

# whitecoat *newsletter*



## GRACE KENNETT FOUNDATION

8, Kennett Road, Madurai - 625 016 | 0452-2601849, 2601767 | 8144006634, 99521 38430  
gkfindia@hotmail.com | www.facebook.com/gkfindia | www.gkfindia.in

Volume: 10

January 2017

PRESIDENT	VICE PRESIDENT	SECRETARY	TREASURER	MEDICAL SUPERINTENDENT
Mr I. Anandakumar	Dr S. Bevinson Perinbaraj	Dr Janet Sankar	Mr Richard B.Rajan	Dr (Capt.) Augustus Samuel Dodd

### TRiage AND COLOUR CODING SYSTEM

Triage is the sorting of patients (as in an emergency room) according to the urgency of their need for care.

We follow the following method -

Category 1	Category 2	Category 3	Category 4
<b>White Zone</b>	<b>Green Zone</b>	<b>Red Zone</b>	<b>Blue Zone</b>
<b>WALKING PATIENT</b>	<b>SITTING PATIENT</b>	<b>LYING PATIENT</b>	<b>BURNS</b>
The colour coding of the wards matches the priority zones.			
Out patient and day care services.	Ambulatory Inpatients.	Intensive care units, Operation theatres and High dependency care.	High dependency Burns care. Burns Operating rooms, Burns bath and Ambulatory zones.

This simple and easy- to-understand colour coding system is extremely helpful for the doctors, nurses, paramedical staff, patients and attendants to understand the basic concept of safe health care in Grace Kennett Foundation Hospital.

- R Maladhinagar








 Welcome **2017** 

We have gone around the sun one more time. The earth has spun its seasons. Welcome 2017!

The odds that you have come into this world, you are alive and reading this is 1 in 400 trillion!

If you go back a few thousand years, the chance of your lineage being preserved and you existing is Zero!

So, we make the best out of this rarest of the rare opportunity!

Last year, we have built beautiful families through our 'home for every child' programme, we have provided safe health care to a significant section of people and have empowered women through our skill training courses.

We have begun 2017 by remodeling our Accident and Emergency unit as one of the best facilities around.

With the focus on preventive care, under the Grey Matter umbrella, we have initiated a fitness programme.

Our e presence will be augmented by our redesigned web site.

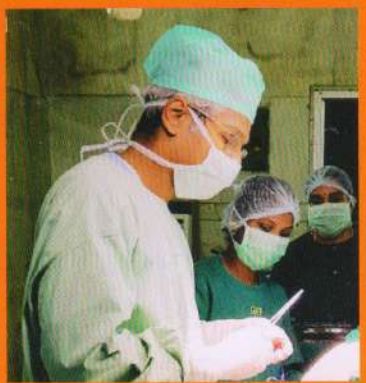
One of the key focuses is to improve human

resource requirements through getting more volunteers interested and involved in our activities.

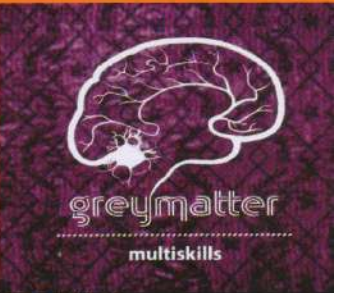
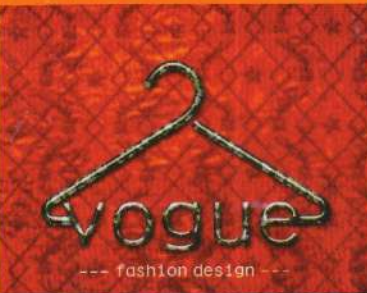
The base of financial support for our 'Home for every Child' programme is also being diversified. Besides hospital services, Tranquil, Vogue, Cindrella, and Grey Matter services will also provide additional support. Online sales of our products will be launched in February.

The Juvenile Justice Act is constantly evolving and our team is rapidly able to adapt to these changes. We can be proud that we have emerged as a model organisation for others to follow.

Thank you for being our friend and a well wisher. With your support we shall innovate, adapt and shine.



**- Dr Augustus Samuel Dodd**



\*\*\*\*\* YOUR DESTINATION FOR TRANQUILLITY | BEAUTY | FASHION | BRAINS \*\*\*\*\*

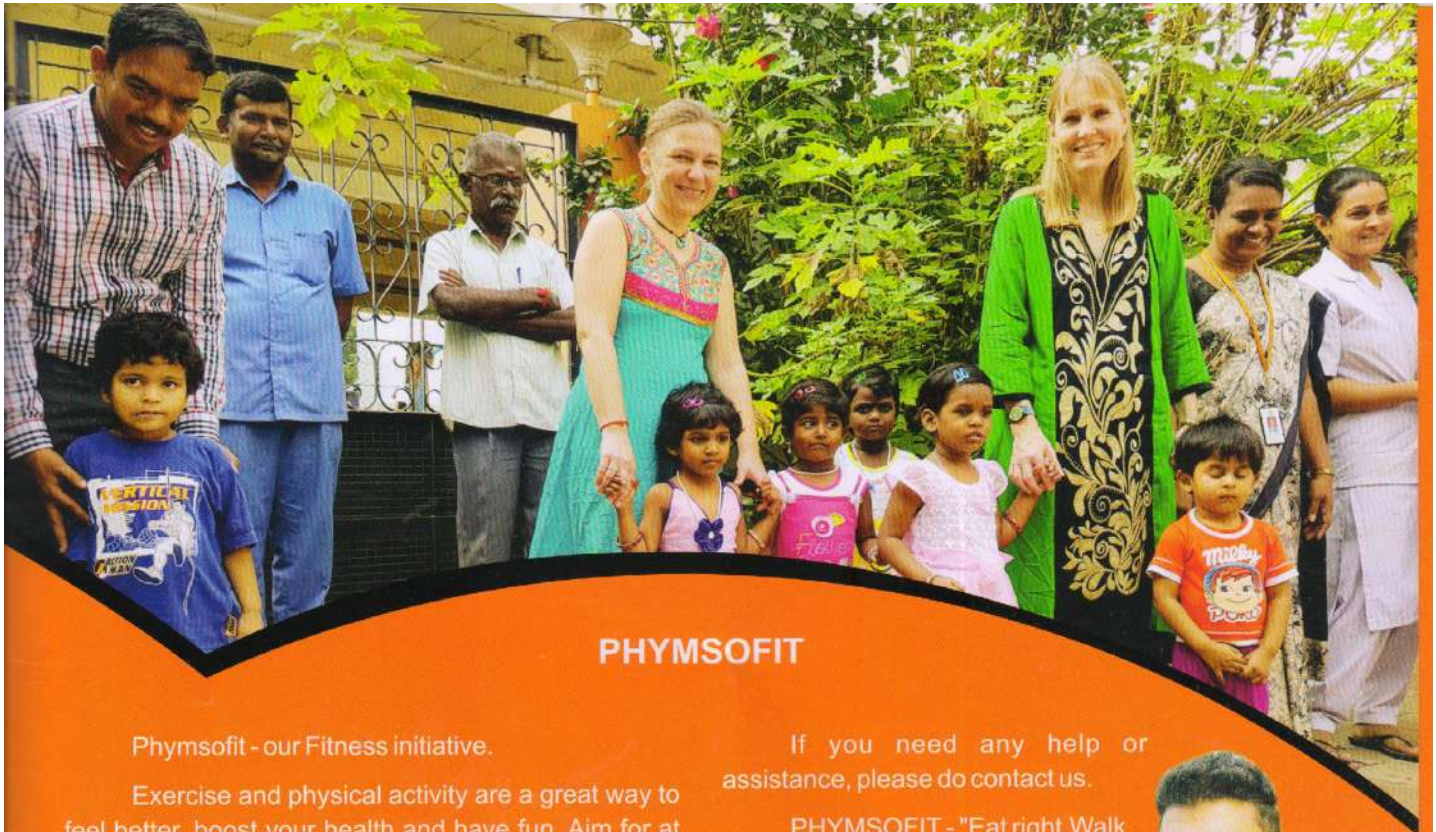
'TRANQUIL' Ayurvedic Point

'CINDRELLA' Beauty Clinic

'VOGUE' Fashion Design

'GREYMATTER' Multi Skills





## PHYMSOFIT

Phymsofit - our Fitness initiative.

Exercise and physical activity are a great way to feel better, boost your health and have fun. Aim for at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise.

Try to engage in a combination of vigorous and moderate aerobic exercises such as running, walking or swimming. Squeeze in strength training at least twice a week by lifting free weights, using weight machines or doing body weight exercises.

Space out your activities throughout the week. If you want to lose weight or meet specific fitness goals, you may need to ramp up your exercise efforts.

Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems such as heart disease, diabetes or arthritis or if you have any other concerns.

If you need any help or assistance, please do contact us.

PHYMSOFIT - "Eat right, Walk straight". Give a little time for your 'Physical, Mental and Social' well being.

We run around to earn but do little to stay alive.

The few who try fitness do not follow proven modern scientific methods. They go to gyms and end up with injuries.

Change your life style. Choose PHYMSOFIT and stay physically, mentally and socially fit!

Be PHYMSOFIT .



- Jesudoss John



Doctors Meet



Celebrating Birthday



Pongal Celebration at Mazhalai Illam



# PHOTO GALLERY



Endoscopy Procedure



Pongal Celebration at Mazhalai Illam



Mazhalai Illam Children



Physiotherapy Unit



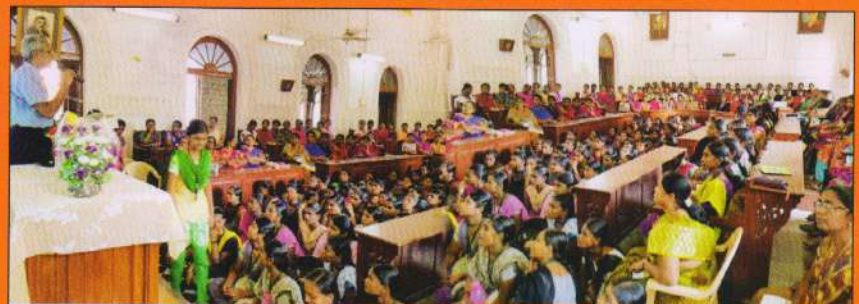
Lab - Training



Tutor - Christian college of Nursing, Ambilikkai



In-country Adoptions



Lecture on 'Non Biological Child'



Dharani Visits