

Aadicura Cares

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MONTHLY NEWSLETTER



MYTHS

vs FACTS

Critical Care Unit

Myth 1: ICU admission means the patient is dying.

Fact: ICU admission simply means the patient needs close monitoring or intensive support. Early diagnosis & intervention prevent disease progression, lessen the chance of complications & improve survival rates. Many patients recover fully and are discharged after timely intervention.

Myth 2: Critical care is only for patients on ventilators.

Fact: While ventilators are part of ICU care for some diseases, patients may be admitted for other ailments like severe infections, heart or kidney failure, post-operative monitoring or polytrauma.

Myth 3: Family members are not allowed to visit ICU patients.

Fact: Most modern ICUs follow open or flexible visiting policies with infection-control precautions, allowing families to stay informed and involved.

Myth 4: ICU care is the same as general ward care.

Fact: Critical care involves intensive, frequent monitoring, prompt care with a multi-disciplinary approach, specialized procedure and 24/7 attention, often with a lower nurse-to-patient ratio and specialized equipment.

Myth 5: Sedation is always necessary in the ICU.

Fact: Sedation is not always required. Light or no sedation is often preferred when possible, especially in mechanically ventilated patients, to reduce the risk of delirium and facilitate earlier mobilization and weaning.

Myth 6: Once on a ventilator, the chances of survival are low.

Fact: Ventilators are just a support for the respiratory system. With proper care, many patients weaned off from ventilators successfully once the underlying disease resolved. Early intervention and rehabilitation improve outcomes.

Myth 7: All ICU patients must be kept on bed rest.

Fact: Early mobilization, even in ventilated patients, is safe and beneficial. It reduces ICU-acquired weakness, improves functional outcomes, and can shorten ICU/hospital stay. Early mobilization can help patients to recover without long-lasting complications.

Myth 8: ICU bills are always inflated due to unnecessary tests.

Fact: Testing, monitoring & treatment in the ICU are evidence-based and essential for timely diagnosis and life-saving decisions.

Critical Care Tips for Patients & Families

**SPECIALIST
AT AADICURA**



Dr. RaviRajSinh Gohil
Critical Care Specialist

- Be Well Informed
- Ask Questions, Often
- Don't Panic at Alarms
- Be Present, Respectfully
- Stay Calm and Cooperative
- Prevent Infections
- Take Care of Yourself Too
- Timely Intervention Matters
- Prepare For a Long Journey
- Post-ICU Care is Essential

At Aadicura, our Critical Care Department is designed to deliver not just emergency treatment, but also compassion, clarity and continuity of care. From multi-disciplinary coordination to post-ICU rehabilitation, our goal is to put patients first, every step of the way.

KNOW YOUR TEAM



Sushma Desai

Department:
GM, HR

A seasoned professional with an MBA degree in HR and over 20 years of experience in managing teams.



Shreepalsinh Waghela

Department:
Head of Operations

Studied M.COM with Marketing with a rich experience of more than 27 years in the healthcare industry.



Aruna Tripathi

Department:
GM, Business Development

A qualified MBA in Hospital Administration with over 12 years of experience.



Rahul Shah

Department:
Company Secretary

Qualified Company Secretary with 10 years of experience.

Why did you choose to work in the healthcare industry?

After working in the Engineering industry for over two decades, I was looking for work that truly impacts lives and hence the healthcare industry. It allowed me to align my professional experience with a deeper purpose: supporting those who support healing.

Working in healthcare aligns with my core values of service, integrity, and continuous improvement. I wanted a career where my efforts contribute to the greater good. Healthcare allows me to lead operations that enhance patient care, staff efficiency, and organisational excellence.

I wanted to be a doctor but when that didn't happen, I decided to be an enabler to doctors. I chose to be a healthcare professional. This helps me to fulfil my desire of being in the medical field.

I chose healthcare because it enables me to make a difference in a system which has a direct influence on individuals' lives by providing legal and ethical standards to maintain patient safety and quality of care.

How do you work to improve patient care?

I believe patient care starts with how we care for our staff. I focus on ensuring our people feel valued, engaged, and equipped. By driving employee well-being initiatives, training and recognition systems, I aim to foster a culture of compassionate, high-quality care.

I rely on data and performance metrics to identify areas for improvement and implement solutions that enhance the delivery of care. By continuously monitoring quality indicators, I help ensure our processes evolve to meet patient needs more effectively.

As a part of the Business Development team, we focus on patients' end-to-end good experience. When a patient enters a hospital, they go through physical, mental, and financial trauma. Our motto is to give them a trauma-free experience with caring and loving communication.

I ensure that the hospital maintains compliance with all regulatory and legal requirements to provide a stable atmosphere in which healthcare professionals can devote their energies to patient care.

What is your approach to teamwork and collaboration?

Teamwork is about mutual respect, clear communication, and shared goals. In a hospital, collaboration is critical- not just among clinical teams but across departments. I work to create an environment where every employee feels heard, involved, and aligned with the broader mission.

As a leader, I encourage open dialogue, cross-functional collaboration, and collective problem-solving. Strong teamwork is essential to deliver seamless, high-quality healthcare services. 'Treat people the way you want to be treated' is the main motto of teamwork.

I believe in continuous teaching and learning. Communication and presentation matters while dealing with people. I tell my team to invest time wisely. You may have a different approach but the goal should be the same.

I promote efficient communication and legal compliance across all departments to facilitate smooth operations and uphold compliance with required regulations.

What makes working at Aadicura Hospital fulfilling?

Aadicura Hospital is a community driven by empathy, innovation, and excellence and working with a motto of 'Putting Patient First'. What makes it fulfilling is the passion and dedication I see every day, from frontline caregivers to support teams.

Aadicura fosters a forward-thinking environment where patient care and professional growth are intertwined. Leading operations here means being part of a mission-driven team that consistently strives for higher standards.

The majority of our day is spent at our workplace. Aadicura Hospital is like a big family. It's a good platform to serve society at large.

It is satisfying to work in a hospital in which high levels of care and ethical standards are emphasised, and my job contributes to ensuring the hospital operates legally and effectively.

Share your life mantra.

"Grow through what you go through." Every experience—whether challenging or smooth – is an opportunity for growth. This mantra keeps me grounded, resilient, and always open to learning.

I believe effective leadership is rooted in ethics, empathy, and execution. Every action should reflect a commitment to service, humility, and continuous improvement. "Be the reason someone smiles today."

Keep learning and always focus on your life goal. I always pray to God to give me interest and energy in whatever I do, because if you do things with interest, things will be done effectively, and success will be yours.

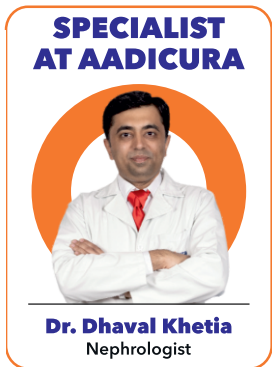
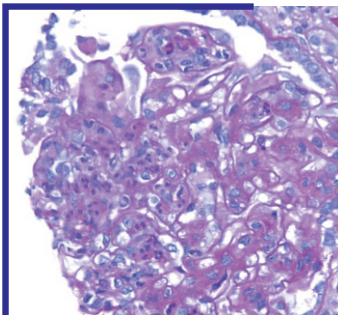
My life mantra is very simple - Stay grounded, lead with humility, and let your actions reflect your values. There is no substitute for hard work and integrity.

How A Timely Kidney Biopsy Could Change The Treatment of Kidney Disease

A 45-year-old man, a car driver by profession, was detected to have kidney disease last year when he was evaluated for swelling in his feet. When he was seen by our nephrologist, he had hypertension, swelling, and signs of kidney disease without any obvious cause for it. On investigating him, it was found that he was passing large amounts of protein in urine (UPCR 2900 mg), and his kidney function (estimated GFR) was low at 40 ml/min.

Further blood investigations and sonography did not reveal any treatable condition for his kidney disease. So it was decided to go for a kidney biopsy, where with the help of sonography and a biopsy needle, two pieces of kidney tissue were sent for evaluation to a pathologist.

The biopsy clarified the diagnosis as 'C3 Glomerulonephritis' - a condition where a defect in the immune system leads to damage to glomeruli (basic working units



of the kidney). Biopsy also suggested that the damage was early and potentially reversible.

With this knowledge on hand, he was started on mycophenolate and steroid drugs to slow down his immune system so that active damage to the kidney could be stopped. Within a month of treatment, his swelling improved, kidney function (GFR) normalised, and urine protein came under control. This improvement suggests remission- a term suggesting glomerular disease coming under control.

With continued treatment, he is living a normal life without fear of kidney failure in the future. Such patients need to be regular in their treatment and follow-ups to manage the dosage of immunosuppression. Most patients tolerate the medicines well, but only a few require stopping or changing drugs for side effects.

This case highlights the importance of kidney biopsy in select cases to guide the treatment of kidney patients.

STAR PERFORMERS



Ms. Divya Purohit
Best Nursing Staff of The Month



Ms. Shwetal Chauhan
Best Nursing Staff of The Month



Ms. Meera Baria
Best Nursing Staff of The Month



Ms. Pratika Gamit
Best Nursing Staff of The Month



Mr. Dharmesh Vankar
Best Multitasking Staff of The Month



Ms. Shalini Sawant
Best Multitasking Staff of The Month



Ms. Leena
Best Security Staff of the month



Dr. Devang Saksena
Best Doctor of The Month



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EVENT GALLERY

Celebrated International Nurses Day with joy and gratitude, showcasing the incredible talents of our nursing team through dance, music, and skits. Their dedication, both on and off the stage, continues to inspire us every day. #OurNursesOurFuture.



As part of Hand Hygiene Prevention Week celebrations, vibrant activities like hand hygiene dance, songs, solo performances, and a drawing competition were organised to promote cleanliness and awareness.



Dr. Sumit Kapadia delivered an insightful health talk on lifestyle diseases at GAIL, emphasising prevention and healthy living.

Dr. Surbhi Kapadia & Dr. Arpan Desai conducted a health talk for senior citizens at Sahyog Garden, Gorwa, focusing on preventive care for eye and heart health.



As part of the summer camp activities, an engaging health talk was conducted to help children stay happy and healthy during the hottest month.



Dr. Ravirajsinh Gohil conducted an engaging COLS training session at Sayaji Hotel, Vadodara, empowering employees with lifesaving skills to perform CPR and respond effectively during heart attack emergencies.



Aadicura[®]
Superspeciality Hospital
— Putting Patients First —

Windward Business Park, Jetalpur Road, Vadodara

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