

# Aadicura Cares

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MONTHLY NEWSLETTER

## WHEN YOU REQUIRE CRITICAL CARE



### WHAT IS CRITICAL CARE & CRITICAL CARE UNIT?

Critical care, often referred to as intensive care, is a specialised area of healthcare that focuses on the comprehensive and intensive management of patients with potentially life-threatening illnesses or injuries. Critical care units known as intensive care units (ICUs) are specially designed & well equipped with advanced medical technology and staffed by a highly trained team of healthcare professionals. The primary goals of critical care are to provide continuous monitoring, life support, and specialised treatment to stabilise patients and help them recover from severe life-threatening medical conditions.

### SPECIALIST AT AADICURA



**Dr RavirajSinh Gohil**  
Critical Care Specialist

### WHO IS A CRITICAL CARE SPECIALIST OR AN INTENSIVIST & WHEN THEIR ROLE IS IMPORTANT?

An Intensivist is a super speciality doctor who specialises in the field of critical care medicine after a basic MBBS & MD degree. Also known as a critical care physician, an Intensivist is trained to provide comprehensive care to critically ill patients in intensive care units (ICUs) and other critical care settings. These healthcare professionals have expertise in managing complex and life-threatening medical conditions. Their role involves managing and treating patients who are critically ill or have life-threatening conditions.

### THE NEED FOR AN INTENSIVIST ARISES IN VARIOUS SITUATIONS:

- 1. Severe Trauma or Injury:** When patients suffer from major trauma, like accidents or severe injuries, requiring complex care and monitoring.
- 2. Post-Surgical Care:** For patients undergoing major surgeries (e.g., heart or brain surgery) who need close observation and management to prevent complications.
- 3. Organ Failure:** When a patient experiences failure of one or more vital organs (e.g., respiratory, kidney, liver, or heart failure), they require specialised support in the ICU.
- 4. Sepsis or Septic Shock:** Patients with severe infections that lead to systemic inflammation or organ dysfunction need aggressive treatment in the ICU.
- 5. Complex Respiratory Issues:** Conditions such as acute respiratory distress syndrome (ARDS), where patients require advanced artificial breathing support like mechanical ventilation & expertise care with knowledge of artificial ventilation & ECMO
- 6. Multi-Organ Dysfunction:** When patients suffer from multiple organ failure, they need constant, specialised monitoring and interventions.
- 7. Poisoning:** when the life-threatening condition occurs after any toxic substance ingestion, and requires immediate multi-organ support & intensive care in ICU.
- 8. Snake bite or insect bite:** This type of emergency requires immediate ICU care as it's a life-threatening situation because venom may lead to organ failure, bleeding or cardio-respiratory failure.
- 9. Cardiac arrest:** In case of sudden stoppage of cardiac activity, immediate emergency care is required in the form of CPR that consists of BLS (Basic Life Support) & ACLS (Advance Cardiac Life Support)
- 10. End-of-Life Care:** When patients are in critical condition and may not recover, an Intensivist helps to manage comfort care, decision-making, and ethical considerations for patients and their families.

### WHO REQUIRES ICU CARE?

Patients who are suffering from the following life-threatening conditions:

- | Sepsis (severe infection) & septic shock | | Poisoning & snake bite | | Complicated dengue & malaria |
- | Pneumonia & ARDS | | Severe H1N1 & COVID | | Severe poly trauma & burns | | High-risk surgical cases |
- | Severe Brain stroke & heart attack | | Requires Life support such as ECMO, mechanical ventilator |

\* Aadicura Cares is committed to providing information that is worth your time. This new segment serves as a general guide or a walk-through to answer your basic questions regarding certain illnesses and the procedures involved in treating them.

## WHY CHOOSE AADICURA CRITICAL CARE DEPARTMENT?

It's headed by a senior critical care specialist who has an experience of more than 14 years with a team of seasoned and skilled doctors in the field of critical care who offer 24x7 critical care services.

### SALIENT FEATURES OF AADICURA ICU:

- 30 bedded well spacious ICU
- 8 dedicated beds for cardiac patients
- Hamilton's ventilators (Swiss-made)
- Philips high-end monitors
- Bedside ECHO/USG machine for procedures
- Remote operated fully Fowler ICU beds
- Isolation facility (Negative & positive pressure) for highly infectious patients
- Bedside dialysis facility
- Round-the-clock Intensivist & MD backup



## I AM INFLUENCED BY 'BHAGWAT GEETA'

### Dr Arpan Desai, Interventional Cardiologist

Dr Arpan Desai has been an Interventional Cardiologist for over 11 years, and his work in Cardiology is commendable. After finishing his schooling in Dahod, Dr Desai pursued his career in MBBS, MD (Internal Medicine) from one of the oldest & prestigious Maharaja Sayajirao University in Vadodara.

He earned his BM degree in Interventional Cardiology from one of the largest Hospitals in Asia - SMS Medical College, Jaipur. Since then, he has been committed to his patients with the primary focus on their well-being beyond just as a doctor.



### Why did you choose to become a doctor as your career path?

By becoming a doctor you try to ease the pain and suffering of others with proper medical treatment and healthcare. As a doctor, you are a continuous source of happiness for many people & their families. I believe when you give happiness to others, happiness returns to you.

### Why did you choose your area of speciality?

There are many reasons why I became a cardiologist. It's a respectable and rewarding profession. There's minimal invasive local anaesthesia procedure as compared to open heart surgery. My work directly impacts the patient's quality of life. As a cardiologist, my relationship with the patient is not short-term but long-term care. With the rapidly changing medical industry and ever-evolving stent, pacemaker, and heart transplants, there's constant learning in my field.

### How do you keep up with changes in medicine and healthcare trends?

I regularly read medical journals with a focus on cardiology. I also attend conferences/workshops and actively engage in industry conclaves, forums and communities. I participate in regular learning and devote my time to understanding the latest technology such as AI-powered tools that help us access new research & expert opinions.

### What is the best medical success story of your career so far?

My colleague's brother had a sudden arrest, and he became unconscious. He was immediately rushed to the hospital while given continuous CPR. I shifted him to ICU where an electric shock was given to him. Within a few minutes, we performed his coronary angioplasty LAD Vessel which saved his life.

### If you were to describe yourself in three words, what would they be and why?

I am **Fervent**, focused and friendly towards my work. I am always ready to take risks to save my patient's life.

### Being a doctor can be very stressful. How do you practice a healthy balance between work and your personal life?

Being an interventional cardiologist, I have to be ready for 24x7 emergencies at any time. To maintain a healthy balance, I set clear-cut boundaries between work and social life. Thereby ensuring both areas are given appropriate attention & energy.

### In your opinion what makes Aadicura Hospital unique and different?

Aadicura is a unique, Superspeciality patient-centric hospital that provides the highest quality and treatment by experienced doctors. The team here is confident and experienced with an understanding of the latest technology, advanced equipment and, most of all, empathy for patients.

### Being a doctor what is that one thing you will never support?

No addiction to smoking or drinking alcohol.

### Name a book that has influenced you the most

The book that has influenced me the most is 'Shrimad Bhagvat Geeta'.

### Share your mantra for success.

My mantra for success is "Be loyal to Your Patient".



In August, when parts of Vadodra were affected by floods, Aadicura Hospital had to evacuate and transfer 67 patients to other hospitals. In such testing times, many team members stayed back for over 48 hours to ensure the safety of our patients. To celebrate the courage, commitment and selflessness of these extraordinary individuals, Aadicura Superspeciality Hospital recognised and Honoured them with awards. Presenting some snapshots from the Awards night.



# EVENT GALLERY

Aadicurians came together to celebrate the God of beginnings, Lord Ganesha, by coming together to seek blessings. Everyday aarti and visarjan was attended by employees and patients in full attendance.



CME at Ashtwath with Ayurveda association of doctors



CME at Lunavada

Physiotherapy association meet at Ashwath auditorium



Dr Chirag Patel, Orthopedic Surgeon address employees at Deepak Nitrite

Bariatric Support Group meet at Ashwath Auditorium



**Aadicura**<sup>®</sup>  
Superspeciality Hospital  
— Putting Patients First —

Windward Business Park, Jetalpur Road, Vadodara  
**Book an Appointment :** +91 89805 53311 / 7711

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**Our ASC Clinics :**

Anand | Bharuch | Dahod | Godhra

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We are available on WhatsApp. Scan this code to connect or send 'Hi' on Whatsapp



**8980 5010 11**