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**DEPARTMENT IDEOLOGY**

It is a matter of great pride and profuse professional satisfaction to establish an international standard Paediatric centre in Delhi.

We are fortunate to be practicing medicine in an era where spectacular advances are being made in genetic, bio-chemistry, imaging techniques, and revolutionized clinical laboratory medicine.

We have been taught to become a skilled physician by combining judicious medical knowledge, intuition, judgment, and latest treatment modalities with a sound scientific evidence based delivery systems.

No greater opportunity, responsibility or obligation can fall to the lot of a human being, than to become a physician. In the care of suffering he needs technical skills, scientific knowledge and human understanding. He who uses these with courage, humility and wisdom will provide a unique service for his fellow men, and will build an enduring edifice of character within himself. A physician should ask of his destiny, no more than this and be content with no less. Tact, sympathy and understanding are expected of the physician, for patients are no mere collection of symptoms and damaged organs. He is a human; fearful, hopeful, seeking help-relief-reassurance.

In this face of profound explosive changes in technology, the Deptt. of Paediatric realizes that, yet, skill is the most sophisticated application for patient care. In this age of being proactive it is crucial to be judicially conservative at times. Medicine is an art and science, where we have to continuously update ourselves for it is imperative to be a perpetual student.

The Paediatric Department has tried to exemplify the highest values a being a caring and compassionate department to treat the body and mind of the child. We have tried to have illimitable freedom of the human mind, where we are not

afraid to follow the truth, where ever it may lead us; nor to tolerate any error, so long as reason is left free to combat it.

Attitude to us is more important than facts, money, appearance, success, failure or circumstances. It is more important than what people say, do, or think. It can make or break any situation or institution. The remarkable thing is that we have a choice everyday regarding what attitude we will embrace. We can't change the past, but can learn from it.

## **DEPARTMENT OF PAEDIATRICS**

The centrally air conditioned hospital has 130 beds with all modern amenities under one roof. Emergency and back-up services are available round the clock. Patients are provided information and immediate help by the reception in the main entrance hall. The aim and focus has been to bring international standard world class health care to every child in India, with uncompromising commitment. Children are not small versions of adults, since they have different illnesses, manifestations and treatment requirements. They cannot often express or describe their illness or submit to examination. The young are most vulnerable, and thus need special attention to make them achieve their full potential as adults. 90% of the world's children are born each year in the developing world; a majority of them succumb to preventable diseases. Thus, Paediatric medicine is practiced with a heart, soul and passion.

This hospital is located in the heart of South Delhi and is easily accessible with ample basic facilities of parking, waiting, valet facilities, triage with special play rooms and toy stations for children.

The Hospital is dedicated to patient care and has extensive interaction between various departments, to provide consistency in health care, while facilitating communications and support between the many sub-specialties.

A vast variety of routine and complex medical cases are managed. Superb 24 hour back up facilities of all specific laboratory tests and imaging are available. Today, the Paediatric department is a bench mark for total Paediatric and nephrology care; and the health care delivery system followed is enriched by vast and extensive experience, infused by enthusiasm so that an integrated multi specialty health care facility is available with cost effectiveness. The Paediatric department has the latest state of art infrastructure and technology, with hygiene being a prime focus, so that safe and ethical health care is delivered. It is fully equipped at the forefront at technology, unparalleled with modern and sophisticated equipment. It has an updated library with a wide range of national and international reference text books and journals.

The Paediatric department provides preventive, diagnostic, curative, counseling and comprehensive health care of the highest quality with a human touch, to

detect routine, specific, complex ailments, multisystemic disorders, growth disorders including a wide range of all renal ailments.

The department has facilities for general Paediatrics, supporting specialists, research cell, clinical and metabolic assessment facilities, nutritional counseling, emergency facilities, respiratory clinics, immunizations, well baby clinics, growth and anthropometric facilities, radio diagnostic and Paediatric nephrology facilities, amongst others.

Comprehensive immunization facilities are available at all times, for all ages. This has been the greatest success in the preventive health care system. Prevention of diseases and disability is truly the birth right of every child. Cold chains maintain the efficacy of every vaccine. Specific immunization and growth charges and files are maintained meticulously, with simultaneous computerized computerized data charting of every child.

Teenage health has been a special focus addressing specific teenage concerns involving physical. Physiological and other needs at this age, with behavior counseling. The ideology of medical practice is to adhere to the core philosophy of valuing human life.

### **THE PAEDIATRIC INTENSIVE CARE UNIT:**

It helps in saving critically ill children with continuous intensive monitoring. The paediatric ICU is a four bedded unit. It is supported by highly trained nursing staff and a paediatric resident team. Central continuous monitoring, ventilation support and intensive procedures facilities are available round the clock. Cases ranging from routine gastroenteritis and respiratory infections, to children with acutely ill conditions like shock, encephalopathies, meningitis, renal failure, hepatic decompensation are successfully treated.

### **NEONATAL INTENSIVE CARE UNIT:**

All cases of newborns are successfully managed by state-of-the-art technology, including extreme premature newborns. Ventilation for respiratory support, use of intensive / interventional procedures are routine.

The intensive care units are equipped with servo-controlled thermo-environment sensitive cardio-respiratory monitors, apnea monitors and facilities to conduct recent / advanced procedures on the smallest of premature babies. The Neonatology ICU is a 10 bedded unit. It has a separate section for acutely ill newborns and those in a more stable condition. A high level of surveillance makes nosocomial infection a rarity. Cases of severe birth asphyxia, hyperbilirubinemia, aspiration syndromes, sepsis, congenital abnormalities – malformations, and multisystemic diseases are routinely managed. Sick newborns are referred to NICU from all over Delhi and various areas of North India.

Neonatal screening programme is followed to screen genetic and hidden metabolic disorders to detect diseases early, to prevent illness and mental retardation.

## **Comprehensive Maternal and Child Care – is the key including :-**

### **Preconception Care**

The focus is on the woman's health. We identify and treat the risk factors associated with poor pregnancy outcomes. The aim is to provide counseling and treatment to couples having difficulty in conceiving. Special genetic clinics are available for high risk pregnancies, to diagnose chromosomal and inherited disorders at the earliest stage possible.

### **Antenatal Care aims to**

Improve the health and wellbeing of the expectant mother and her unborn child.

### **Labour and Delivery**

Care during labour and delivery aims to provide a safe and positive birthing experience, thereby improving infants outcomes and reducing medical intervention. Labour, delivery and post partum care all take place in same room.

### **The Post Partum Period**

A comprehensive, informative and interactive forum covers the areas relating to pregnancy, delivery and post partum care.

The Department of Paediatrics is on the second floor, closely located with and in coordination with the obstetric / gynaecology department.

The department is manned by a team of qualified senior residents round the clock with trained nursing staff. It has a close working relationship with other sub-specialties, focusing on congenial collaboration to provide a forum for interaction.

All sub-specialties linked to Paediatrics, including Paediatric Surgery, Urology, Metabolic endocrinology, Medicine, Cardiology – CTVS, Ophthalmology, Gastroenterology and Nephrology are available. This gives the best treatment modalities available to a child in this department; including the latest Radio-diagnosis and Nuclear Medicine Studies.

### **Paediatric Nephrology**

This new field deals with all kidney and related disorders in newborns and children. The Paediatric nephrology facilities include technology to diagnose and treat cases of antenatal fetal abnormalities, inherited and genetic disorders, congenital chromosomal, urinary tract infections, obstructive uropathies, renal

calculi diseases, glomerular and tubular disorders, Bladder dysfunctions, enuresis, acute and chronic renal failures, dialysis including all modalities of peritoneal, CAPD, haemodialysis and filtration, work up for renal replacement therapy e.g. Renal transplantation, among others.

Sub-specialty clinics for Paediatric Nephrology are also available. Renal care integrated facilities for screening, diagnosis, treating patients are there, with a fundamental emphasis on clinical research. Here comprehensive management for all kidney disorders from new born on day 1 of life, infants, children and teenagers, is delivered with emphasis on team work, to give a holistic approach for optimum care.

### **Emergency Nephrology Services**

These services are available round the clock, for children with acute-chronic renal failure, peritoneal dialysis, fluid-electrolyte disturbances and so on.

Specific Clinics for Nephrotic syndrome, urinary tract infection, bed wetting, renal failure cases (acute and chronic), end stage renal diseases are available.

Specific facilities available are Peritoneal dialysis, ultrasound guided kidney biopsy and management of antenatally diagnosed renal problems.

Research activities are centered on pathophysiology of growth failure in uraemia, Urinary tract infection, antenatal fetal renal abnormality and on different avenues of management of nephritic syndromes.

The department has a strong tradition of clinical research, which has been augmented recently by taking critical steps for health care, as it continues to preserve its commitment to the advancement of science and knowledge. These studies have gone a long way for establishing internationally recognized treatment protocols, to decrease long term renal damage with the earliest possible detection and treatment. This indeed is the best contribution to the society.

Paediatric Gastroenterology

Paediatric Haemat-oncology

Paediatric Development Clinic

Paediatric Wing 3<sup>rd</sup> Floor

CME / Grand Rounds

### **Paediatric Surgery**

This field has excelled in the care of complex surgical pathologies even in newborns and pre-term children. Referred cases have a variety of surgical

problems and management of congenital abnormalities, oesophageal fistules, diaphragmatic hernias, neurosurgery and so on are routinely carried out. This forms a strong bond in the paediatric department to work as a cohesive team. This department also caters to urological operation in tandem with the paediatric nephrology department.

The Paediatric surgical unit has helped manage a multitude of cases, in many life-saving emergencies. Cases of complex congenital heart disease are successfully managed. Children on follow-up are called on specific outpatient clinics by appointment and the systematic approach helps children in the recovery phase.

### **Team Approach**

Emphasis is put on preventive concepts in management with stress on early diagnosis. Regular multi-disciplinary clinical meetings are held, which provide an array of learning opportunities, with goals to improve patient care, discussions on recent advances, developing new skills, to focus on thoughtful and rational analysis of children.