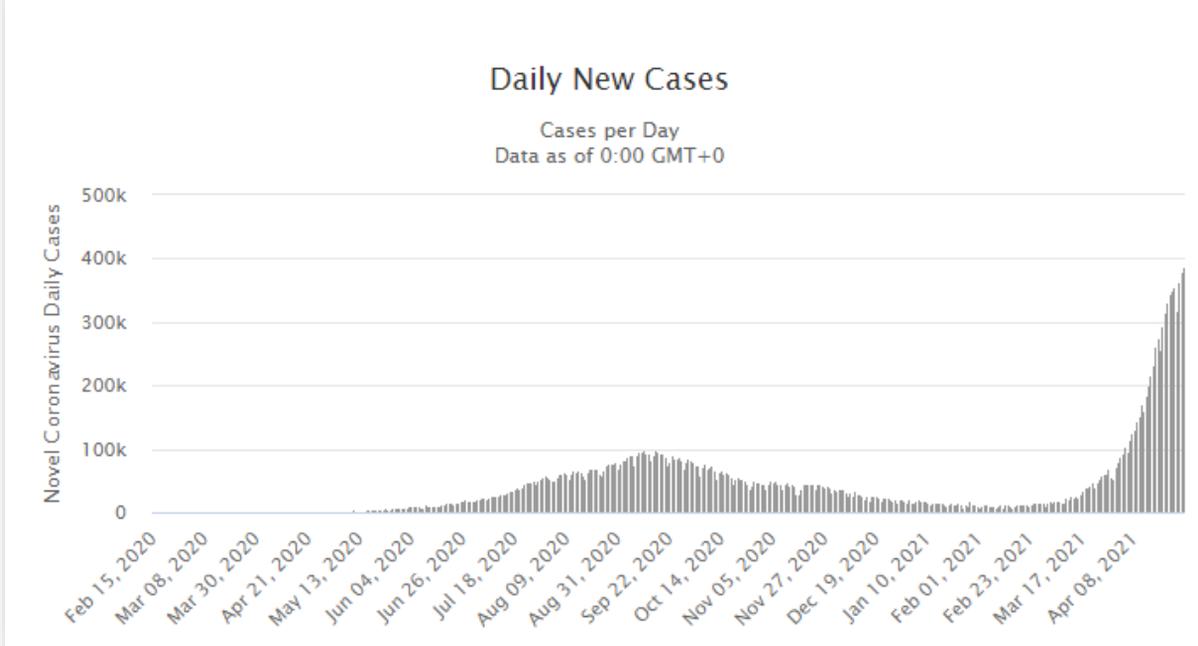
- Edition 1 (April 2020)
- Edition 2 (May 2020)
- Edition 3 (Aug 2020)

India is fighting to overcome the Pandemic with Vaccination. The data goes as below,



Source: Worldometer as on 30-04-2021

Daily New Cases in India



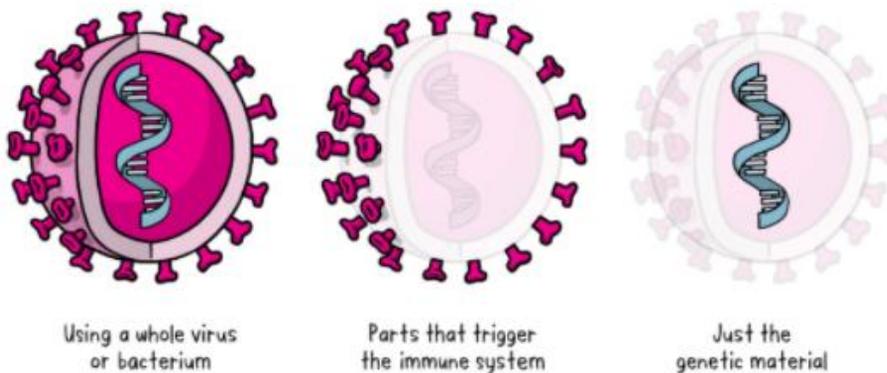
Source: Worldometer as on 30-04-2021

COVID-19 Vaccine: Quick Bytes

1. There are three main approaches to making a vaccine:

- Using the whole virus
- Parts that trigger the immune system
- Just the genetic material

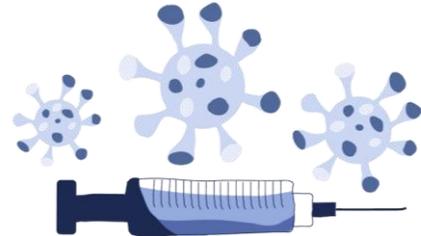
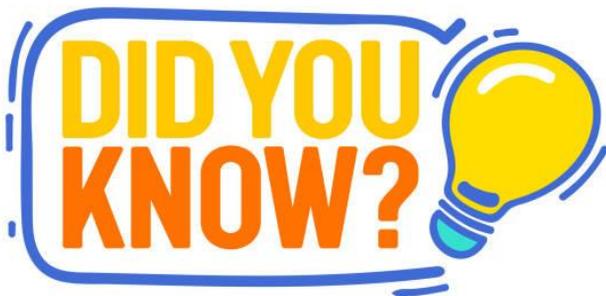
There are three main approaches to making a vaccine:



2. Basic Difference between Covaxin and Covishield

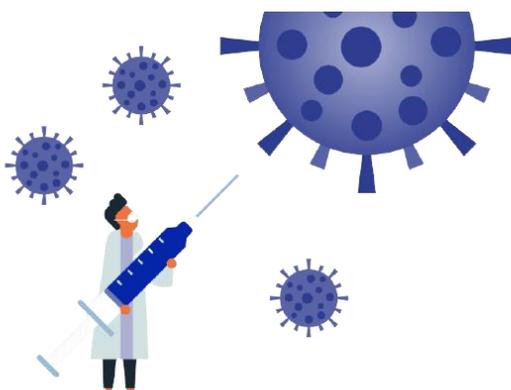
COVAXIN	VS	COVISHIELD
DEVELOPED BY BHARAT BIOTECH ICMR		DEVELOPED BY SERUM INSTITUTE OF INDIA
VACCINE TYPE INACTIVATED		VACCINE TYPE NON REPLICATING VIRAL VECTOR
EFFICACY N/A		EFFICACY DCGI: 70.42% overall
STORAGE TEMPERATURE 2-8 DEGREES CELSIUS		STORAGE TEMPERATURE 2-8 DEGREES CELSIUS
DOSES TWO DOSES (0,14 DAYS)		DOSES TWO DOSES (GAP OF 2.5 TO 3 MONTHS)
INDIA AVAILABILITY FIRST HALF 2021		INDIA AVAILABILITY ADAR: EXPECT FIRST BATCH IN 7-10 DAYS
PRICE NOT DECIDED		PRICE ₹200/DOSE TO GOVT ₹1000/DOSE FOR PRIVATE MARKET

Source: Worldometer as on 30-04-2021

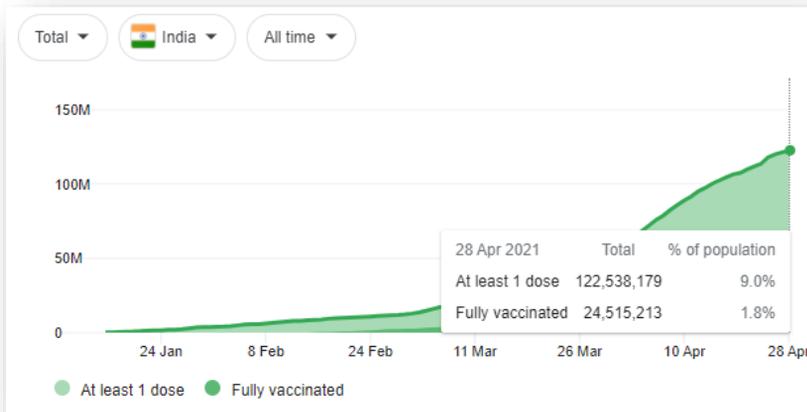


Did you know?

Covishield and Covaxin vaccines have been found to be most suited for India as they require to be kept at 2-8 degree Celsius. This makes transport and local storage of both Covid-19 vaccines safe and easy for all parts of the country.



3. Vaccination Status in India (till date)



Source: Our world in data, as on 30-04-2021

4. Side Effects of COVID-19 Vaccine

side effect vs. illness symptoms

Likely post-vaccine side effect	Possible onset of illness
 Fever lasting less than 24-48 hours	 Cough
 Fatigue	 Shortness of breath
 Headache	 Sore throat/ runny nose
 Chills	 Change in smell/taste
 Muscle or joint pain	 Fever lasting longer than 24-48 hours

If the COVID-19 vaccination side effects persist for more than two days from start, or start more than three days after vaccination, isolate and schedule a viral test.

References:

1. Clinical management of severe acute respiratory infection (SARI) when COVID-19 disease is suspected. World Health Organization (WHO). Interim guidance. March 13, 2020.
2. Worldometer statistics on Corona Virus. Online access: <https://www.worldometers.info/coronavirus/country/india/> . Last reviewed on 30-04-2021.
3. Our World in data. Online access: https://www.google.com/search?rlz=1C10KWM_enIN885IN885&q=covid+vaccin+statistics&si=AHBsk9v6OXPQpCNzgJbkX9hOL9kRxf3WxxLT43GRlgww_bisAW_3lp8H-g42JyB35RtZgP3S_OrUtqxYeR534pLlxUgGizDk33x1dMTIyMd25OGkUGr01HrFeV9M3D4vZHMtIXGH45f_sX_GHVk4CQD2Cfo9ca30qgHmFbE8_9cKxCG3jCYVUOBGkylA8dXoV_kw7t3ZVm3&sa=X&ved=2ahUKewjmyNH11KXwAhVGb30KHZ9KDOUQzrYHegUIBhCJAg. Last reviewed on 30-04-2021.
4. Online access: <https://timesofindia.indiatimes.com/india/how-indias-4-vaccine-frontrunners-will-help-you-fight-off-coronavirus/articleshow/80129908.cms> . Last reviewed on 30-04-2021.
5. World Health Organization. Online access: <https://www.who.int/news-room/feature-stories/detail/the-race-for-a-covid-19-vaccine-explained> . Last reviewed on 30-04-2021.



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Research Analyst
CIPACA

Challenges in Recruiting in times of COVID-19: An Overview

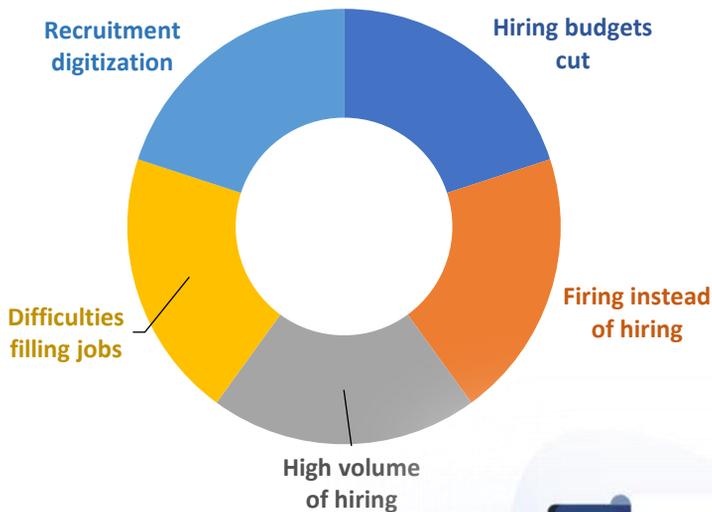
This global coronavirus pandemic has completely disrupted people's daily lives. It has obstructed the hiring plans for employers all over the world. Many employers are pausing their hiring plans until they see how the situation will evolve. Some of them have no choice but to shut down their business and fire their employees.

On the other hand, some industries, such as health care and logistics, are facing a sudden need for a huge number of new employees.



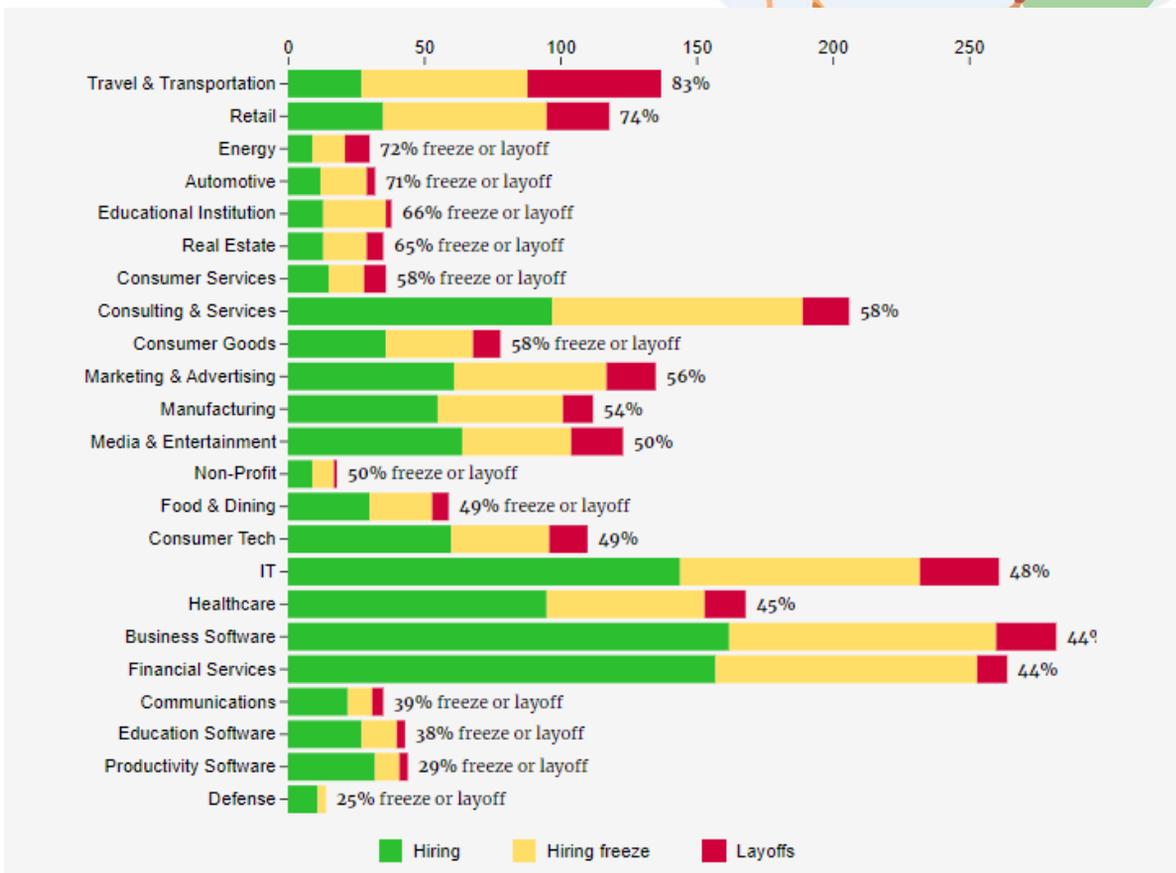
Recruiting in time of COVID-19: Key challenges

Here are the 5 key recruitment challenges caused by coronavirus pandemic:



1. Firing instead of hiring:

According to recent research from global risk management and advisory firm Willis Towers Watson, 42% of surveyed organizations have frozen or reduced hiring. Instead of hiring new employees, they are forced to fire their existing employees due to the coronavirus crisis.



2. High volume hiring:

While the coronavirus crisis is fatal for the industries such as tour and travels, entertainment and recreation industries etc, on the other hand it offers a sudden opportunity for certain other industries. Some companies are in need of additional workforce in order to support the growing need for their services. Postings for work at hospitals and other health-care jobs have also risen by 35%, according to LinkedIn's report.



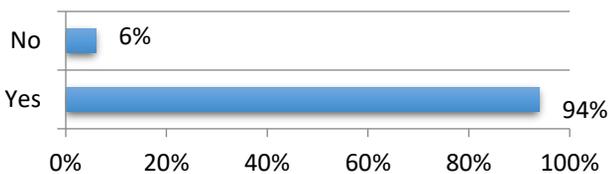
3. Difficulties filling jobs:

Many of the recruiters are facing the ongoing challenge of filling the existing open positions, especially those that were already hard to fill before the coronavirus pandemic.

4. Digitization of recruitment

The coronavirus pandemic outbreak has completely changed the way we live and work. Offices are closed and we are all working from home - remotely. HR professionals and recruiters who want to survive this crisis have adapted to digital means of recruitment and manpower management as a whole.

Digital Impact on Recruitment during Pandemic



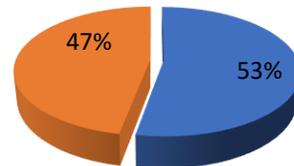
5. Hiring budgets cut

Most of the recruiters and HR have cut down on their recruitment budgets into half.

The COVID-19 pandemic has caused unprecedented upheaval across the world. Everything from the simplest task (grabbing a cup at your favorite coffee shop), to complex decisions (how and when should your company adapt new hiring strategies), has become a challenge. But as every cloud has silver lining, there's always a solution to every problem, no matter how complex and complicated it seems.

We, at CIPACA, are too tackling the growing suppressed need to fill in increased vacancies as our ICUs get flooded with the shortage of manpower every now and then. By connecting through recruitment portals and taking full advantage of digital optimization, we are doing our best to fill in the gaps created every now and then.

According to WaveTrackR's report, there was a 47% reduction of applications on average across all industries In February 2020



Mrs. Shireesha S
Human Resource Manager
CIPACA

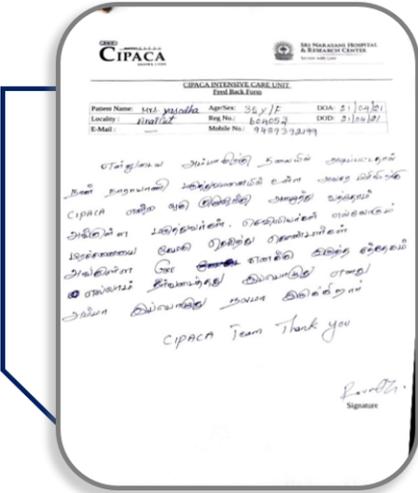
Mr. Michael Stevenson
B.Com
Assistant Manager - Talent Acquisition
CIPACA

Mrs Harini K
MSW
Senior Human Resource Executive
CIPACA

Ms. Pooja K
MA (HR)
Intern
CIPACA

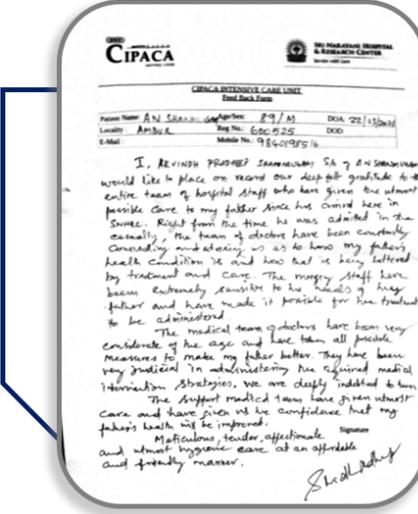
Happy Patients make us happy too!

“Saving a life in emergency” is the most noble service in the world.
and
“Saving every single life in emergency” is our dream.



Smt. Yasodha

“All doctors and nurses have been very attentive towards my mother and have given thorough treatment. The Guest Relations Executive has solved all my queries from time to time for which I extend my heartiest gratitude to the entire team.”



Mr. A.N. Shanmugam

“The medical team has given utmost care and have given us the confidence that my father’s health will be improved. Tender, meticulous, affectionate and utmost hygiene care at an affordable and friendly manner”





CIPACA
Sri Sankar Hospital
FEEDBACK FORM
SRI SANKAR HOSPITAL
CIPACA INTENSIVE CARE UNIT

PATIENT'S NAME: Mr. Subramani AGE: 65 YRS DATE: 20/10/21
ADDRESS: Street 1, Madhavai, (near colony) Madhavai, Anna Salai, Chennai - 600 015

මම මාගේ මවගේ මරණයට පත්වීමට වැළැක්වීමට සහතික කරමිනි. මාගේ මවගේ සුවය සඳහා ඔබගේ වෛද්‍ය සේවාවන් සඳහා මම ඉතාමත්ම ස්තූතියාය. ඔබගේ වෛද්‍ය සේවාවන් මාගේ මවගේ ජීවිතයට ඉතාමත්ම වැදගත් විය. මම ඔබගේ වෛද්‍ය සේවාවන් සඳහා ඉතාමත්ම ස්තූතියාය. ඔබගේ වෛද්‍ය සේවාවන් මාගේ මවගේ ජීවිතයට ඉතාමත්ම වැදගත් විය. මම ඔබගේ වෛද්‍ය සේවාවන් සඳහා ඉතාමත්ම ස්තූතියාය.

S. Subramani
SIGNATURE

Mr. Subramani

“Thank you for making my father feel better again. I express my heartfelt gratitude to the entire team for giving him quality patient care.”



CIPACA
SRI SANKAR HOSPITAL
CIPACA INTENSIVE CARE UNIT
SRI SANKAR HOSPITAL
FEEDBACK FORM

PATIENT NAME: Smt. Muthammal AGE: 65 YRS DATE: 20/10/21
ADDRESS: Street 1, Madhavai, (near colony) Madhavai, Anna Salai, Chennai - 600 015
E MAIL: muthammal@cipaca.com

මාගේ මවගේ ජීවිතයට වැදගත් වූයේ ඔබගේ වෛද්‍ය සේවාවන්ය. ඔබගේ වෛද්‍ය සේවාවන් මාගේ මවගේ ජීවිතයට ඉතාමත්ම වැදගත් විය. මම ඔබගේ වෛද්‍ය සේවාවන් සඳහා ඉතාමත්ම ස්තූතියාය. ඔබගේ වෛද්‍ය සේවාවන් මාගේ මවගේ ජීවිතයට ඉතාමත්ම වැදගත් විය. මම ඔබගේ වෛද්‍ය සේවාවන් සඳහා ඉතාමත්ම ස්තූතියාය.

M. Muthammal
SIGNATURE

Smt. Muthammal

“The night shift doctors and nurses have been extremely diligent in giving proper care to my mother who has now recovered from the brink of critical condition. I am thankful to the medical team for their support and services.”





“The sense of language has also been strengthened by reciting more”.

A **Recitation** in general sense is the act of reciting from memory or a formal reading of a verse or other writings before an audience. Recitation actually means recreation of poems.

According to a famous educator, **Wei Shusheng**, “The sense of language has also been strengthened by reciting more”. Recitation is one of the most important & effective modes of learning a language & appreciating a piece of literature.



Master Jignesh Raju (studying in 3rd standard at Sri Jadavbai Nathmal Singhvee Jain Matriculation Hr. Sec. School) son of Mr Raju, Unit Coordinator at Retteri Sri Kumaran Health Centre, Retteri is an amazing reciter! At such a young age, he has won Tamil and English recitation competitions. We wish him all the best and pray that his recitation skills can bloom more beautifully in the coming years.



Human life is the most precious gift bestowed on earth. And we take every attempt to safeguard the well-being of human life.

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We are very happy to plant our very first **Tree of Life** on **15th April 2021** across 5 of our ICUs

Each leaf on the enchanting tree will represent our patients who recover. And every time one of our patients recovers, we add a new leaf with their name.

As each of our **Trees of Life** grows greener and greener, so does our steadfast duty to saving lives. It will attest to our ceaseless efforts in emergency services and saving lives.



Sumathy Hospital, Villupuram



Rajarajeswari Hospital, Dindigul



Sree Kumaran Multispecialty Hospital, Oddanchatram



Retteri Sri Kumaran Health Centre, Retteri



Sri Lakshmi Narayana Institute of Medical Sciences, Puducherry





**THE MOST SOCIALLY
RESPONSIBLE
ORGANIZATION**



Corporate Office

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