



# INTERNAL MEDICINE



RESPECT FOR LIFE

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Respect for Life  
सम्मान जिंदगी का



At Sir H.N. Reliance Foundation Hospital and Research Centre, our Internal Medicine Department provides comprehensive solutions for a wide spectrum of medical conditions, including diabetes, hypertension, dyslipidaemias, pneumonias, Chronic Obstructive Pulmonary Disease (COPD), obesity, osteoporosis, osteopenia, vitamin deficiencies etc. We also play a key role in perioperative medicine, while readying patients for surgery. One of our important offerings is Health Check-up, which includes physical examinations and investigations.

Indeed, at Sir H.N. Reliance Foundation Hospital and Research Centre, we don't just treat the body, we go further: we respect life.

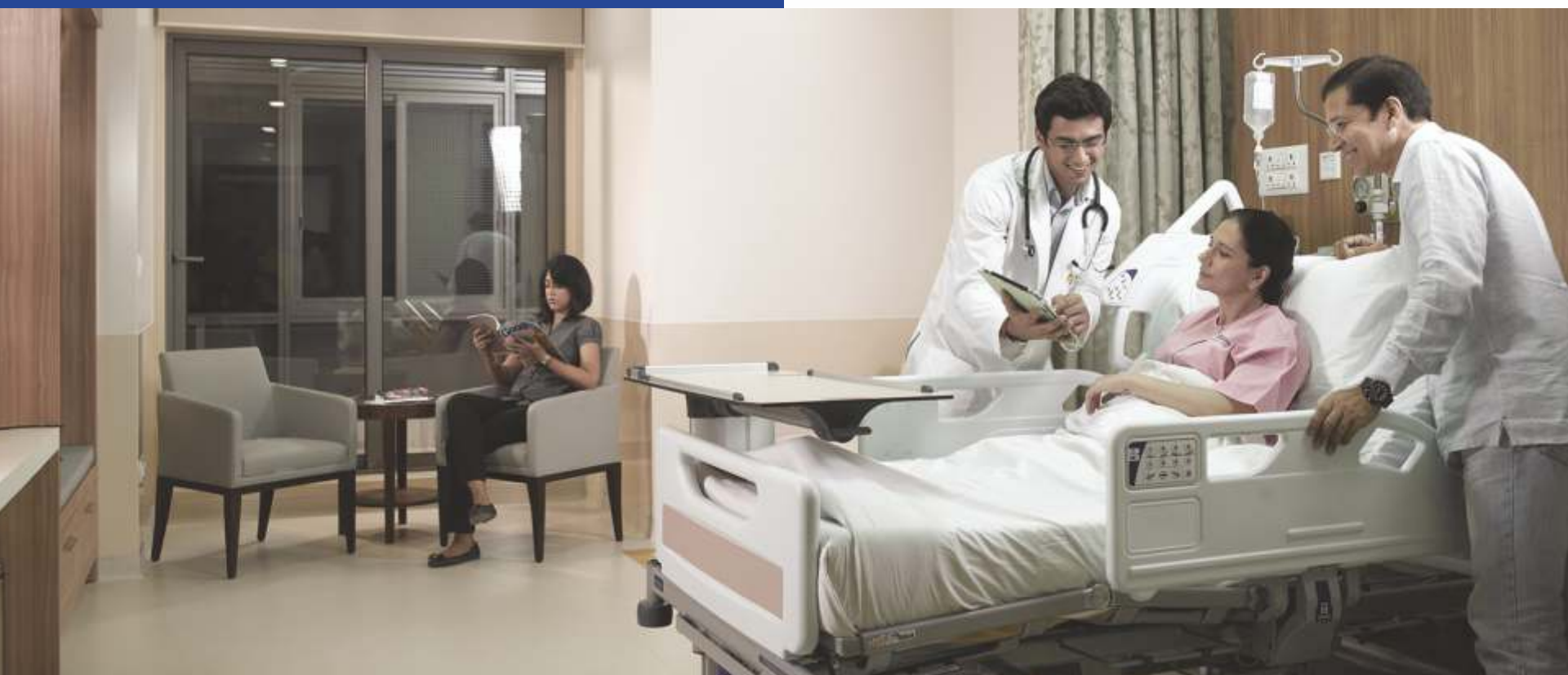
**INTERNAL MEDICINE: Level 1, Heritage, 8 am – 8 pm**

## SERVICES

In-patient care includes a comprehensive clinical assessment along with specific treatment protocols as advocated by various international standards of care and approved by the hospital's Medical Governance Committee.

### FOR EVERY PATIENT ADMITTED WITH US, WE UNDERTAKE:

- Complete history
- Examinations - general and systemic
- Acute care, if required
- Decisions on the need for a patient telemetry
- Finalising the treatment and management plan
- Ordering investigations
- Formulating and filling in treatment details
- Ordering medication in correct dosages
- Discussing the treatment plan with the nursing staff





- Following up with investigation results, with necessary action for abnormal results, and modifying or changing the treatment plan as required
- Deciding about specialist referrals; ordering and informing references
- Making rounds at least twice a day to monitor the progress of each patient
- Attending any emergency calls
- Evaluating referrals from other specialities (for medical-related problems) and from the Emergency Room (ER)



## PROCEDURES CONDUCTED BY THE INTERNAL MEDICINE DEPARTMENT:

- Arterial blood gas analysis
- Ryle's tube insertion
- Foley's catheter insertion
- Pleural Paracentesis (Thoracocentesis)
- Abdominal Paracentesis
- Lumbar puncture
- Endotracheal intubation
- Cardio-Pulmonary Resuscitation (CPR)
- Defibrillation
- Temporary Pacemaker insertion
- Central Venous Catheterisation
- Arterial line insertion

Planning follow-up OPD visits is essential for all patients who have been admitted. Our Internal Medicine Team believes in complete patient care, which involves meticulous follow-up of outpatients. The team is dedicated to overall patient care, with facilities and knowledge to provide progressive modern healthcare.

## SPECIALTY CLINICS

### GERIATRIC CLINIC

Our Geriatric Clinic offers geriatric care, also known as 'elder care' or 'senior healthcare', to seniors (persons over 64 years) who encounter multiple and escalating health issues. These could include mobility problems, joint problems, urinary difficulties, emotional and social concerns, medication related problems, and issues with memory. Our aim is to improve the quality of life of our seniors and maintain their functional independence for as long as possible.



During consultation with patients, the Geriatric Consultant does a detailed evaluation, which includes assessment of mobility, mood, memory, medications, bone health, other chronic conditions and the need for further investigation and immunisation. The Geriatric Consultant also seeks inputs from physiotherapists, behavioural health specialists, orthopaedists, urologists and other specialists.

Even healthy seniors are encouraged to visit our Geriatric Clinic for a preventive health check-up. This helps us define ways in which their health can be optimised and maintained and illnesses prevented. The goal of treatment is to help patients participate as fully as possible in active living.

## LIPID CLINIC

Globally, one-third of ischemic heart disease is attributed to high cholesterol. People with high cholesterol are at twice the risk of contracting heart disease as compared to people with optimal levels. Yet, less than a third of these people have their cholesterol in control. Our Lipid Clinic investigates patients' risk factors for heart disease, with a very strong focus on cholesterol. We strive to identify the cause and degree of the problem of high cholesterol. After a consultation with a lipid specialist and a nutritionist, a treatment plan is formulated for patients. Regular follow-up ensures that the treatment is effective. Controlling cholesterol plays a major role in primary and secondary prevention of heart disease.

## INFECTIOUS DISEASES

Our Infectious Diseases Department offers a wide variety of both in-patient and outpatient services related to the diagnosis and management of infections. In this era of antimicrobial resistance and global outbreaks of various infectious diseases, we aim to provide specialist services related to emerging infections and resistant infections. We also provide referral consultative services in the diagnosis and therapy of difficult-to-treat infections. We are assisted by the state-of-the-art microbiology department, which offers the best technology in diagnostic bacteriology, mycobacteriology, mycology and molecular biology. The services offered by this department include:

- Tropical Medicine: Diagnosis and management of tropical infections like malaria, dengue, chikungunya, enteric fever, rickettsia etc.
- Diagnosis and management of tuberculosis, including all types of resistant TB infections
- Travel medicine: We offer preventive infectious disease consults prior to travel to other nations, including recommendations for vaccines and prophylactic medicines. We also offer consultative services in diagnosis and management of fever in a return traveller
- HIV medicine: HIV infection is now a chronic manageable condition under a specialist care and in our HIV clinic we believe that every HIV infected patient can have the same quality of life as normal individuals
- Adult vaccination
- Infections in transplant recipients and other immunocompromised hosts
- Management of resistant bacterial infections, device associated infections, implant infections and other nosocomial infections.

