



CMC

Pulse

Newsletter for Friends of CMC Vellore: for private circulation only

December 2021

The first kidney transplant

Fifty years ago, India's first kidney transplant was successfully done in CMC Vellore. Dr. Mohan Rao and Dr. K.V Johny trained in Adelaide with experts who had done the first transplant in Australia. The first recipient was Mr. Shanmugam and the donor was his father.

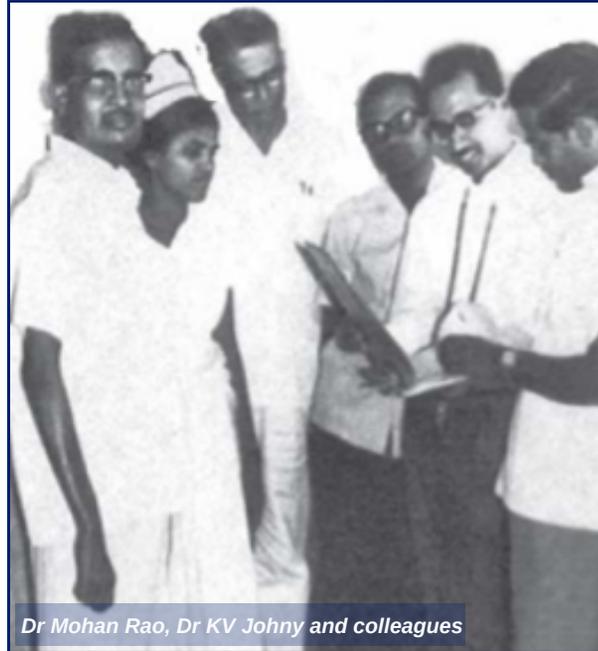
Dr. Mohan remembers the excitement of that day and the challenges they faced doing the procedure. He and his team were in the operating theatre from 7 pm until the procedure was completed by midnight.

The news of the success was not announced to the public but word got out. The next day it was reported on the All India Radio and local newspapers. A second successful transplant was done three weeks later.

Two years after the transplant, the first recipient Mr. Shanmugham said *"This period has brought me back as a normal man in all spheres of life. So much has been done by my doctors, relatives and friends; now the responsibility to maintain what has been achieved is mine."*

Since then, CMC's Departments of Urology and Nephrology have performed 3755 transplants and 188 deceased donor transplants.

Globally, one in ten people are affected by kidney disease. This means their kidney is unable to work to full capacity and soon they may need dialysis or a renal transplant. A kidney transplant is life-saving but also expensive and complicated. Many poor patients come to our Artificial Kidney Lab for weekly dialysis.



Dr Mohan Rao, Dr KV Johny and colleagues

Would you be interested to support a poor patient's dialysis? You can make a long-term commitment to save a life with a monthly dialysis donation. **Get in touch with us for more details on how to become a monthly donor.**

Thank You!

Read CMC's Pandemic Impact Report [here](#)

This year we have seen agonizing suffering and pain due to the COVID-19 pandemic. CMC's response was supported by many of you, our generous donors and partners. We were able to care for over 16,600 patients, conduct over 1 lakh COVID tests and give over 47,000 doses of vaccination. **Thank you for helping us through these difficult times.**



For the latest news, photos & videos of CMC Vellore, and for online appointments, visit www.cmcvellore.ac.in

Donate to help patients and for projects through givecmc.org



Christian Medical College Vellore Association

is registered under the Societies Act, 1860, (No.5 of 1947).

Registered Address: CMC Hospital, Ida Scudder Road, Vellore -632 004, Tamil Nadu.

Donations to CMC Vellore attract relief under Section 80G of the IT Act.

Highlights

Campus updates

Director's Message

Events, milestones, awards

Kannigapuram Campus update

CMC's Kannigapuram campus is nestled amid green fields, coconut trees and surrounded by majestic mountains. It is a bold and a beautiful sight to see the four tall blocks – Outpatient, Diagnostics, In-patient General and In-patient private - from the Chennai -Bangalore highway. In May, one floor of this under-construction building was opened to admit COVID-19 patients. A total of 598 beds, including 99 ICU beds, were opened at short notice during the crisis. During the peak of the pandemic and oxygen crisis, ICU patients on ventilators were smoothly shifted over from our main campus to the Kannigapuram campus by our dedicated teams of doctors, nurses, technicians, and drivers. The life-saving supply of oxygen was ensured with generous gifts of oxygen generators and concentrators from donors and friends.



Kannigapuram Campus

This reduced the tremendous load in our main campus. By the end of the second wave, the COVID-19 wards were closed down and the construction work at Kannigapuram resumed. We look forward to inaugurating these state-of-the-art facilities in 2022.

The Paul Brand Block



Mr. A Shanmuga Sundaram, IAS,
Collector of Vellore



Paul Brand Block

For many years, the nine storey 'Glass Palace' or Student Nurses Hostel was the tallest building on the Vellore skyline. The College of Nursing has moved to the Kagithapatrai campus and the Glass Palace was renovated to a new avatar – **The Paul Brand Block**. Named in memory of the late and illustrious hand surgeon, Dr. Paul Wilson Brand, it was dedicated at the peak of the pandemic, on the 3rd of April 2021, by the Collector of Vellore, Mr. A Shanmuga Sundaram, IAS. Although the building was meant to be an **Orthopaedic complex**, it was immediately commissioned to admit COVID-19 patients.

This complex houses 11 state-of-the-art operation theatres, including two day care theatres and one septic theatre, a fully equipped High Dependency Unit (HDU) with 12 beds, which was upgraded to an Intensive Care Unit (ICU) in view of the pandemic, and three low dependency wards with a total of 105 beds and 22 post-operative recovery beds. The busy Orthopaedics Dept has now shifted into the Paul Brand Block.

Celebrating our students



Our students were impacted tremendously by the pandemic. Shifting to online classes and being locked down away from friends and teachers was not easy. As an essential service, the hospital stayed open throughout the pandemic, but our students only returned to our campuses in October. We were happy to be infected with their energy and enthusiasm! Since there were no programmes last year, we had double the celebrations this November – graduation programmes for two batches of **Medical Graduates** and **Post Graduate students**. Pandemic restrictions and norms were followed strictly and the special days were livestreamed. The Nursing Colleges in CMC Vellore and in Chittoor campus welcomed their **first-year Nursing students** with the meaningful Lamp Lighting Ceremony. The student nurses receive lighted lamps as they join the nursing profession signifying their pledge to be ardent nurses in the healing ministry, young women who will 'Arise and Shine'.

Director's message

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. Isaiah 41:13

This year has been one of the most challenging years in the history of CMC. As around the rest of the country, the second wave of the pandemic was overwhelming. We had patients flooding into the Emergency Department. There were long waiting lists for ICU beds. The pain of our patients and their families was heart rending. Our staff and students rallied together to meet this tremendous challenge. We collaborated with local partners to launch UDHAVI, a free 24/7 helpline for patients in Vellore and neighbouring districts.

Our community outreach teams cared for over 4,000 patients through a nurse-run home monitoring programme. We opened our under-construction hospital at Kannigapuram campus. Generous well-wishers and donors reached out to help us in these difficult times. Infrastructure support for ICU ventilators and Oxygen supplies poured in.

At the peak of the pandemic, we allocated 1,150 beds for COVID care and subsidised treatment for COVID patients to the tune of ₹49.8 crores. **None of this would have been possible without the support of so many people from around the globe.** I take this opportunity to express immense gratitude for your prayers, contributions and encouraging messages. As we look ahead into a new year, I thank God for his grace and abundant blessings. Please pray for CMC and our wider circle of patients, families and friends of Vellore all over the world, that we may

continue to be a channel of blessing and hope. My best wishes to you and your loved ones for a blessed Christmas and a new year of health and happiness.

Dr. J.V.Peter, Director



Vaccinate Vellore - Break the chain



Vaccination Awareness Camps



Vaccination

CMC launched the '**Vaccinate Vellore**' campaign in January 2021. Initially, frontline healthcare workers and vulnerable groups received the first doses. CMC's community health teams reached out to the people around us in an effort to make the vaccines available for everyone. Awareness drives were conducted in the rural and urban communities around Vellore. Our teams began by working with community volunteers creating awareness among them, followed by vaccination. Small group interactions through customized materials such as flip charts, posters, slides and puppet shows that engaged with the community, helped to overcome fear of the vaccine and counter the false information that was widely prevailing in the community about the COVID19 vaccination. Collaborating with the local government, our community outreach teams have gone to villages, serving those who have difficulty accessing vaccination. Until November, CMC has vaccinated more than one lakh people in Vellore.

CMC's response to Covid second wave - in pictures



COVID ICU



Home care



Shifting ICU patients



Life-saving Oxygen cylinders

'You will not only be curing diseases, but will also be battling with epidemics, plagues and pestilences and preventing them. Face trials with a smile, with head erect and a calm exterior. If you are fighting for the right and for a true principle, be calm and sure and keep on until you win.' - Dr. Ida S. Scudder, to her first batch of graduating doctors in 1922

CMC in the news

CMC Vellore performs Asia's first percutaneous valve implantation. The valvular heart disease interventional team at CMC performed Asia's first percutaneous (through the skin) or transcatheter valve implantation of a Transcatheter Aortic Valve Replacement (TAVI) in two patients with failed open heart surgical valves. Conscious local anaesthesia was administered to the patients and after the procedure, they were discharged to

Each one can reach one!

Uma (name changed) lives with her daughter and son in Vellore. She lost her husband to tuberculosis 18 years ago. Since then, Uma worked hard as a manual labourer to provide for her family. This July, Uma began to have unbearable pain in her stomach. She was nauseated and would often throw up her food. Her daughter took her to a few clinics but she did not get better. Unable to see her mother in such terrible pain, Uma's daughter brought her to CMC Vellore.

After tests and investigations, Uma was diagnosed to have cancer. She had a tumour which was so big that it blocked her intestines. It had to be removed or it could be fatal, the doctors in CMC's Hepatobiliary Department told her.

Although her chances of recovery were good, Uma knew she could not afford the surgery. The doctors assured her that she would not be turned away due to a lack of funds. CMC would help reduce her financial burden through concessions and the



Uma and her daughter

Person to Person programme (PTP). The surgery was done successfully and Uma recovered well. However, she is still weak and may not be able to get back to work. Her daughter is trained as a home care nurse and she looks after her mother. *"It is my responsibility to take care of my mother and support my brother's education"* she says determinedly. The PTP programme helps patients

like Uma who need to be admitted for procedures.

You can help too!

[Click here](#) and support the PTP programme today.

Join in and help

Friends of CMC Vellore is free to join and keeps you in touch with our activities & developments. Just send us a letter or email with your name and postal address. Friends support us by prayer, giving and suggestions.

If you'd like to donate towards any charitable needs of CMC, please send a DD or Cheque, payable to **CMC Vellore Association**. Citizens of other countries & OCIs, please email us for more information. *Indian citizens* can donate online: <https://givecmc.org> or **Bank transfer:** SBI Vellore Town, Account No. 3033 2718 726. IFS/IBAN Code - SBIN0001618 **Send transaction details to:** dev.office@cmcvellore.ac.in

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the ward on the same day. Both the patients had previously undergone coronary artery bypass surgery with open heart replacement of the aortic valve. The surgically replaced valves had failed and both patients were found to be poor candidates for a repeat surgical valve replacement. The design of the new transcatheter valve delivery system enables cardiologists to advance the folded up valve through blood vessels as small as 5 millimeters in diameter.

The percutaneous valve replacement procedure was performed by a team including Dr. John Jose and Dr. Paul George (Professors, Department of Cardiology CMC Hospital) and Dr. Gintautas Bieliauskas (interventional cardiologist, Copenhagen University Hospital, Denmark).

10th Ida Scudder Oration



The 10th Dr. Ida S. Scudder Humanitarian Oration was awarded to **Mr. Azim Premji**, founder chair, Wipro & philanthropist, Azim Premji Foundation on 10th December. The Foundation and Azim Premji University work towards a national transformation of education. Mr. Premji has

donated over 90% of his wealth to his foundation. Known for his passionate altruism and personal simplicity, Mr. Premji spoke of excellence, integrity and humanity as the key values to building a just, equitable, humane and sustainable society. The Dr. Ida S. Scudder Oration was established in 2012 by CMC Vellore and the US-based Vellore CMC Foundation.

Awards and Accolades

3rd Best Medical College - CMC Vellore ranked 3rd among 50 medical colleges in the country (Ministry of Education's National Institutional Ranking Framework for the year 2021)

CMC Vellore was awarded the **13th D. L. Shah Quality Award - Gold** for 'Continuous Quality Improvement in Central Sterile Supply Department' for promoting awareness of quality initiatives and adoption of best practices.