

CARE BANJARA TIMES



ISSUE 15
APRIL 2026

Exclusive Updates | Inspiring Stories | Healthcare Innovations

Holding the Beat of Life: A Day in the Life of a Perfusionist at CARE Hospitals, Banjara Hills

Page No.: 31&32



TABLE OF CONTENTS

01 **Beyond Growth: Creating Impact Through Every Connection**
JP Kharbanda

02 **BEYOND THE BEDSIDE**
Dr. B. Ravinder Reddy

03-22 **PUBLICATIONS**
Dr. Johann Christopher | Dr. B. Ravinder Reddy |
Dr. Manjula Anagani | Dr. SK Jaiswal | Dr. Shashank Jaiswal |
Department of Cardiac Critical Care |
Department of Vascular & Endovascular Surgery

23&24 **MEDICAL PERSPECTIVE**
Dr. Johann Christopher

25 **HARMONY IN HEALING**

26 **WELLNESS & LIFESTYLE**

27&28 **MEDICO LEGAL - 07**
Prof. (Dr) S.V. Joga Rao

29&30 **MEDICAL CLOWNING**

31&32 **A DAY IN THE LIFE**
CT OT Perfusionists

33&34 **ECMO PROGRAM**

35 **TID BITS**

EDITOR-IN-CHIEF

Dr. B. Ravinder Reddy

EDITORIAL BOARD

Dr. Ajit Singh
Dr. S Rahul Agarwal
Dr. Bhavani Prasad
Dr. K C Misra

DESIGN & CONTENT TEAM

Martina Sequeira
Mounika S
Shalini Bera

Beyond Growth: Creating Impact Through Every Connection

At CARE Hospitals, Banjara Hills, every milestone we achieve is a reflection of a larger purpose—making quality healthcare more accessible, building lasting relationships, and creating meaningful impact in the communities we serve. While numbers often indicate growth, it is the trust of our patients, partners, and stakeholders that truly defines our success.

The past month has been a testament to the strength of collaboration and the power of patient-centric healthcare. Through focused outreach initiatives, strategic partnerships, health awareness programmes, and engagement activities, we have continued to strengthen CARE Hospitals' presence across diverse communities and healthcare ecosystems.

Our commitment to taking healthcare beyond hospital walls remained unwavering. Through health camps, awareness programmes, corporate engagements, and community outreach initiatives, we connected with thousands of individuals, encouraging preventive healthcare and timely medical intervention. Each interaction reaffirmed our belief that awareness and accessibility are as important as treatment itself.

At the same time, our dedicated medical teams continued to set new benchmarks in clinical excellence. From managing complex cases with exceptional outcomes to embracing advanced technologies and innovative treatment approaches, CARE Hospitals, Banjara Hills continues to reinforce its position as a trusted destination for tertiary and quaternary healthcare.



JP Kharbanda

Unit Head – Sales & Marketing
CARE Hospitals, Banjara Hills,
Hyderabad

What makes these achievements even more meaningful is the collective effort behind them. Our Sales & Marketing team, referral relationship managers, corporate business teams, international patient coordinators, emergency response teams, and support staff work tirelessly to build bridges between patients and healthcare services. Their efforts ensure that every patient seeking care can access the expertise and compassion that CARE Hospitals is known for.

Healthcare today is evolving rapidly, and so are the expectations of patients. As healthcare leaders, our responsibility extends beyond promoting services—it is about creating awareness, fostering trust, strengthening partnerships, and ensuring that world-class healthcare reaches those who need it most.

As we move forward, our focus remains clear: to expand our impact, deepen our relationships, and continue delivering value through innovation, accessibility, and compassionate care. Together, we will continue to build an ecosystem where healthcare is not merely a service, but a promise of hope, healing, and trust.

Beyond the Bedside - Celebrating Our Culture of Inquiry.

Healing is an amazing art! It stems and blossoms from sound scientific principles and evidence-based interventions. All the guidelines we adhere to, every protocol we follow, every medication we prescribe, and every surgical technique we employ exists because someone, somewhere, asked - "Is there a better way?"

This month, we are dedicating our newsletter to the wonderful professionals of our institute, who are asking—and answering—that exact question. The issue depicts some of the publications by our renowned staff.

We all know the reality of working in a tertiary hospital, such as ours. The working hours, which begins very early at the first light of dawn, extend late into the dusk. The physical and emotional aspects are constant and can be heavy. The end of such long days makes going home and resting a notion of not just "what the doctor ordered", but a much-needed bliss. Yet, remarkably, so many of our passionate professionals make time and infuse a sense of enthusiasm to review their data, analyse their results, and compare it to the established standards. Their academic commitment enables the exhaustive and rigorous analysis, and to submit to the established process of peer-reviews.

The pursuit of excellence doesn't stop when the submission is closed. The obsession for academics continues to another topic, another issue and another project.

The academic publications authored by our staff represent a profound commitment not just to our current patients at our institute, but to the future of medicine itself. Whether it is a groundbreaking clinical trial, a clinical guidance, a deeply researched case study, a book chapter, editing a medical textbook, or undertaking a systematic review, all of these endeavours redefines standards of quality care. Such pursuits prove that we don't just follow best practices at Care Hospital, Banjara Hills — we help write them!

In our institute, there is a powerful synergy between clinical practice and academic research, backed by a very active ethics committee, and very supportive administrative staff. The questions our staff explore in their various academic articles, from different disciplines, are born directly from the challenges we, as clinicians face in our day-to-day practices, on our wards and in our outpatient clinics. In turn, the insights they publish flow right back to the bedside, elevating the standard of care for our entire community, and the world over!



Dr. B. Ravinder Reddy

Editor-in-Chief

When one of our own publishes a paper (and there are so many such erudite professionals, as is evident in this issue), it elevates our entire institution to the exalted platform of academic brilliance. It attracts top-tier talent, inspires our residents and students, and reassures our patients that they are being cared for by esteemed and established leaders in their respective fields.

The entire editorial team takes this opportunity to congratulate our celebrated colleagues.

Publication name:

Retrospective Observational Electronic Medical Records-based Real World Study to Assess the Prevalence and Treatment of Dyslipidemia in Indian Patients

When & Where it was published:

November 2025, Journal of the Association of Physicians of India (JAPI), 73(11):30-32

Summary:

This massive real-world study analyzed electronic medical records of over 7.7 million adult Indian patients to evaluate the prevalence and treatment patterns of dyslipidemia. The study revealed a high prevalence of dyslipidemia (19.6%), frequently accompanied by comorbidities like diabetes and hypertension, and highlighted that while statins successfully reduced bad cholesterol, many high-risk patients remained undertreated relative to recommended international guidelines.

Publication name:

Idiopathic pulmonary vein thrombosis: an under-recognized source of embolic stroke

When & Where it was published:

August 2024, Practical Neurology (BMJ Journals), 25(2):pn-2024-004244

Summary:

This clinical paper sheds light on idiopathic pulmonary vein thrombosis as a rare but crucial and frequently overlooked source of embolic strokes. It highlights the diagnostic challenges of this condition in patients without obvious predisposing risk factors and emphasizes the vital role of advanced cardiac/thoracic imaging in ensuring prompt detection and early anticoagulation therapy to prevent recurrent strokes.

Publication Name:

Navigating Choices: A Questionnaire-based Study on Usage of Antiplatelet Therapies in Management of Acute Coronary Syndrome in India

When & Where it was published:

June 2024, Indian Journal of Clinical Practice (IJCP), 34(12):14-20



Dr. Johann Christopher

Sr. Consultant - Interventional Cardiology and Director of Cardiac Imaging

Publication name:

Role of Nuclear Medicine in the Evaluation of Cardiomyopathies

When & Where it was published:

August 2024, Journal of The Indian Academy of Echocardiography & Cardiovascular Imaging, 8(2):134-143

Summary:

This comprehensive review outlines the pivotal and evolving role of nuclear medicine imaging modalities, such as SPECT and PET scans, in managing cardiomyopathies. It details how these advanced molecular imaging techniques offer critical, non-invasive insights into myocardial perfusion, metabolic activity, and tissue characterization—ultimately driving more precise risk stratification and tailored treatment strategies for complex heart failure patients.

Summary:

This cross-sectional, pan-India study surveyed 136 cardiologists to map real-world prescription choices regarding dual antiplatelet therapy (DAPT) for Acute Coronary Syndrome (ACS) patients. The findings highlighted that 54% of physicians favor a combination of ticagrelor and aspirin post-procedure, while emphasizing that key clinical variables like age, hemoglobin levels, and bleeding history remain critical in personalizing long-term treatment strategies.

Publication name:

INOCA Management Consensus: Perspectives and Insights from Indian Clinicians at the Forefront of Cardiology Care

When & Where it was published:

December 2023, Indian Heart Journal, 75:S16

Summary:

This consensus paper establishes a tailored clinical roadmap for managing Ischemia with Non-Obstructive Coronary Arteries (INOCA) within the Indian healthcare context. It provides expert insights on standardizing diagnostic criteria, optimizing multi-modality evaluation, and personalizing medical therapies to address the unique risk profiles and clinical trajectories seen in Indian cardiology patients.

Publication name:

Clinical Decision Pathway for the Use of Fondaparinux in the Management of Acute Coronary Syndrome (ACS) in Hospitals with and Without Catheter Laboratories: An Expert Opinion from India

When & Where it was published:

April 2023, Cardiology and Therapy, 12(3), DOI:10.1007/s40119-023-00312-x

Summary:

This expert consensus provides a practical, structured decision pathway for using the anticoagulant Fondaparinux to manage Acute Coronary Syndrome (ACS) across different healthcare tiers in India. It offers clear, distinct guidance for optimizing patient safety and antithrombotic efficacy in both advanced tertiary hospitals equipped with catheterization laboratories and resource-limited community hospitals lacking immediate interventional facilities.

Publication name:

1785-PUB: Dyslipidemia Management in Patients with the First Acute Coronary Event—A Retrospective Observational EMR-Based RWE Study

When & Where it was published:

June 2023, Diabetes (Journal of the American Diabetes Association), Volume 72 (Supplement 1)

Summary:

This real-world evidence study utilized a massive electronic medical records database to evaluate how cholesterol levels are managed in patients following their very first heart attack or acute coronary event. The findings revealed that a significant majority of these high-risk patients were not meeting their target LDL cholesterol goals despite standard therapy, underscoring a critical need for more aggressive lipid-lowering strategies and stricter guideline adherence in clinical practice to prevent recurrent cardiac events.

Publication name:

A Rare Association of Patent Ductus Arteriosus (PDA) With Persistent Left Superior Vena Cava (PLSVC) and Unroofed Coronary Sinus (UCS) Terminating Into Left Atrium (LA): A Case Report of an Indian Infant

When & Where it was published:

October 2022, Cureus Journal of Medical Science, 14(10): e30124

Summary:

This clinical case report details an extremely rare cluster of congenital heart anomalies in an Indian infant involving a patent ductus arteriosus coexisting with a persistent left superior vena cava and an unroofed coronary sinus draining directly into the left atrium. The paper emphasizes the critical role of multi-modality diagnostic imaging, such as echocardiography and CT venography, in accurately identifying complex systemic venous anomalies to safely guide surgical planning and prevent severe right-to-left shunting.

Publication name:

Ellis-Van Creveld Syndrome: A Rare Case Report of an Indian Child With Rare Cardiac Anomalies and Normal Intelligence

When & Where it was published:

October 2022, Cureus Journal of Medical Science, 14(10): e29846

Summary:

This clinical case report details a rare presentation of Ellis-Van Creveld syndrome (chondroectodermal dysplasia) in an Indian child presenting with classic skeletal malformations and rare congenital cardiac anomalies, alongside completely preserved normal intelligence. The paper emphasizes the necessity of an early, meticulous multidisciplinary approach combining genetic evaluation, pediatric cardiology tracking, and orthopedic care to optimize long-term clinical management and surgical outcomes.

Publication name:

Predictors of Left Main Coronary Artery Disease in the ISCHEMIA Trial

When & Where it was published:

February 2022, Journal of the American College of Cardiology (JACC), 79(7):651-661

Summary:

This major clinical study from the milestone ISCHEMIA trial evaluates clinical and non-invasive imaging variables to identify predictors of unsuspected left main coronary artery disease. The research provides a crucial risk-stratification framework for identifying these high-risk patients before they undergo routine stress testing, ultimately improving patient triage and timing for anatomical imaging or coronary angiography.

Publication name:

Resurgence of hypertension and cardiovascular diseases in patients recovered from COVID-19: An Indian perspective

When & Where it was published:

June 2022, Journal of Family Medicine and Primary Care, 11(6):2589-2596

Summary:

This comprehensive review examines the alarming post-recovery rise in new-onset hypertension and chronic cardiovascular complications among Indian patients who survived COVID-19. It delves into underlying mechanisms like endothelial dysfunction and persistent inflammation while emphasizing the urgent need for long-term clinical monitoring, proactive screening protocols, and primary care interventions to manage the post-COVID cardiovascular burden in India.

Publication name:

An update on current usage of sglt2-inhibitors in heart failure with reduced ejection fraction: special focus on dapagliflozin

When & Where it was published:

October 2021, Journal of Cardiovascular Disease Research, 12(3):2454-2463

Summary:

This comprehensive review examines the evolving role of SGLT2 inhibitors in treating heart failure with reduced ejection fraction (HFrEF), with a strong emphasis on the clinical benefits of Dapagliflozin. It synthesizes pivotal clinical trial data showing how this class of therapeutic agents shifts metabolic targets to significantly lower cardiovascular mortality, decrease heart failure hospitalization rates, and improve overall quality of life.

Publication name:

Cardiac Magnetic Resonance in Endomyocardial Fibrosis

When & Where it was published:

February 2021, Indian Journal of Clinical Cardiology, 2(1),
DOI:10.1177/2632463620985633

Summary:

This clinical paper demonstrates the critical role of Cardiac Magnetic Resonance (CMR) imaging in diagnosing and evaluation of Endomyocardial Fibrosis (EMF). It highlights how CMR provides superior tissue characterization, precise endomyocardial apical obliteration assessment, and accurate detection of subendocardial late gadolinium enhancement, making it an indispensable non-invasive tool for tracking this restrictive cardiomyopathy.

Publication name:

Congenital isolated unilateral agenesis of pulmonary arteries in adults: case series and review

When & Where it was published:

September 2020, Indian Journal of Thoracic and Cardiovascular Surgery, 37(S1),
DOI:10.1007/s12055-020-01032-w

Summary:

This clinical case series and review examines congenital isolated unilateral agenesis of the pulmonary artery (UAPA) presenting unusually in adult patients. The paper highlights the diverse, non-specific clinical presentations in adulthood—ranging from exertional dyspnea to recurrent hemoptysis—and evaluates the role of non-invasive advanced imaging and tailored surgical or medical management algorithms required to prevent long-term complications like severe pulmonary hypertension.

Publication name:

Imaging of Single Ventricle (Book Chapter)

When & Where it was published:

January 2021, Published in the textbook CT and MRI in Congenital Heart Diseases (pp. 385–411), Springer Singapore. DOI: 10.1007/978-981-15-6755-1_17

Summary:

This authoritative textbook chapter provides a comprehensive guide on utilizing advanced imaging modalities, specifically Computed Tomography (CT) and Magnetic Resonance Imaging (MRI), to evaluate complex single-ventricle congenital heart defects. It details critical protocols for precise anatomical assessment, volume tracking, and flow quantification, which are vital for pre-surgical planning and the long-term post-operative management of patients undergoing multi-stage Fontan palliation.

Clinical Guidelines – Panel Member

ESPEN Guidelines on Clinical Nutrition in Surgery

Publication:

European Society of Parenteral and Enteral Nutrition (ESPEN) – Guidelines on Clinical Nutrition in Surgery

Published In:

Clinical Nutrition, Volume 53 (2025), Pages 222–261

Published: October 2025

Summary:

This guideline provides evidence-based recommendations on nutritional assessment and perioperative nutritional support in surgical patients. It focuses on improving recovery, reducing complications, and enhancing outcomes through optimized clinical nutrition practices.

Practice Guidelines for Enteral Nutrition Management in Dysglycemic Critically Ill Patients

Publication:

Indian Journal of Critical Care Medicine

Published: 2019 | Volume 12 | Pages 594–603

Summary:

The publication outlines structured enteral nutrition strategies for critically ill patients with abnormal blood glucose levels. It emphasizes balancing nutritional requirements while maintaining optimal glycemic control in ICU settings.

Consensus on Medical Nutrition Therapy for Diabetes (CoMeND) in Adults: A South Asian Perspective

Publication:

Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy

Published: 2021 | Volume 14 | Pages 1703–1728

Summary:

The publication discusses nutrition-based management strategies for “diabesity,” the coexistence of diabetes and obesity. It provides region-specific recommendations tailored to South Asian populations focusing on diet, lifestyle modification, and metabolic health.

PUBLICATIONS



Dr. B. Ravinder Reddy

Sr. Consultant - Gastroenterology – Surgical,
General Surgery

Consensus-based Recommendations for Optimizing Perioperative Nutritional Support and Muscle Health in Major Surgery in India

Publication:

Frontiers in Nutrition

Published: 2025 | Article 1538161 | PMC 2025

Summary:

This consensus document presents expert recommendations for improving nutritional status and muscle health before and after major surgery in Indian patients. The paper highlights the role of perioperative nutrition in faster recovery and reduced postoperative complications.

Evidence-based Recommendations for Addressing Malnutrition in Health Care: An Updated Strategy from the feed M.E. Global Study Group

Publication:

Journal of the American Medical Directors Association (JAMDA)

Published: 2014 | Volume 15, Issue 8 | Pages 544–550

Summary:

This global study group publication highlights strategies for identifying and managing malnutrition in healthcare settings. It stresses early nutritional intervention and multidisciplinary care to improve patient outcomes and recovery.

WHO Technical Consultation on Hospital Nutrition Practices in South-East Asia

Publication:

World Health Organization (WHO) & Institutional Repository for Information Sharing (IRIS)

Published: 30 November 2010

Summary:

This WHO consultation focused on improving hospital nutrition practices across South-East Asia. The report discusses policies, nutritional standards, and strategies to strengthen patient nutrition care in hospitals.

Oral Fluids, Electrolytes and Energy Management in Various Adult and Geriatric Illnesses Beyond Diarrhea: An Indian Expert Panel Delhi Consensus Recommendations

Publication:

Journal of Association of Physicians of India (JAPI)

Published: June 2024 | Volume 74, Issue 5

Summary:

This expert consensus publication provides recommendations on fluid, electrolyte, and energy management in adult and elderly patients with non-diarrheal illnesses. It emphasizes hydration strategies and nutritional optimization in clinical care.

Association of Physicians of India Expert Recommendations on Oral Fluid, Electrolytes, and Energy Management during Transition Care and Discharge for Hospitalized Patients with Nondiarheal Illness

Publication:

Journal of Association of Physicians of India (JAPI)

Published: June 2024

DOI: 10.59.5556/japi.72.0571

Summary:

The publication focuses on nutritional and hydration management during patient transition care and hospital discharge. It highlights the importance of maintaining electrolyte balance and energy intake to support recovery and reduce readmissions.

Book Editors

Textbook of Critical Care Nutrition

Publication:

JayPee Brothers Medical Publications, India

Published: November 2023

ISBN: 978-93-5696-315-3

Summary:

This textbook provides comprehensive insights into nutritional management in critically ill patients. It covers evidence-based approaches to enteral and parenteral nutrition, metabolic support, and nutrition strategies in intensive care settings.

Nutrition as an Integral Part of Disease Management Publication: KARGER Publication, Switzerland

Published: October 2015

ISBN: 978-3-318-05499-6

Summary:

This publication highlights the importance of clinical nutrition as a core component of disease management across various medical conditions. It emphasizes how nutritional interventions can improve recovery, treatment outcomes, and overall patient care.

Book Chapters

Nutrition in Wound Healing**Published In:**

Principles in Critical Care Nutrition

Published: 2018

ISBN: 9386261022

Summary:

This chapter discusses the critical role of nutrition in wound healing and tissue repair. It highlights the importance of proteins, micronutrients, and metabolic support in improving recovery and reducing complications in critically ill patients.

Evolution, Development and Progress of Parenteral Nutrition**Published In:**

Textbook of Critical Care Medicine

Published: 2023

ISBN: 978-9354653476

Summary:

The publication explores the evolution and advancements in parenteral nutrition practices in critical care medicine. It explains the role of intravenous nutritional support in patients unable to tolerate enteral feeding.

Gut Microbiome in Health and Critical Illness**Published In:**

Textbook of Critical Care Nutrition

Published: November 2023

Publisher: Jaypee Brothers Medical Publications, India

ISBN: 978-93-5696-315-3

Summary:

The publication examines the role of gut microbiota in maintaining health and its alterations during critical illness. It highlights the impact of microbiome imbalance on immunity, inflammation, and patient recovery.

Immunonutrition – Current Status**Published In:**

Textbook of Critical Care Medicine

Published: 2023

ISBN: 978-9354653476

Summary:

This chapter focuses on immunonutrition and its role in enhancing immune function in critically ill patients. It discusses nutrients that help reduce inflammation, improve immunity, and support recovery outcomes.

Immune Responses and Immunometabolism in Health & Sepsis**Published In:**

Textbook of Critical Care Nutrition

Published: November 2023

Publisher: Jaypee Brothers Medical Publications, India

ISBN: 978-93-5696-315-3

Summary:

This chapter explains the interaction between metabolism and immune responses in both healthy individuals and septic patients. It emphasizes the importance of nutritional and metabolic support in managing sepsis.

Probiotics, Prebiotics, Synbiotics and Postbiotics**Published In:**

Textbook of Critical Care Nutrition

Published: November 2023

Publisher: JayPee Brothers Medical Publications, India

ISBN: 978-93-5696-315-3

Summary:

The publication discusses the therapeutic role of probiotics, prebiotics, synbiotics, and postbiotics in improving gut health and immunity. It highlights their clinical relevance in critical care and disease management.

Noncaloric Benefits of Carbohydrates**Published In:** Karger Publishers**DOI:** 10.1159/000381999**Published:** 2015**Summary:**

This publication explores the physiological benefits of carbohydrates beyond energy supply. It discusses their role in metabolic regulation, immune function, and maintaining gastrointestinal health.

Enteral Nutrition: Whom, Why, When, What and Where to Feed?**Published In:** Karger Publishers**DOI:** 10.1159/000382002**Published:** 2015**Summary:**

The publication provides practical guidance on enteral nutrition in clinical care, including patient selection, timing, feeding methods, and nutritional formulations. It emphasizes evidence-based nutrition strategies for critically ill patients.

Publications in Peer-Reviewed International & National Journals**Trends in Surgical Site Infections at a Tertiary Hospital****Published In:** Journal of Medical and Allied Specialities**Published:** 2012 | Volume 2 | Pages 19–22**Corpus ID:** 80238354**Summary:**

This study evaluates the trends and patterns of surgical site infections in a tertiary care hospital. It highlights the importance of infection control measures, early diagnosis, and preventive strategies in improving surgical outcomes.

Effects of Oral Nutritional Supplementation in the Management of Malnutrition in Hospital and Post-Hospital Discharged Patients in India**Published In:** Journal of Human Nutrition and Dietetics (Official Journal of the British Dietetic Association)**Published:** 2014 | Volume 28 | Pages 331–343**DOI:** 10.1111/jhn.12241**Summary:**

This randomized controlled trial assessed the benefits of oral nutritional supplementation in malnourished hospitalized and post-discharge patients. The study demonstrated improved nutritional recovery, clinical outcomes, and patient well-being with nutritional support.

Strategies to Improve Tolerance to Perioperative Enteral Feeding**Published In:** Journal of Medical and Allied Specialities**Published:** 2016 | Volume 6 | Issue 1 | Pages 03–07**Summary:**

The publication discusses practical strategies to improve tolerance to enteral nutrition during the perioperative period. It highlights approaches to reduce feeding-related complications and improve nutritional delivery in surgical patients.

Published: 2018 | Volume 2 | Issue 1**Summary:**

This publication reports a rare case of pacemaker site infection caused by rapidly growing nontuberculous mycobacteria. It emphasizes the importance of early identification and specialized management of uncommon device-related infections.

Pacemaker Site Infection Caused by Rapidly Growing Nontuberculous Mycobacteria (RGM)**Published In:** Biochemical and Biotechnology Research Journal – Wolters Kluwer

Debate on Who Should Lead the Trauma Team: Surgeon or Critical Care Physician?

Published In:

Journal of Medical and Allied Specialities

Published: 2011 | Volume 1 | Issue 2 | Pages 90–92

ISSN: 2231-170X

Summary:

This publication discusses the evolving roles of surgeons and critical care physicians in trauma team leadership. It examines multidisciplinary trauma care models and the importance of coordinated decision-making in emergency management.

Strategies to Improve Tolerance to Oral & Enteral Nutritional Interventions in COVID-19

Published In: Singapore Journal of Gastroenterology

Published: 2020 | Volume 1 | Issue 1

Summary:

This article focuses on nutritional management strategies for COVID-19 patients requiring oral or enteral nutritional support. It emphasizes improving feeding tolerance and maintaining adequate nutrition during critical illness and recovery.

Health Insurance or Subsidy Has Universal Advantage for Management of Hospital Malnutrition Unrelated to GDP

Published In:

Asia Pacific Journal of Clinical Nutrition

Published: 2017 | Volume 26 | Issue 2 | Pages 247–254

Summary:

This study explores the role of health insurance and financial support systems in addressing hospital malnutrition globally. The findings suggest that healthcare coverage positively impacts nutritional care regardless of a country's economic status.

Combined High-Intensity Focused Electromagnetic & Radiofrequency Therapy for Urinary Incontinence & Female Sexual Dysfunction – A Narrative Review & Prospective Clinical Study of 196 Patients

Published In: International Journal of Clinical Obstetrics and Gynaecology

Published: 2026 | Volume 10 | Issue 2 (Part F) | Pages 452–455

DOI: 10.33545/gynae.2026.v10.i2f.2073

Summary:

This publication evaluates the effectiveness of combined High-Intensity Focused Electromagnetic (HIFEM) and Radiofrequency (RF) therapy in treating urinary incontinence and female sexual dysfunction. Based on a prospective clinical study involving 196 patients, the findings showed significant improvement in pelvic floor strength, urinary control, and sexual health with sustained benefits and minimal side effects.

Robotics Assisted Surgery in Gynecology: A Single Centre Experience with the Hugo RAS System in India

Published In: SAGE Journals

Published: March 2025

Summary:

This publication highlights the clinical experience of using the Hugo Robotic Assisted Surgery (RAS) system in gynecological procedures at a single center in India. It discusses surgical outcomes, procedural feasibility, and the growing role of robotic-assisted surgery in improving precision and patient recovery.

Role of Barbed Sutures in Gynecological Surgery

Published In: Times of Gynecology by FOGSI

Published: 2022 | Issue 70

Summary:

This publication discusses the growing use of barbed sutures in gynecological surgeries and their role in improving surgical efficiency. It highlights advantages such as reduced suturing time, better tissue approximation, and enhanced surgical outcomes.



Dr. Manjula Anagani

Padma Shri Awardee, Clinical Director,
HOD - CARE Vatsalya, Woman and
Child Institute, Robotic Gynaecology

Accessory and Cavitated Uterine Mass and Left Ovarian Endometriotic Cyst in Young Infertile Women: A Case Report

Published In: Journal of Cardiovascular Disease Research

Published: 2024 | Volume 15 | Issue 7 | Page 361

Summary:

This case report presents a rare clinical condition involving accessory and cavitated uterine mass associated with a left ovarian endometriotic cyst in a young infertile woman. The publication emphasizes early diagnosis and appropriate surgical management to improve reproductive outcomes.

Immunogenicity and Safety of Quadrivalent and 9-valent Human Papilloma Virus Vaccines

Published In: Human Vaccines & Immunotherapeutics

Published: 2022

Summary:

This study evaluates the immunogenicity and safety profile of quadrivalent and 9-valent HPV vaccines. The findings support both vaccines as safe and effective in providing protection against HPV-related diseases, including cervical cancer.

Multiple Mutations in Exon-2 of Med-12 Identified in Uterine Leiomyomata

Published In: Journal Publication

Published: 2021 | Volume 22 | Issue 3 | Pages 201–209

Summary:

This study investigates multiple mutations in Exon-2 of the MED12 gene in uterine leiomyomata (fibroids). The findings provide important insights into the molecular mechanisms involved in fibroid development and their potential role in targeted treatment approaches.

Uterine PEComa – A Group of Rare Mesenchymal Tumors

Published In: Journal of Minimally Invasive Gynecology

Published: 2020 | Volume 27 | Issue 4

Summary:

This publication discusses Uterine PEComa, a rare mesenchymal tumor of the uterus. It focuses on diagnosis, clinical presentation, and management strategies, emphasizing the importance of early recognition for better treatment outcomes.

Management of Abnormal Uterine Bleeding in Reproductive Period

Published In: academia.edu

Summary:

This publication provides expert recommendations for the diagnosis and management of abnormal uterine bleeding during the reproductive period. It covers evaluation protocols, treatment approaches, and evidence-based strategies for improving patient care and outcomes.

Role of Autologous Bone Marrow-Derived Stem Cells and Platelet-Rich Plasma for Endometrial Regeneration and Repair and Ovarian Rejuvenation

Published In: International Journal of Reproduction, Contraception, Obstetrics and Gynecology

Published: 2021 | Volume 10 | Pages 597–604

Summary:

This publication evaluates the role of autologous bone marrow-derived stem cells and platelet-rich plasma in endometrial regeneration and ovarian rejuvenation. It highlights regenerative therapies as promising options for improving fertility outcomes in selected patients.

Acute Right Lower Limb Deep Venous Thrombosis Due to Pressure from the Large Adenomyotic Uterus – Laparoscopic Management

Published In: International Journal of Reproduction, Contraception, Obstetrics and Gynecology

Published: 2020 | Volume 9 | Pages 4749–4752

Summary:

This case report highlights a rare case of acute right lower limb deep venous thrombosis caused by compression from a large adenomyotic uterus. It demonstrates successful laparoscopic management and the importance of timely intervention in complex gynecological cases.

LNG IUS Post Insertion Troubleshooting

Published In: Journal Publication

Summary:

This publication discusses common complications and troubleshooting strategies following LNG-IUS (Levonorgestrel Intrauterine System) insertion. It focuses on improving patient comfort, minimizing complications, and ensuring effective long-term outcomes.

Autologous Stem Cell Therapy for Congenital Endometrial Aplasia: A Rare Case Report

Published In: Journal Publication

Summary:

This case report highlights the use of autologous stem cell therapy in treating congenital endometrial aplasia, a rare condition affecting fertility. The study demonstrates the potential of regenerative medicine in restoring endometrial function and improving reproductive outcomes.

Primary Amenorrhea

Published In: Obstetrics & Gynecology International Journal

Published: January 2017 | Volume 6 | Issue 1

Summary:

This publication focuses on primary amenorrhea, discussing its causes, diagnosis, and management strategies. It highlights the importance of early evaluation and individualized treatment for improving reproductive health outcomes.

Preliminary Study of Role of Autologous Platelet-Rich Plasma for Endometrial Regeneration

Published In: AAF JRAFM

Published: 2017

Summary:

This preliminary study evaluates the role of autologous platelet-rich plasma (PRP) in endometrial regeneration. The findings suggest PRP as a promising regenerative therapy for improving endometrial thickness and fertility outcomes.

Impact of Hyper Homocysteinemia in Neural Tube Defects

Published In: CATCH TIMES

Published: Issue 4

Summary:

This publication discusses the impact of hyperhomocysteinemia in neural tube defects and its role in fetal development. It highlights the importance of early screening, folate supplementation, and preventive care during pregnancy.

Novel Minimally Invasive Technique of Neovaginoplasty

Published In: Journal of Minimally Invasive Gynecology (JMIG)

Published: June 2019

Summary:

This publication introduces a novel minimally invasive surgical technique for neovaginoplasty. It emphasizes improved surgical outcomes, reduced complications, and enhanced quality of life for patients requiring vaginal reconstruction.

Successful Term Pregnancy Post Laparoscopic Management of Thick Perforate Upper Transverse Vaginal Septum

Published In: International Journal of Reproduction, Contraception, Obstetrics and Gynecology

Published: 2018 | Volume 7 | Pages 3429–3431

Summary:

This case report presents successful term pregnancy following laparoscopic management of a thick perforate upper transverse vaginal septum. It highlights the effectiveness of minimally invasive surgical intervention in restoring reproductive function.

Role of Laparoscopy in Management of Post-abortion Hemorrhage – Case Reports

Published In: Journal of Obstetrics and Gynaecology of India (JOGI)

Published: 2017

Summary:

This publication presents case reports on the role of laparoscopy in managing post-abortion hemorrhage. It highlights minimally invasive surgical approaches for rapid diagnosis, effective treatment, and improved patient recovery.

Autologous Stem Cell Therapy in Congenital Endometrial Aplasia

Published In: BOAJ

Published: June 2016 | Volume 1 | Issue 1 | Pages 1–6

Summary:

This publication explores the use of autologous stem cell therapy in congenital endometrial aplasia. It emphasizes regenerative medicine as a promising approach for restoring endometrial function and improving fertility potential.

A Rare Case Report: Tubo Ovarian Abscess with Mirena

Published In: BOAJ

Published: June 2016 | Volume 2 | Issue 1 | Pages 1–3

Summary:

This case report presents a rare case of tubo-ovarian abscess associated with Mirena insertion. It highlights clinical presentation, diagnosis, and timely management to prevent complications.

Toxoplasmosis – Case Reviews

Published In: Knowledge Academy

Published: 2013 | Issue 3

Summary:

This publication reviews clinical cases of toxoplasmosis, focusing on diagnosis, risk factors, and management. It emphasizes the importance of early detection, especially in pregnancy, to prevent adverse maternal and fetal outcomes.

Calcicheck Case Study

Published In: Newsletter by Novartis

Published: 2013 | Issue 1

Summary:

This case study discusses the clinical application of Calcicheck in evaluating calcium-related disorders. It highlights diagnostic interpretation and management strategies in routine clinical practice.

Use of Plastic Mesh in Pelvic Area: To Risk or Not to Risk?

Published In: Journal Publication

Published: October 2014

Summary:

This publication discusses the benefits and risks associated with the use of plastic mesh in pelvic surgeries. It evaluates safety concerns, surgical outcomes, and patient selection for optimal results.

Impact of Hyper Homocysteinemia on Unexplained Infertility

Published In: CATCH TIMES

Published: Issue 6

Summary:

This publication examines the association between hyperhomocysteinemia and unexplained infertility. It highlights the role of metabolic factors in reproductive health and the importance of targeted evaluation in infertility management.

Multicenter Study of Contraceptive Vaginal Ring (NuvaRing®) in Normal Daily Practice in Indian Women

Author: Pandit SN, Chauhan AR, Dr. Manjula Anagani, Reddy S, Birla A, Ray SK

Published In: Journal of Obstetrics and Gynaecology of India

Published: Volume 64 | Issue 6 | Pages 409–416

Summary:

This multicenter study evaluates the effectiveness, safety, and acceptability of the contraceptive vaginal ring (NuvaRing®) in Indian women. The findings support it as a convenient and effective contraceptive option in routine clinical practice.

Thermal Endometrial Ablation**Published In:** FOGSI FOCUS**Published:** April 2006**Summary:**

This publication discusses thermal endometrial ablation as a minimally invasive treatment for abnormal uterine bleeding. It highlights the procedure's effectiveness in reducing bleeding and improving quality of life in suitable patients.

CHAPTERS PUBLISHED**Role of Robotic Surgery in the Management of Fibroids****Book:** AICOG 2025 Pre Congress–Workshop Manual**Year of Publication:** 2025**Chapter Number:** 6**Summary:**

This chapter discusses the role of robotic surgery in the management of uterine fibroids. It highlights the advantages of robotic-assisted procedures, including improved surgical precision, reduced blood loss, faster recovery, and better outcomes in complex fibroid surgeries.

Neovagina: Techniques, Innovations, and Future Directions**Book:** AICOG 2025 Pre Congress–Workshop Manual**Year of Publication:** 2025**Chapter Number:** 17**Summary:**

This chapter explores various techniques used in neovagina creation, along with recent innovations and future developments in the field. It highlights advancements aimed at improving surgical outcomes and patient quality of life.

Surgery for Endometrioma with Infertility**Book:** FOGSI FOCUS – Endometriosis and Adenomyosis: Newer Updates**Summary:**

This chapter focuses on surgical management of endometrioma in infertility patients. It discusses treatment strategies that balance fertility preservation with effective disease management for improved reproductive outcomes.

Suturing Techniques in Gynecological Laparoscopy**Book:** AICOG 2025 Pre Congress–Workshop Manual**Year of Publication:** 2025**Chapter Number:** 8**Summary:**

This chapter focuses on essential suturing techniques in gynecological laparoscopy. It emphasizes practical methods for improving surgical efficiency, precision, and safety during minimally invasive gynecological procedures.

Premature Ovarian Insufficiency**Book:** Fertility Update**Year of Publication:** 2024**Summary:**

This chapter discusses premature ovarian insufficiency, including its causes, diagnosis, and treatment approaches. It highlights the impact on fertility and the importance of early intervention and personalized care.

Urinary Tract Injuries in Difficult Gynecologic Surgeries**Book:** Urogynaecology Simplified**Chapter Number:** 17**Summary:**

This chapter discusses urinary tract injuries encountered during complex gynecological surgeries. It emphasizes preventive strategies, early recognition, and effective management to reduce surgical complications and improve patient safety.

Progesterone – Answer to Estrogen Dominance

Book: FOGSI FOCUS

Year of Publication: 2014

Chapter Number: 6

Summary:

This chapter discusses the role of progesterone in managing estrogen dominance and related gynecological conditions. It highlights hormonal balance, symptom management, and the importance of individualized treatment strategies.

Adenomyosis Recurrence After Hysterectomy: Causes & Treatment

Book: Clinics of FOGSI – Adenomyosis, Thyroid in Pregnancy

Pages: 95–104

Summary:

This chapter discusses recurrence of adenomyosis after hysterectomy, including underlying causes and treatment approaches. It highlights challenges in diagnosis and management of recurrent symptoms.

Urinary Tract Injuries in Difficult Gynecological Surgeries: Tips and Tricks to Anticipate and Avoid

Book: Urogynecology Simplified

Summary:

This chapter provides practical strategies to anticipate, prevent, and manage urinary tract injuries during difficult gynecological surgeries. It emphasizes surgical planning, anatomical understanding, and early detection for improved patient safety.

Textbook on Fibroids

Publisher: CBS Publishers & Distributors

Edition: 1st Edition

Year of Publication: 2018

ISBN: 9789387085138

Pages: 312

Summary:

This textbook offers detailed insights into uterine fibroids, covering pathophysiology, diagnosis, and treatment approaches. It discusses both

Uterine Malfunction & Role of Hysterectomy

Book: Hysteroscopy Simplified by Masters

Pages: 83–89

Summary:

This chapter focuses on uterine dysfunction and the clinical role of hysterectomy in management. It discusses indications, patient selection, and decision-making in treating complex gynecological conditions.

Ovarian Detorsion

Book: Obst–Gyn Update

Year of Publication: 2017

Summary:

This chapter discusses ovarian detorsion as an important fertility-preserving surgical intervention in adnexal torsion cases. It highlights timely diagnosis and prompt management to improve ovarian salvage and reproductive outcomes.

Measures to Reduce Adhesions Post-Myomectomy

Book: Textbook on Fibroids

Publisher: CBS Publishers & Distributors Pvt. Ltd., New Delhi

Year of Publication: 2018

ISBN: 9789387085138

Chapter Number: 17

Summary:

This chapter focuses on reducing postoperative adhesions following myomectomy to preserve fertility and improve surgical outcomes. It discusses surgical techniques, minimising tissue trauma, use of anti-adhesion measures, and postoperative management strategies to reduce complications and enhance recovery.

medical and surgical management, including advanced minimally invasive, fertility-preserving, uterine artery embolization, and HIFU-based treatment techniques. The book serves as a comprehensive reference for students, gynaecologists, and laparoscopic surgeons.

Publication Name:

Neurological and Psychiatric Manifestations of Vitamin B12 Deficiency: Perspectives from Indian Experts Using the Delphi Methodology

When & Where it was published: May 2026, Journal of The Association of Physicians of India (JAPI), Volume 74, Issue 5, Pages e33–e43

Summary: This nationwide consensus paper utilizes the Delphi methodology to standardize clinical approaches for addressing the widespread neurological and psychiatric burdens of vitamin B12 deficiency in India. It provides a practical roadmap for early detection, comprehensive neuropsychiatric screening, and optimized treatment regimens using injectable and oral methylcobalamin to bridge existing gaps in routine patient care.



Dr. S K Jaiswal

Clinical Director and HOD - Neurology



Dr. Shashank Jaiswal

Consultant - Neurology

Publication Name: Long-term Remission in Juvenile Myoclonic Epilepsy

When & Where it was published: April 2024, Neurology (Official Journal of The American Academy of Neurology), 102(17 Supplement 1): S44.009

Summary: This long-term observational study followed 231 Indian patients with Juvenile Myoclonic Epilepsy (JME) over 5 to 20 years to identify predictors of clinical remission. The findings revealed that despite achieving extended periods of seizure freedom on anti-seizure medications, recurrence rates reached 70% upon medication withdrawal, with the presence of all three major seizure types, praxis-induced seizures, and focal EEG abnormalities acting as strong indicators of poor long-term remission.

Publication Name: Functional Hemispherotomy for Drug Resistant Epilepsy with Hemispherical Polymicrogyria (Book Chapter 7)

When & Where it was published: 2026, Clinical handbook on "What makes this case great: book on Epilepsy

Summary: This specialized neurosurgical chapter outlines the role and clinical efficacy of functional hemispherotomy in managing drug-resistant epilepsy secondary to hemispherical polymicrogyria. It focuses on surgical techniques designed to disconnect the affected cerebral hemisphere while preserving critical pathways, offering a life-changing treatment pathway to achieve seizure freedom in pediatric and young patients.

Publication Name: Neurological and Psychiatric Manifestations of Vitamin B12 Deficiency: Perspectives from Indian Experts Using the Delphi Methodology

When & Where it was published: May 2026, Journal of The Association of Physicians of India (JAPI), 74(5): e33–e43

Summary: This nationwide consensus study uses the structured Delphi methodology to unify clinical practices for managing the silent epidemic of vitamin B12 deficiency in India. The expert panel outlines key diagnostic markers and highlights the effectiveness of subcutaneous methylcobalamin self-administration to optimize adherence and treat neuropsychiatric complications early.

Publication Name:

Tuberculous Aortitis Masquerading as Takayasu Arteritis: A Diagnostic Tightrope in a TB-Endemic Region

When & Where it was Published:

Published in the International Journal of Medical Students (IJMS), Volume 13, Supplement 1, 2025.

DOI: <https://doi.org/10.5195/ijms.2025.3747>

Summary:

This case report highlights the diagnostic challenge of differentiating tuberculous aortitis from Takayasu arteritis in a TB-endemic region. The publication emphasizes the importance of integrating PET-CT findings, inflammatory markers, Mantoux testing, and multidisciplinary clinical judgment to avoid inappropriate immunosuppressive therapy and ensure timely initiation of anti-tubercular treatment.



Dr. Rahul Agarwal S

Sr. Consultant - Cardiac Critical Care Medicine
& Regional Head of Department



Dr. Tooba Fatima Iram

Fellow - Critical Care Medicine

Publication Name:

The Lupus You Didn't See Coming: Secondary Evans Syndrome with Fulminant Autoimmune Myocarditis in a Young Woman

When & Where it was Published:

Published in the International Journal of Medical Students (IJMS), Volume 13, Supplement 1, 2025.

DOI: [10.5195/ijms.2025.4040](https://doi.org/10.5195/ijms.2025.4040)

Summary:

This publication presents a rare and challenging case of fulminant autoimmune myocarditis associated with secondary Evans syndrome in a young woman with atypical lupus presentation. The report highlights the importance of rapid multidisciplinary intervention, careful interpretation of autoimmune serology, and differentiating autoimmune myocarditis from acute coronary syndrome in critically ill patients.

Publication Name:

The Hidden Rhythm: A Rare Case of Isoarrhythmic Sick Sinus Syndrome Defying Chronotropic Expectations

When & Where it was Published:

Published in the International Journal of Medical Students (IJMS), Volume 13, 2025.

DOI: [10.5195/ijms.2025.4045](https://doi.org/10.5195/ijms.2025.4045)

Summary:

This publication presents a rare and under-recognized variant of sick sinus syndrome where preserved chronotropic response challenged the conventional need for pacemaker implantation. The case emphasizes the importance of detailed ECG interpretation, Holter monitoring, and exercise testing in avoiding unnecessary interventions and enabling individualized patient management.

**Doctor Name: Dr. Prem Chand Gupta
(Collaborator)**

Publication Name:

Practice Patterns and Barriers to Vascular Genetic Testing among Vascular Surgeons

When & Where it was published:

Annals of Vascular Surgery, 2024

Summary: This study investigates how vascular surgeons currently utilize genetic testing in their clinical practice. It identifies the primary barriers to widespread adoption and highlights the need for standardized protocols to improve care for patients with genetic vascular conditions.



Dr. P C Gupta

Clinical Director and HOD,
Vascular and Endovascular
Surgery, Vascular IR &
Podiatric Surgery

**Doctor Name: Dr. Prem Chand Gupta,
Dr. Vamsikrishna Yerramsetty**

Publication Name:

Current Concepts in Clinical Features and Diagnosis of Thoracic Outlet Syndrome

When & Where it was published: Seminars in Vascular Surgery, 2024

Summary: A comprehensive review focusing on modern diagnostic pathways and clinical presentations of Thoracic Outlet Syndrome (TOS). It offers clinicians updated insights into distinguishing complex neurological and vascular symptoms for earlier, more accurate diagnosis.

**Dr. Vamsi Krishna
Yerramsetty**

Consultant - Vascular &
Endovascular Surgery



Dr. B. Pradeep

Director, Interventional
Radiology

**Doctor Name: Dr. Vamsikrishna Yerramsetty,
Dr. Prem Chand Gupta**

Publication Name: The Supraclavicular Approach to Decompression of Thoracic Outlet

When & Where it was published: Seminars in Vascular Surgery, 2024

Summary: This surgical paper details the nuances and outcomes of utilizing the supraclavicular approach for thoracic outlet decompression. It underscores the efficacy of this specific anatomical route in relieving debilitating neurovascular compression.

Dr. Mustafa Razi
Consultant - Interventional
Radiology



**Dr. Santhosh
Reddy K**

Consultant - Interventional
Radiology

Dr. Rahul Agarwal

Consultant - Vascular &
Endovascular Surgery



Doctor Name: Dr. Prem Chand Gupta,
Dr. Y. Vamsi Krishna

Publication Name: Short Review of Diagnosis and Revascularization for Thromboangiitis Obliterans

When & Where it was published: Journal of Vascular Surgery Vascular Insights (J Vasc Surg VI), 2025

Summary: A highly relevant regional review focusing on Thromboangiitis Obliterans (Buerger's disease). It consolidates modern diagnostic strategies and aggressive revascularization techniques designed to improve tissue perfusion and prevent amputations.

Doctor Name: Dr. Prem C. Gupta, Dr. Y. Vamsi Krishna

Publication Name: Contemporary Management of Arterial Thoracic Outlet Syndrome

When & Where it was published: Journal of Vascular Surgery Vascular Insights (J Vasc Surg VI), 2025

Summary: This article reviews modern management algorithms for the rarer, high-risk arterial variant of Thoracic Outlet Syndrome. It emphasizes prompt surgical and endovascular interventions necessary to avoid thromboembolic complications and limb-threatening ischemia.

Doctor Name: Dr. Mustafa Razi, Dr. Pradeep Burli, Dr. Prem Chand Gupta

Publication Name: A Narrative Review of Paediatric Peripheral Arterial Aneurysms

When & Where it was published: Journal of Vascular Surgery Vascular Insights (J Vasc Surg VI), 2025

Summary: This narrative review addresses the rare clinical entity of peripheral arterial aneurysms in children. It synthesizes current literature regarding underlying etiologies, distinct clinical courses, and tailored surgical strategies required for young patients.

Doctor Name: Dr. Prem Chand Gupta

Publication Name: Correlation of Imaging Characteristics of Carotid Plaque with Clinical and Histopathological Features and Application of Artificial Intelligence Techniques in Identifying Carotid Disease

When & Where it was published: Indian Journal of Vascular and Endovascular Surgery (IJVES), 2025

Summary: This cutting-edge research bridges traditional imaging with cutting-edge technology by evaluating how artificial intelligence can analyze carotid plaque features. The findings point toward highly automated, precise stroke-risk stratifications for carotid disease patients.

Doctor Name: Dr. Pradeep Burli, Dr. Prem C. Gupta, Dr. Mustafa Razi

Publication Name: Tuberculous Abdominal Aortic Aneurysm: Management and Outcomes

When & Where it was published: Journal of Vascular Surgery Vascular Insights (J Vasc Surg VI), 2025

Summary: Highlighting a critical infectious pathology, this paper presents the clinical presentation, complex medical-surgical management, and survival outcomes of patients suffering from tuberculous abdominal aortic aneurysms.

Doctor Name: Dr. Prem Chand Gupta, Dr. Santhosh Reddy K, Dr. Pradeep Burlu

Publication Name: Role of Pedal Modifiers in Predicting Limb Based Patency in Chronic Limb Threatening Ischaemia After Revascularization

When & Where it was published: Indian Journal of Vascular and Endovascular Surgery (IJVES), 2025

Summary: This research investigates how anatomical pedal modifiers affect long-term blood vessel openness (patency) after revascularization. It assists surgeons in better predicting which chronic limb-threatening ischemia (CLTI) patients will have successful limb-salvage outcomes.

Doctor Name: Dr. Prem Chand Gupta

Publication Name: The International BEST-CLI Collaborative: Next steps to create a coordinated global initiative to improve awareness and access while reducing mortality and amputation for patients with chronic limb threatening ischemia

When & Where it was published: British Journal of Surgery (BJS), 2025

Summary: An international collaborative milestone paper outlining global strategies to fight Chronic Limb Threatening Ischemia (CLTI). It advocates for standardized global care paths, heightened disease awareness, and improved healthcare access to drop worldwide amputation and mortality rates.

Doctor Name: Dr. Prem Chand Gupta

Publication Name: Development of a standardized definition of 'a not option' and 'poor option' for revascularization in chronic limb threatening ischemia

When & Where it was published: British Journal of Surgery (BJS), 2026

Summary: This major consensus paper establishes global definitions for when a patient with severe limb ischemia has "no option" or a "poor option" for surgical revascularization. It provides crucial clarity for clinical trial designs and ethical, end-of-stage treatment decisions.

Doctor Name: Dr. Prem Chand Gupta

Publication Name: Consensus-driven vessel preparation and definitive endovascular treatment strategies for femoropopliteal arterial lesions based on plaque morphology

When & Where it was published: Journal of Vascular and Interventional Radiology (JVIR), 2026

Summary: This expert consensus guidelines paper provides a definitive roadmap for endovascular treatment in the legs based on specific plaque shapes and characteristics. It aids interventionists in choosing optimal vessel preparation tools to maximize procedural success.

Doctor Name: Dr. Prem Chand Gupta

Publication Name: Intravenous Accesses and Devices (Book Chapter)

When & Where it was published: Published in the Textbook of Critical Care Nutrition by Jaypee India with ISCCM, 2026

Summary: This textbook chapter details safe protocols, technical deployment, and complication-management for vital intravenous access lines. It serves as a core clinical guide for providing life-saving parenteral nutrition to critically ill patients.

Doctor Name: Dr. Prem C. Gupta

Publication Name: Limb Preservation in South Asia (Book)

When & Where it was published: Cambridge Scholars Publishing, 2026

Summary: An essential academic textbook specifically addressing peripheral vascular diseases and diabetes-related limb complications unique to the South Asian population. It outlines collaborative clinical frameworks aimed at drastically lowering regional amputation rates.

The New Face of Heart Failure: Understanding HFpEF and Its Evolving Treatment

Heart failure is often associated with a weakened heart that cannot pump effectively. However, there is another, less recognised form of the condition that is equally serious—Heart Failure with Preserved Ejection Fraction.

In HFpEF, the heart's pumping function appears normal, with an ejection fraction of more than 50%. Yet, patients experience classic symptoms of heart failure such as breathlessness, fatigue, swelling, and reduced exercise capacity. This paradox makes HFpEF one of the most challenging conditions to diagnose and manage.

A Silent and Complex Condition

HFpEF is not a single disease but a complex syndrome. It is commonly seen in patients with multiple underlying conditions such as obesity, long-standing diabetes, chronic kidney disease, and atrial fibrillation. These overlapping factors make the patient population highly heterogeneous.

Unlike heart failure with reduced ejection fraction (HFrEF), where diagnosis is more straightforward, HFpEF often goes unrecognised. A normal echocardiogram can be misleading, delaying timely intervention.

Diagnosis relies heavily on clinical judgement—signs such as raised jugular venous pressure, peripheral oedema,

and importantly, elevated biomarkers like NT-proBNP. However, access to such tests can be limited, adding to the challenge.



Dr. Johann Christopher

Sr. Consultant - Interventional Cardiology
and Director of Cardiac Imaging



Despite being underdiagnosed, HFpEF carries a risk of morbidity and mortality comparable to HFrEF. While global data suggests a near-equal distribution, in India, HFpEF remains under-identified—largely due to lack of awareness and active screening.

A New Way to Look at Treatment

The management of HFpEF has evolved significantly in recent years. Rather than relying on a single line of therapy, current treatment focuses on a combination approach—targeting multiple

pathways involved in the disease.

To better understand this, imagine a team of three distinct personalities working together—each with a unique role.

The Suave Executor: Leading from the Front

At the centre of treatment is the confident, efficient leader—the one who drives outcomes and delivers results consistently.

Smooth, dependable, and effective across complex & diverse situations, he is the pillar of the team.

This role is played by SGLT-2 inhibitors such as Dapagliflozin and Empagliflozin. They work across a wide range of patients, are easily accessible, and form the foundation of HFpEF management with a strong guideline support & proven benefits in reducing hospitalisations and improving quality of life.

The Silent Planner: Strength in Support

Next is the more reserved but powerful member of the team—strong, focused, and highly specific in action. He is never alone but only works in concert with the executor. Not one to take the spotlight, but essential when it comes to planning the overall strategy. This is represented by Finerenone. It is used as an add-on therapy, especially in patients with diabetic kidney disease with UACR positive, it targets key pathways like inflammation and fibrosis, enhancing the effectiveness of primary treatment.

The Brainy Strategist: Shaping Long-Term Outcomes

The third member is thoughtful, analytical, and slightly unconventional—someone who focuses on the bigger picture.

Not the leader, but the brain behind the strategy—especially when it comes to focusing on metabolism and weight.

This role is played by Semaglutide. It is particularly beneficial in patients with obesity, it works through the hypothalamus by improving metabolic health, reducing weight, and lowering cardiovascular risk—making it a valuable addition to therapy.

A Combined Approach for Better Outcomes

Together, the trio create a balanced and effective approach to HFpEF:

- A leader that drives core treatment
- A specialist that strengthens and supports
- A strategist that optimises long-term health

This combination addresses not just the heart, but all the associated comorbidities.

Looking Ahead

HFpEF remains a huge diagnostic and therapeutic challenge, but triple therapy in the form of SGLT-2, Finerenone & Semaglutide are transforming the therapeutic & prognostic landscape of heart failure.

Early recognition, combined with a structured, triple-drug approach, can significantly improve outcomes. As research advances and accessibility improves, there is hope that HFpEF will no longer remain a huge challenge.

At CARE Hospitals, Banjara Hills, the focus continues to be on delivering comprehensive, evidence-based care—ensuring that even the most complex cardiac conditions are managed with precision and compassion.

Cancer: Emotional Turmoil & Psychological Intervention

Cancer is a major health problem, with 19.3 million new diagnoses and 10 million deaths worldwide. The scale is overwhelming and doesn't include the experience of living through it.

For many patients, cancer begins with silence. Where everything feels uncertain, where words like “stage” and “prognosis” are not fully processed. That moment often marks the start of psychological distress, something modern medicine is not always equipped to address.

This is where psycho-oncology becomes necessary. It focuses on the emotional and psychological dimensions of cancer, recognizing that the illness is not only fought in the body, but also in the mind. Patients may experience anxiety, depression, and a persistent fear of death or disease progression. Some begin to question their own existence, asking why this has happened and what their life now means. While others withdraw, lose motivation, or feel a gradual loss of hope.

A cancer diagnosis can feel like a disruption, as if life has been forced off its expected path. Psychological support helps patients make sense of this shift. Through methods such as counseling and support groups, patients are given space to express emotions that are otherwise difficult to articulate. These

approaches make it more bearable.

Psycho-oncology also relies on structured assessments to identify distress early. Screening for anxiety, depression, and overall mental status allows healthcare providers to intervene before these issues deepen. This is especially important because many factors contribute to a patient's mental state, including financial stress, isolation, and the pressure of coping with uncertainty.

Dr. Viktor Frankl mentioned in his theory that even in the midst of suffering, people search for meaning. This becomes especially relevant in the context of cancer, where patients are not only coping with physical illness but also trying to understand what their experience signifies. Psycho-oncology allows this process, helping patients rediscover a sense of purpose.

Despite this, psychological care is often overlooked. Clinical systems prioritize treating the tumor, while the patient's emotional well-being remains secondary. Yet, fear, uncertainty, and loss of hope are inherent to the experience itself.



Ms. Rashmi V Aakode
Neuropsychological Consultant

Psycho-oncology addresses this gap. It ensures that care extends beyond physical treatment, acknowledging both the visible and invisible impact of illness. Because treating cancer effectively is about prolonging life and understanding what it means to live through it.

Breakfast as Your First line of Immunity

Innate and adaptive immune systems are governed by nutritional state of an individual. The first meal of the day is the most important one, as it acts a metabolic switch which has a significantly positive impact on the various immune responses. The complex functions of the various specialised immune cells, especially T cells, are governed by their respective nutrient-sensing pathways. The Fasted State: Overnight fasting reduces the levels of glucose and amino acids, which leads to reduction in ATP levels, resulting in an increased AMP-to-ATP ratio. This activates a molecular mechanism called AMPK (AMP-activated protein kinase), which increases fatty acid oxidation and autophagy. Additionally, the activation of hypothalamic-pituitary-adrenal axis, which results in a neuroendocrine response. This unstable state, though mild, results in migration of monocytes and the memory T cells to retreat into the bone marrow to conserve energy. This might compromise the immune function.

Post-Breakfast State: Having a healthy and a timely breakfast increases the levels of glucose, amino acids, and lipids. These changes suppress AMPK and activate another pathway called mechanistic target of rapamycin complex 1 (mTORC1). This pathway is important for T cells functions,

as it increases the protein synthesis. The increase in the levels of chylomicrons, also increases their expansion and differentiation into the highly active effector T cells.

Thus, T cells are very sensitive to nutrient availability, and the post-breakfast metabolic advantage increases the readiness for any subsequent threats. These positive effects persist for many hours, even after these nutrients are cleared from the circulation.

Clinical Implications: Immune cells - their differentiation, expansions and functions are highly dependent on the nutrient availability. Fasting alters the molecular pathways and has the potential to compromise the immune responses. Healthy breakfast, made of adequate macronutrients and micronutrients rapidly increases the nutrient availability, boosts the robustness of protective and effector immune activities.

This is especially important not only in presence of acute

and chronic illnesses, but also to enhance the physiological reserves prior to all the major surgical procedures. Priming T cell and other immune cells readiness and maximising the (protective) inflammatory and immune responses by preventing prolonged fasting, and encouraging timely breakfast, will certainly result in positive clinical outcomes and has the tremendous potential to lengthen healthy aging.

References:

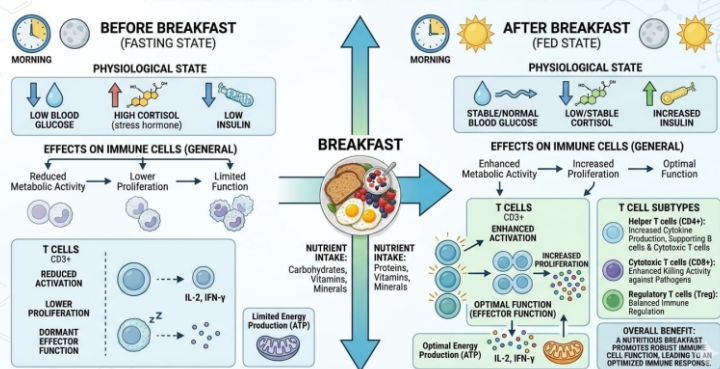
1. Greg M Delgoffe, Alok Kumar, et al. Postprandial lipid metabolism durably enhances T cell immunity. Nature April 2026
2. Jorge Dominguez, Yahya Shorabi, et al. The immune hunger games; the effects of fasting on monocytes. Cellular and Molecular Immunology (Nature) May 2023

Dr. B. Ravinder Reddy

MS, FRCS (Edinburgh),
FRCS (Glasgow)

Gastrointestinal & General Surgeon

OPTIMIZING IMMUNE RESPONSE: THE ROLE OF BREAKFAST ON IMMUNE CELLS.



Criminal Prosecution of Doctors

While medical negligence is often treated as a civil or consumer dispute, certain acts or omissions by healthcare providers may also attract criminal liability. This distinction is crucial, as criminal prosecution involves a higher burden of proof and more severe consequences, including imprisonment, fines, and loss of professional license.

This Column explores when and how doctors can be prosecuted criminally, the relevant legal provisions, and the challenges in pursuing such cases.

When Does Medical Negligence Become a Criminal Offense?

Ordinarily, negligence arises from carelessness or a lapse in professional judgment. However, negligence crosses into criminality when it demonstrates gross negligence, recklessness, or intentional wrongdoing that endangers or causes harm to patients.

Key factors that elevate an incident to criminal liability include:

- **Gross Negligence or Rashness:** Where the doctor's conduct shows a blatant disregard for patient safety—for example, administering a wrong dosage without checking, or performing surgery without proper sterilization.
- **Intentional Harm or Malpractice:** Deliberate acts such as forging reports, covering up mistakes, or prescribing harmful medication.

- **Violation of Statutory or Professional Standards:** Breaching established medical guidelines or laws knowingly, which result in death or serious injury.
- **Acts Endangering Life:** Any negligent or wrongful act that directly causes loss of life, permanent disability, or irreversible damage.

Relevant Legal Provisions

Criminal liability in medical negligence is often framed under the BNS, 2023, including but not limited to:

- **Causing Death by Negligence:** Punishes negligent acts that result in death.
- **Causing Grievous Hurt by Act Endangering Life or Personal Safety:** Applies when reckless acts cause serious injury.
- **Cheating and Dishonest Inducement:** Applicable in cases involving fraudulent claims or malpractice.
- **Professional Misconduct under Medical Council Regulations:** May result in suspension, cancellation of registration, or disciplinary action.

Additionally, provisions from Consumer Protection laws or state medical council rules may overlap, but criminal liability is determined separately based on the degree of negligence.

Burden of Proof in Criminal Cases

Unlike civil cases, criminal prosecution demands proof

beyond reasonable doubt. This means:

- The negligence must be proven to be gross or reckless, not just minor or inadvertent.
- The act must be directly linked to harm or death.
- Expert testimony must establish that accepted standards of care were violated.
- Intentional or reckless disregard must be demonstrable through evidence.

The prosecution must prove that the doctor's conduct amounted to more than an error—it was a severe breach of duty that endangered life.



Prof. (Dr) S.V. Joga Rao

M.L. M.Phil., Ph.D., Advocate and Healthcare Consultant,
Legalexcel Attorneys, Bengaluru,
Formerly Professor of Law, NLSIU, Bangalore.
Max-Planck Fellowship, MPI, Germany

Challenges in Criminal Prosecution

- High Threshold of Proof: Ordinary errors or differences in medical opinion do not constitute criminal negligence.
- Fear of Retaliation: Patients or families may hesitate to pursue criminal charges against doctors due to emotional or financial dependence.
- Professional Solidarity: Medical institutions may shield colleagues, complicating the gathering of evidence.
- Delay in Investigations: Criminal cases are often prolonged, with procedural hurdles and bureaucratic inefficiencies.
- Overlap with Civil Proceedings: A case already under consumer or civil litigation may complicate the initiation of criminal action.

Safeguards for Doctors

To protect themselves from criminal liability, healthcare providers must:

- Follow established protocols and treatment guidelines
- Document every step of diagnosis and care accurately
- Ensure informed consent is obtained and recorded
- Communicate transparently with patients and their families
- Seek second opinions in high-risk or complex cases
- Report adverse events promptly rather than concealing them

Safeguards for Patients

Patients and families pursuing criminal action must:

- Preserve medical records, prescriptions, test reports, and consent forms
- Obtain independent expert opinions before filing charges
- Ensure that complaints are not motivated by misunderstanding or misinformation
- Approach competent legal counsel to navigate procedural requirements
- Be prepared for the emotional and time-intensive nature of criminal proceedings

Judicial Trends

Courts have often emphasized that criminal liability should be imposed cautiously in medical negligence cases. In several landmark judgments:

- Mere error of judgment or unintended complications was held insufficient for prosecution.
- Gross negligence or reckless conduct was treated as the threshold for criminal action.
- Courts balanced the need for patient safety with the protection of medical professionals from unwarranted harassment.
- Hon'ble Supreme Court in Jacob Mathews case mandated that before initiation of investigation, the concerned Police Officer shall obtain specific medical expert opinion from the concerned specialization reflecting that there is prima facie case to

proceed with prosecution.

Without this opinion prosecution cannot be formally launched.

Conclusion

Criminal prosecution of doctors is an exceptional measure, reserved for cases where negligence is so severe that it endangers life or causes death. While patient rights must be protected, courts have repeatedly stressed that criminal liability should not be invoked lightly.

For doctors, adherence to medical standards and transparent care delivery are the best safeguards against criminal prosecution. For patients, understanding the threshold for criminal liability ensures that grievances are pursued appropriately, backed by facts and expert testimony.

In the next issue, we will explore Proceedings before State Medical Councils, focusing on disciplinary actions, professional accountability, and ethical considerations in medical practice.

The Strategic Logic of Laughter: Why Medical Clowning is a High-Yield Investment for Modern Healthcare

Usually, when we talk about medical clowning, we focus on the heartwarming moments - the child who finally eats their meal or the elderly patient who shares a rare laugh. But today, we're looking at the "white coat" side of our work. For a hospital administrator, medical clowning isn't just a social service; it's a strategic tool that improves operational efficiency, boosts the institutional brand, and secures the bottom line.

In today's rapidly evolving healthcare landscape, where competition is fierce and patient expectations are skyrocketing, healthcare clowning has become a smart business move. Here is how it serves the institution behind the scenes.

Driving Operational Efficiency in High-Volume Settings

Many of healthcare facilities deal with incredibly high patient footfall. In such a high-pressure environment, any tool that reduces "procedural friction" is invaluable for maintaining a smooth workflow.

• **Faster Throughput:**

A frightened child or a panicked adult can delay a simple procedure by thirty minutes or more. By de-escalating anxiety in the OPD or pre-op areas, professional clowns help clinical teams stick to their schedules. Faster procedures mean more patients can be treated in a single day, maximizing

the utility of expensive diagnostic equipment and theatre time.

• **Reduced Dependence on Sedation:**

In pediatric wards, even non-invasive tests like MRIs or dressing changes often require mild sedation simply to keep the patient still. With a specialist present to distract and calm the patient, the need for pharmacological intervention drops. This reduces drug costs, eliminates recovery monitoring time, and allows for a faster "turnover" of clinical spaces.

• **Shorter Length of Stay (LOS):**

It's a medical fact that high stress slows down healing. By lowering cortisol levels and improving the patient's psychological state, clowning contributes to quicker recovery. When bed availability is a constant challenge, faster recovery means higher turnover and more revenue-generating capacity for the facility.



Sheetal Agarwal
Founder of Clownselors

Building a Premium Institutional Brand

In a crowded healthcare market, a facility must offer more than just "treatment" it must offer an "experience" that builds trust.

• **Market Differentiation:**

While many private healthcare providers look and feel the same, incorporating a professional clowning program signals that an institution practices "Human-Centric Care." This emotional connection creates deep-seated loyalty. A family that experiences joy during a medical crisis becomes a lifelong advocate for the facility.



- **The "Human" Face of Technology:** While we are all racing to acquire the latest robotic surgery tools and AI diagnostics, clowning adds the "human touch" that prevents the brand from feeling cold or mechanical. This is a powerful Unique Selling Proposition (USP) when reaching out to a modern middle class that prioritizes holistic patient experience.
- **CSR and Philanthropic Magnetism:** Medical clowning is a highly visual and emotional program that is attractive to CSR (Corporate Social Responsibility) partners and individual donors. It provides heartwarming narratives for annual reports and social media, making it easier for the hospital's foundation to secure funding for other charitable wings or infrastructure projects.

- **Impacting the Financial Vitals**

Beyond the smiles, there are measurable financial benefits that impact long-term stability and growth.

- **Patient Satisfaction and Retention:** In an age of online reviews and "doctor-shopping," patient satisfaction is the key to retention. High satisfaction scores, driven by a positive ward atmosphere, lead to better word-of-mouth referrals, which are the most cost-effective form of marketing.
- **Risk Mitigation and Compliance:** One of the biggest challenges in healthcare is patient non-compliance with post-discharge instructions, often due to a lack of trust or high stress during their stay. Clowns act as "trust-builders" between the clinical staff and the family. When a patient feels safe and heard, they are more likely to follow their care plan, reducing the risk of preventable readmissions and complications that can lead to legal or reputational

Conclusion: A Serious Investment in Joy

Medical clowning is not a luxury; it is a non-clinical intervention that supports the heavy lifting done by doctors and nurses. For a forward-thinking administrator, it is a high-yield investment in efficiency, reputation and the bottom line.

By making the ward a less frightening place, we aren't just helping patients, we are helping the entire institution operate at its highest potential. In the business of healing, a red nose might just be the most cost-effective tool in the modern hospital's arsenal.

See you in the hallways!

Holding the Beat of Life: A Day in the Life of a Perfusionist at CARE Hospitals, Banjara Hills

The silent guardians behind every successful heart surgery

At CARE Hospitals, Banjara Hills, where advanced cardiac care is delivered round the clock, there is a team that works quietly behind the scenes—ensuring life continues even when the heart pauses.

In the operating theatre, when the heart is deliberately stopped and the lungs are bypassed, perfusionists take over a role few truly understand, yet one that is absolutely critical.

“When the heart is stopped and lungs are bypassed, we take over—maintaining circulation and oxygenation through the heart-lung machine.”

Where Every Day Begins with Precision

The day at CARE Banjara begins long before the first incision.

Perfusionists arrive early, reviewing patient charts, analysing lab values, and calculating cardiac output and flow requirements. Every step is deliberate, every number matters.

“We prepare the entire cardiopulmonary bypass system in advance—every connection, every parameter is checked before the patient enters the OT.”

A detailed checklist ensures readiness:

- Heart-lung machine functionality
- Circuit integrity and de-airing



- Gas supply and temperature regulation
- Blood availability and backup preparedness

Because in cardiac surgery, preparation is safety.

The Critical Moments No One Sees

During surgery, when the heart is paused, perfusionists at CARE Hospitals, Banjara Hills step in to sustain life.

They operate the heart-lung machine, maintaining circulation, oxygenation, and organ perfusion with absolute precision.

“The most critical moments are initiating bypass, maintaining stable circulation, and safely

bringing the patient off support.”

In highly complex procedures, the responsibility intensifies. “In aortic arch surgeries, we cool the body to 18°C and temporarily stop circulation—while still maintaining blood flow to the brain. These cases can last up to 10 hours.”

When Seconds Define Outcomes

In the OT, time is critical—and often measured in seconds.

Unexpected complications demand immediate action and flawless execution. “We have less than a minute to identify and correct a problem.

Clinical judgement and experience are everything in those moments.”

Whether it’s initiating emergency bypass or managing complications, the response must be instant.

“Beyond a few minutes without circulation, the risk becomes critical. There is no margin for delay.”

A Team That Moves as One

At CARE Banjara, cardiac surgery is a coordinated effort where every team member plays a vital role.

Perfusionists work closely with surgeons, anaesthetists, and nursing teams to ensure seamless execution.

“Clear communication—both verbal and non-verbal—is essential. Every action depends on coordination.”

Trust is at the core of this teamwork.

“Trust is built through consistency and staying calm in high-pressure situations. It directly impacts outcomes.”

The Weight of Invisible Responsibility

Though patients may never meet them, perfusionists carry immense responsibility.

“We work behind the scenes, but every decision we make directly affects the patient’s life.”

The challenge extends beyond technical skill.

“The hardest part is maintaining absolute precision every single time. There is zero margin for error.”

Moments That Make It Worth It

Amid the intensity, there are moments that define the profession.

“Watching the heart start beating again after surgery—that’s the most satisfying moment.”

And the impact can be life-changing.

“When a patient crashes and we initiate bypass quickly—and later see them walk out of the hospital—that stays with you.”

Beyond the OT

After long hours of focus and responsibility, unwinding is simple yet meaningful.

“After a long day, going home and spending time with family helps reset.”

A Message from the Heart

At CARE Hospitals, Banjara Hills, perfusionists remain an integral part of every successful cardiac surgery.

“Cardiac surgery is teamwork. Every department plays a role—but together, we ensure the best outcomes for patients.”

And their guiding principle remains clear:

“Treat every patient like your own—and you will always give your best.”



ECMO in Special Populations: High-Risk, High-Reward Scenarios

When Advanced Life Support Creates a Second Chance at Life

At CARE Hospitals, Banjara Hills, advanced ECMO support is not limited to conventional cardiac or respiratory failure alone. Some of the most challenging ECMO cases involve special populations — critically ill patients where conventional therapies fail, but recovery remains possible with timely intervention and multidisciplinary expertise.

These are often high-risk, high-stakes situations where rapid decision-making, precise patient selection, and coordinated critical care become essential.

Understanding ECMO Beyond Conventional ICU Care

Extracorporeal Membrane Oxygenation (ECMO) is an advanced form of temporary life support that takes over the function of the heart and/or lungs when they are unable to sustain the body adequately despite maximal medical therapy.

In carefully selected patients, ECMO creates a vital “bridge to recovery” — allowing time for organs to heal while maintaining oxygen delivery and circulation.

At CARE Hospitals, Banjara Hills, ECMO support has increasingly been utilised in complex and reversible critical illnesses where conventional treatment alone may not be sufficient.

Post-Partum Cardiomyopathy: Supporting Two Lives at Once

One of the most emotionally challenging ECMO scenarios involves young mothers developing severe heart failure shortly after childbirth.

Post-partum cardiomyopathy can lead to sudden and profound cardiac dysfunction, often progressing rapidly to cardiogenic shock. In these situations, VA-ECMO (veno-arterial ECMO) may provide temporary circulatory support while the heart recovers.

These cases demand:

- Rapid recognition
- Immediate haemodynamic stabilisation
- Multidisciplinary coordination between intensivists, cardiologists, cardiac surgeons, obstetricians, perfusionists, and nursing teams

Timely ECMO initiation can significantly improve survival in carefully selected patients with reversible myocardial dysfunction.

Severe Poisoning & Toxic Cardiac Failure

Certain toxic ingestions and drug overdoses can cause sudden but potentially reversible collapse of cardiac function.

In selected poisoning cases:

- Conventional ventilation and medications may fail
- Severe arrhythmias and refractory shock can develop rapidly



- Young patients may deteriorate within hours

ECMO can temporarily support circulation and oxygenation while the body clears the toxin and organ recovery begins.

These are often time-sensitive decisions where early escalation becomes critical.

Sepsis with Cardiac Dysfunction

Sepsis remains one of the most complex critical care emergencies. In severe cases, overwhelming infection can impair both cardiac function and oxygen delivery, leading to multi-organ instability.

While ECMO is not appropriate for every septic patient, selected individuals with:

- Reversible cardiac dysfunction
- Severe respiratory compromise
- Potential for recovery may benefit from advanced extracorporeal support.

Managing such patients requires:

- Strict infection control
- Continuous haemodynamic monitoring
- Dynamic organ support strategies
- Precise timing of escalation and weaning

Young Patients with Reversible Organ Failure

Perhaps the most rewarding ECMO cases involve younger patients with potentially reversible disease processes.

These may include:

- Fulminant viral myocarditis
- Severe acute respiratory failure
- Sudden inflammatory cardiac syndromes
- Reversible perioperative complications

In these scenarios, ECMO serves as a temporary bridge during the most critical phase of illness.

With meticulous ICU care, rehabilitation, and stepwise recovery protocols, many patients can return to meaningful long-term functional recovery.

Why Timing Matters

One of the most important lessons in advanced ECMO care is that outcomes are strongly influenced by timing.

Delayed referrals after prolonged shock, severe hypoxia, or established multi-organ dysfunction reduce the likelihood of successful recovery.

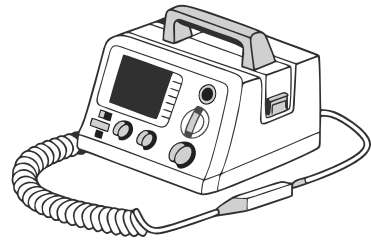
Early recognition, early communication, and structured escalation pathways remain critical in improving outcomes in high-risk populations.

The Human Side of ECMO

Behind every ECMO case is not just technology — but an intense multidisciplinary effort involving:

- Intensivists
- Cardiothoracic surgeons
- Perfusionists
- Cardiac anaesthetists
- Critical care nurses
- Respiratory therapists
- Rehabilitation teams

These situations often involve prolonged ICU stays, difficult family conversations, and minute-to-minute clinical decisions where teamwork becomes the cornerstone of survival.



Advanced Critical Care with Purpose

At CARE Hospitals, Banjara Hills, ECMO support is guided by evidence-based protocols, multidisciplinary decision-making, and careful patient selection.

While ECMO is among the most advanced forms of critical care support available today, its true value lies in identifying the right patient at the right time — especially in special populations where recovery may still be possible against overwhelming odds.

In carefully selected cases, ECMO does more than support failing organs. It creates time, preserves hope, and offers a pathway back to recovery.

Funtastic Facts

- **Publications Reflect Clinical Depth**
Every research paper represents not just data, but years of clinical observation, decision-making, and patient outcomes translated into evidence that can guide global practice.
- **From Case to Contribution**
Many landmark medical insights begin as a single case. When documented and published, individual patient stories contribute to larger clinical understanding and future protocols.
- **Evidence Shapes Practice**
Clinical guidelines across specialties are built on published evidence. What is practiced at the bedside today is often rooted in research conducted years earlier by clinicians across the world.

Murphy's Law: Publications Edition

In academic medicine, Murphy's Law has its own version.

The manuscript you planned to submit quickly will need one last round of data validation. The journal deadline will coincide with your busiest clinical week. And the reviewer will always ask for the one analysis you didn't anticipate.

Yet behind every revision cycle lies a deeper refinement—of thought, data, and clinical clarity.

Innovation

The Evolving Landscape of Clinical Research

Medical publications are no longer limited to traditional study designs. Today, digital tools, large datasets, and collaborative platforms are reshaping how research is conducted and shared.

Artificial Intelligence is now assisting in literature review, data analysis, and even identifying research gaps. Multi-centre collaborations allow faster data collection and more diverse patient representation. Real-world evidence studies are gaining prominence, bridging the gap between controlled trials and everyday clinical practice.

At the same time, journals are placing increasing emphasis on transparency, reproducibility, and clinical relevance—ensuring that research translates into meaningful patient outcomes.

In this evolving landscape, clinician-led research continues to be the driving force behind progress—turning everyday practice into evidence that benefits patients far beyond a single centre.

Medical Humour

- “We didn't change the conclusion — we just improved the discussion.”
- “Accepted with minor revisions... emotionally, not structurally.”
- “The study was simple. Explaining it to reviewers was not.”



Serendipity

When Clinical Work Becomes Scientific Legacy

Not every clinical encounter is meant for publication—but some evolve into knowledge that extends far beyond the hospital.

What begins as routine patient care can become a case study, a series, or a research paper that informs practice elsewhere. Over time, these contributions build a body of evidence that shapes treatment protocols, improves outcomes, and advances specialties.

Publications transform individual experience into collective progress. They ensure that knowledge is not confined to one institution, but shared, challenged, and strengthened across the medical community.

ABOUT CARE HOSPITALS

CARE Hospitals, one of India's leading healthcare providers, is committed to delivering world-class medical services across a range of specialties. With a strong focus on patient centered care, innovation, and community health initiatives, CARE Hospitals continues to play a pivotal role in advancing healthcare standards in India. CARE Hospitals Group operates 17 healthcare facilities serving 7 cities across 6 states in India. The network has its presence in Hyderabad, Bhubaneswar, Visakhapatnam, Raipur, Nagpur, Indore & Aurangabad. A regional leader in South and Central India and counted among the top 5 pan-Indian hospital chains, CARE Hospitals delivers comprehensive care in over 30 clinical specialties, with over 3000+ beds.

TESTIMONIALS

PAVAN A

We had a surgery done for my mother at care banjara for stones in gallbladder. Dr. Alok Rath and team has given us complete understanding about the procedure and helped us sail through it smoothly. We thank the entire care team for their support and kindness in every process.

SRIKANTH TALLAM

Dr Kesireddy (paediatrician) attended my son. He is very humble, polite and diagnose the disease. Due to his friendly gesture we feel very comfortable. Floor coordinator Harshitha's caring and hospitality impressed a lot. Thank you CARE team for my child's fast recovery

MOHAMED FARAH

Thank you, Nirosha (Staff Nurse), for your gentle and professional IV cannula insertion, and Anji (Technician) for your supportive and efficient assistance. Your calm approach, skill, and kindness made the experience comfortable and stress-free. Much appreciated.

AWARDS



Certified
2024
INDIA



ACCREDITATIONS



Follow us on



☎ 040 6810 6529

🌐 www.carehospitals.com