

Medi Quest BRS Hospital

A monthly News letter from BRS Hospital

COMMUNITY SERVICE PROJECTS AT BRS HOSPITAL

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Price Rs. 5/- Only

September- 2021

Medi - 25

Quest -14

Yearly Subscription

Rs 50/- only

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BRS Hospital has been actively involved in social welfare measure and conducting health camps for the public, along with Rotary club of Madras T-Nagar.

Due to pandemic there has been a shortage of blood units across the city for medical & surgical emergencies. This blood camp was conducted for a noble cause to meet the demand.

Do's and Don't of blood donation

WHO CAN DONATE BLOOD?

1. **Age:** 18 to 65 Years.
2. **Weight:** 50Kg and above.
3. **Hemoglobin:** Should be more than 12.5 gms .
4. **Typhoid fever:** After 1 year.
5. **Dengue Fever/Chikungunya:** After 6 months.
6. **Major Surgery:** After 6 months.
7. **Minor Surgery:** After 6 months.
8. **Malaria Fever:** After 3 months.
9. **Mumps, measles and chicken pox :** Two weeks after recovery.
10. **Recent Delivery:** After lactation period completed.
11. **Diabetics:** People on oral medication can donate blood with recent blood sugar value within normal limits.($< 200\text{mg}$)
12. **Hypertension:** People on

medication can donate blood with blood pressure under control.

13. **Tattooing:** After 1 year.

14. **Tooth Extraction (or) Dental Problems:** After 3 months.

WHO CANNOT DONATE BLOOD?

1. People with history of Jaundice (Hepatitis B and Hepatitis C)
2. People with history of Sexually Transmitted disease. (HIV, Syphilis etc)
3. People on medication for fits disorder.
4. People on Anti-psychiatric Medication.
5. People on Medication for Heart disease.
6. People on Anti-cancer medication.



Pic. 1: Voluntary Blood Donor

Regarding Covid Question

1. People can donate blood 14 days after either the first or 2nd dose of vaccination.
2. People who had covid infection can donate blood 14 days after recovery of infection



GENERAL MEDICINE , GENERAL SURGERY,
PEDIATRICS AND NEONATOLOGY
PLASTIC AND COSMETIC SURGERY ENT SURGERY,
OB AND GYN
UROLOGY , VASCULAR AND NEUROLOGY



(ISO 9001-2015 CERTIFIED)

**Blood Donation Camp was conducted successfully
with the support of VHS Blood Bank and Rotary Club of Madras T.Nagar**



**Pic. 2: Inauguration of
Blood Donation Camp by
Rtn. Dr.Ravi Verma
District Chairman for
Community Service Health**



Pic. 3: Counselling of Donors



**Pic. 4: BRS Team with
Rotary Officials and VHS Staff
at the camp and
Vocational Excellence award given
to VHS-Staff.**



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**Project Thaimai was conducted along with RCMT and Rotary District 3232
at the Govt. Primary Health centre at Pushpa Nagar, Nugambakkam.**

Nutritive kits were distributed to pregnant and nursing mother



**Pic. 5: Director Community Service Health,
Rtn. Dr.Madhusudhan addressing the Mothers at the primary health**



**Pic. 6: Rotary Officials President Pankaj Davey,
Rtn.Jigna Davey, Rtn.Meenakshi Perikaruppan,
Rtn. Kavitha Shankar**



Pic. 7: Distribution of Nutritive kits



**Pic. 8: Project Co-ordinator Dr.Mythili.
Zonal Health Officer - Zone IX**

3. Free Covid Vaccination camp was conducted along with Chennai Corporation & RCMT



Pic.9: Rotary District Governor
DG Rtn.J.Sridhar (centre)
at the commencement of camp



Pic.10: BRS Staff conducting the Free Vaccination Camp



Pic. 11: Covid Vaccination Camp