

Newer Challenges for the Medical Department of Chennai Division

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The Medical Department of Chennai Division is different from other Divisions in that the Divisional Hospital is located at Arakkonam which is 70 kms from Chennai. We also have Health Units at various important stations like Jolarpet, Katpadi, Chingelpet, Haffieldspet and Sullurpet besides Units in the City at Chennai Central, Chennai Egmore, Avadi, Tambaram, Tondiarpet and Royapuram. Against 28 sanctioned posts of Medical Officers we have 27 officers on our rolls. There are two posts of CMS, 4 SAG doctors, 15 Sr DMOs, 1 Sr Dental surgeon, 1 ADMO and 4 CMPs. There are also 2 Assistant Health Officers and 1 Assistant Pharmacy Officer.

We examine and treat near about 36,500 out patients in a month and cater to the medical needs of 34356 employees, 4000 RELHS pensioners and other beneficiaries. The Hospital at Arakkonam has 50 beds and serves as a reference center for the Health Units at Katpadi, Jolarpet and Chingelpet etc. From a humble beginning as a Health Unit in 1945 it was upgraded in 1967 to a Sub Divisional Hospital and in 1995 to a full fledged Divisional Hospital. A modern ICU with all facilities like Monitor defibrillator, Oxygen concentrator and multiparameter etc., are available and acutely ill patients with heart attacks, cerebro vascular strokes and other life threatening emergencies are managed efficiently and successfully. We have twin Operation Theatres with facilities for giving general anesthesia and major and minor surgeries are conducted here. Plans are afoot to procure a Ventilator for ICU and a modern ultrasound machine for scanning and Doppler studies.

In March 2010 we conducted a Family Welfare Camp and laparoscopic sterilization was performed on 18 lady patients with full patient satisfaction. Our Bed Occupancy ratio is a healthy 70%. We have also embarked on an ambitious drive to augment the facilities at our

Hospital with procurement of modern equipments including a new 500 MA X-ray unit which was commissioned. A modern Laboratory with semi auto analyzer and two lab chemists ensures that all base line investigations are done in house. This hospital is well maintained and extremely patient friendly with neat wards and OP departments. There are six posts of Medical officers attached to the Hospital. We can also call Outside Specialists on case to case basis and Hospital Visiting Specialists in

General Surgery, General Medicine to see cases requiring a second opinion. The Hospital is eco friendly with arrangements in place for safe disposal of Hospital wastes and a conscious sustained effort has always been made to have greenery all around for a calm and quiet ambience.

Chennai Division has been in the forefront for introducing several dynamic measures to make it certain that our beneficiaries' health needs are fully realized. We have entered into contracts with reputed outside laboratories for outsourcing investigations at Health Units where laboratory facility is unavailable. This Division can be rightly proud that there is not a single Health Unit where this has not been done. Here both routine Tests and specialized tests can be done without the patient facing any financial hardship. We have outsourced taking of X rays at the Health Unit level and in deserving cases even ultra sound examinations can be ordered to be taken at private centres. The Railways will make all arrangements for the payment of the bills. In order to keep a close watch on the standard of investigations done in our own Laboratory, Quality control checks has been introduced by tie up with Department of Biochemistry, Christian Medical College, Vellore.

The Doctors of the Department has formulated 25 protocols providing step by step instructions to deal with many situations in clinical practice like cardiac arrest, acute shock, status epilepticus, normal labour, pre operative assessment, workup prior to cataract surgery etc. We have algorithms for disaster management and for doing proper medical examinations. Committees have been formed for Hospital improvement, drug audit, Medical audit and Hospital infection control.

A plan to systematically improve the Divisional Railway Hospital at Arakkonam is in place and a new meeting hall is ready. Arrangements are in progress for Telemedicine to start functioning so that Doctors can periodically interact with specialists at Railway Hospital, Perambur to discuss diagnostic difficulties and treatment options.

The Health Units are being taken up one by one for re modeling and this year the Tambaram Unit was completely redone. Apart from curative medicine attention is devoted to preventive aspects and health promotive work. Chennai Division has conducted 8 Health Education work shops, 6 CME programmes, 4 Stage wise training programmes for para medical staff, 10 DM and HT screening camps etc. Cleanliness campaigns, Geriatrics Health Checkup, Cancer Detection camp etc. Exhibitions and

Quiz programmes were also conducted in various stations to create awareness on cleanliness, sanitation and on promotive health.

Now the sanitation of all major stations has been entrusted to the Medical department and in this connection conservancy contracts have to be finalized so that mechanized cleaning is ushered in and there is perceptible evidence of improvement in the cleanliness. In our Division conservancy contracts are already in place at Katpadi, Jolarpettai and Moore Market Complex Suburban Terminal/Chennai. Contracts were also awarded at Chennai Central and Chennai Egmore stations both of which are 'A1' Category stations. Two more stations Chengelpet and Melmaravathur are also under mechanized cleaning contracts. Eleven posts of Health inspectors have been additionally created and the inspectors have already joined service to supervise the cleaning work and a distinct improvement is already apparent in the over all cleanliness of the stations.

By making efforts to improve the health services including curative, preventive and promotive aspects and with the intention of making our Stations absolutely clean and tidy, the Doctors and Para-Medical staff of Chennai Division are fulfilling the Mission Objective of Railway Health Services which is "Total patient satisfaction through Humane Approach and shared Commitment of every single doctor and paramedic to provide quality Health Care using modern and cost effective treatment and technology".

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