



BY NASA HOSPITALS

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Dear Valued Members of the NASA Family



Dr. Riyaj Khan
Founder & Executive Director,
NASA Hospitals

As we turn the page on another month, I am filled with immense pride and gratitude for the remarkable growth we are witnessing at NASA Hospitals. This journey of expansion and impact is powered by the unwavering dedication of our exceptional clinicians, the compassionate care of our nurses, the efficiency of our management team, and above all, the trust placed in us by our patients, their families, and our esteemed referring doctors.

Your belief in our value system, our unwavering commitment to patient safety, and our patient-centric experience protocols are the cornerstones of our success. I continue to be amazed by the complexity of the cases our teams expertly diagnose and manage. It is truly inspiring to witness the positive outcomes we achieve,

often with a cost of care that pleasantly surprises our patients and their families, especially when compared to other institutions. This speaks volumes about our commitment to delivering superior healthcare that is also accessible.

The stories of hope and healing that unfold within our walls are deeply moving. I recall the challenging case of the 13-year-old girl who presented with a complex brain tumor located in the posterior part of her brainstem. The skill and dedication of our neurosurgical team, coupled with the resilience of the young patient and the support of her family, led to a remarkable outcome.

Similarly, the journey of the 56-year-old patient, initially facing a poor prognosis elsewhere, who spent 30 days under our care and was discharged with a renewed lease on life, is a testament to the power of expert care and unwavering commitment.

The heartfelt photograph shared by her family, showing her joyfully playing with her grandchildren, is a powerful reminder of why we do what we do. Adding to this exciting chapter of growth, I am delighted to announce a significant milestone for NASA Hospitals.

We are eager to bring the NASA Hospitals ethos of excellence, affordability, and compassionate care to the vibrant city of Bangalore. This growth and these inspiring stories would not be possible without the collective efforts and unwavering commitment of each member of the NASA Hospitals family.

Thank you for your dedication, your expertise, and your unwavering belief in our vision. Together, we are shaping a healthier future, one patient at a time.

We are expanding our reach and will be commencing operations in Bangalore starting June 1st! This expansion marks a significant step in our mission to extend our specialized and patient-focused care to a wider community.



Dr. Naveen Kumar Venigalla

Senior Consultant Neurologist,
Clinical Director – Neurology,
NASA Hospitals



Introduction

In an era where neurological and critical care medicine intersect at the most delicate junctures of human life, the departments of Neurology and Critical Care at NASA Hospitals stand as a beacon of clinical excellence, human empathy, and system-wide resilience. We believe that behind every convulsion, coma, or crisis lies a human story — and our job is not just to treat, but to understand, support, and heal holistically.

In this article, we present a detailed account of one of our most compelling neurological cases that showcases our multidisciplinary approach, clinical sophistication, and patient-centric philosophy. This case, beyond being medically intricate, is a testament to what collaborative care can achieve when medical science is harmonized with ethical clarity and humane persistence.

The Case That Challenged Protocols: A Journey from Seizures to Self

Patient: 19-year-old male

Presenting complaint: Recurrent seizures over 24 hours. The patient arrived with active convulsions, semiologically described as head and neck deviation to the right, abnormal generalized posturing, and

subsequent loss of consciousness lasting 10–15 minutes. Despite prior episodes seven and two years ago, his therapy had been prematurely discontinued — a tragically common scenario among patients from lower socioeconomic strata who often equate symptomatic relief with cure.

There were no notable perinatal insults, hereditary patterns, or substance misuse history. His examination showed no focal deficits, though post-ictal fatigue and body pains were noted.

Initial Work-up and Neurodiagnostics

MRI Brain: No signs of cortical dysplasia or hippocampal sclerosis

CT Brain: Subtle left parietal calcification, no perilesional edema

EEG: Multifocal sharp wave activity; suggested multiple epileptogenic foci

Despite aggressive antiepileptic pharmacotherapy — which included loading doses of phenytoin, levetiracetam, valproate, and phenobarbitone — the

Bridging Minds and Lives: How NASA Hospitals' Neurology and Critical Care Teams are Redefining Hope

patient continued to seize. His management was intensified with oxcarbazepine and intravenous lacosamide.

A lumbar puncture ruled out CNS infections. Financial constraints precluded autoimmune and paraneoplastic panels. With no definitive cause and continued clinical deterioration, an empirical 5-day pulse of IV methylprednisolone was initiated.

The result was dramatic.

The First Recovery

By Day 4, he was ambulatory, conversational, and almost symptom-free. Discharge was imminent. But a sudden relapse with four generalized tonic-clonic seizures reversed the gains. The family, exhausted financially and emotionally, was counseled for referral to a tertiary epilepsy center — NIMS. But their wait was futile: beds were unavailable.

With nowhere else to go, he returned to our hospital.

The Unmasking: When Science and Psychiatry Collide

Back under our care, we reached a diagnostic impasse. Despite detailed history-taking and sequential interventions, the etiology of the patient's condition remained elusive. In view of this **non-diagnostic dilemma**, we proceeded with **nerve conduction studies (NCS)** and repeated **routine EEG**, yet none of these modalities offered clarity or improved diagnostic direction.

With no identifiable structural, metabolic, or infectious cause and the patient continuing to deteriorate clinically, we escalated to a **24-hour continuous video EEG**. This turned out to be the turning point.

During the monitoring, six clinical seizure-like episodes were documented. However, **no epileptiform discharges** were recorded on EEG during any of these episodes. This critical finding led us to the most plausible explanation: **Psychogenic Non-Epileptic Seizures (PNES)** evolving into a **Functional Coma**.

This singular test not only changed the diagnosis but transformed the trajectory of care — avoiding unnecessary escalation of antiepileptics and shifting the focus toward psychological and supportive therapy. It exemplified the power of appropriate diagnostics when used judiciously, particularly in resource-constrained environments.

Descent into Functional Coma

Soon after ICU admission, he had an acute collapse in front of his parents — unresponsiveness, absent doll's eye reflexes, apparent apnea, and a deeply comatose state. Repeat neuroimaging was unremarkable. Pupils were reactive. He was intubated for airway protection.

With sedation held, ventilator support continued as per protocol. Gradually, on Day 3, he began moving limbs. By Day 5, he was fully conscious, neurologically intact, and extubated successfully.

Final diagnosis: PNES with Functional Coma

This single patient journey encapsulated so much more than a disease — it reflected our institutional values: resilience in complexity, persistence in uncertainty, and compassion at every step.

The Neurology Department at NASA Hospitals: Our Vision in Action

Led by Dr. Naveen Kumar Venigalla, the Neurology department thrives on a few foundational principles:

- **Early and Accurate Diagnosis**

With in-house EEG, MRI, CT, and electrophysiology services, we minimize referral delays and misdiagnosis. In this case, the prolonged video EEG proved pivotal.

- **Neuro-Psychiatric Integration**

Recognizing PNES and functional disorders early avoids years of mistreatment. We liaise with psychologists and counselors to treat the patient, not just the pathology.

- **Socioeconomic Sensitivity**

Understanding financial limitations without compromising care is our priority. This case received intensive interventions, even when formal testing was economically unfeasible.

- **Continuity of Care**

Unlike many tertiary centers, our model emphasizes follow-up, education, and family counseling, ensuring long-term recovery and reintegration.

Critical Care's Silent Heroism: Every Hour Counts

While neurology provided the compass, it was critical care that provided the ship to navigate this storm.

- **Non-invasive Support Before Intubation**

The team monitored fluctuating oxygen saturations, chest discomfort, and behavioral patterns meticulously to avoid premature invasive ventilation.

- **Functional Coma Protocols**

We applied unique weaning strategies, avoiding sedation creep. Repeated neurological assessments were conducted with family involvement — a rare but humane touch in ICUs.

- **Ventilation Ethics**

No “default” tracheostomy. No prolonged ventilation without purpose. Every action was weighed against recovery likelihood and patient dignity.

- **Multidisciplinary Decision-Making**

Every seizure, collapse, and recovery phase was deliberated by neurologists, intensivists, respiratory therapists, and nursing leaders in joint huddles.

Training and Teaching: Investing in the Next Generation

Cases like this have become cornerstone teaching examples for our DNB residents, internal CME sessions, and regional medical conferences.

We emphasize:

- Understanding seizure semiology
- Differentiating organic vs. functional presentations
- ICU dynamics of neuro-patients
- Avoiding the overuse of antiepileptics in PNES
- Psychological profiling and family therapy

Our protocols are now part of our internal handbook and have inspired other institutions in Telangana and Andhra Pradesh to revise their PNES and functional coma workflows.

Socioethical Reflections

This case also raises larger questions:

- Would this patient have survived in a smaller hospital?
- How many PNES patients are misdiagnosed as epileptics and loaded with medications they don't need?
- Do our policies incentivize overtesting or overtreatment?
- And finally — do we remember to talk to the patient, not just about the patient?

At NASA Hospitals, our answer to all of the above is rooted in one belief: **Every life matters, but every moment in that life matters too.**

Conclusion

This 19-year-old's journey through seizures, functional collapse, misdiagnosis, intensive support, and eventual recovery is not an isolated story. It is the embodiment of how neurology and critical care, when working hand-in-hand, can pull patients out from the depths of despair.

At NASA Hospitals, our departments do not function in silos. We bridge minds. We bridge lives. And we do it one patient, one protocol, one breakthrough at a time.

We remain committed — not just to fighting disease, but to restoring hope, function, and humanity.

A Battle Against the Unknown: A Village Man's Triumph Over Rare Alcohol Withdrawal Seizures

Dr. Naveen Kumar Venigalla

Senior Consultant Neurologist,
Clinical Director – Neurology,
NASA Hospitals



Patient: Mr. X, 66-year-old male
Hometown: Remote village, Telangana

Departments involved: ICU and Critical Care Team, under the guidance of Dr. Sujatha (Critical Care), Dr. Rakesh (Critical Care and ICU Director), and Dr. Naveen (Senior Neurologist)

The Journey Begins

Mr. X, a 66-year-old gentleman from a small, remote village in Telangana, was brought to NASA Hospitals with frightening complaints: repeated seizures, jerky movements, and altered sensorium (meaning he was not fully conscious or oriented).

His family members were terrified. In their words, "He was shaking all over, eyes rolling back, not speaking, not responding."

At first glance, it appeared like a classic case of status epilepticus — a dangerous condition where seizures do not stop and can even become life-threatening. Without wasting a moment, our emergency team rushed Mr. X into the ICU.

There, under the expert supervision of Dr. Sujatha, Dr. Rakesh, and Dr. Naveen (Neurologist), he was intubated (a tube placed into his airway to help him breathe) and placed on a ventilator. Immediate stabilization was our first priority.

Initial diagnosis pointed towards Generalized Tonic-

Clonic Seizures (GTCS) — commonly known as 'grand mal seizures', possibly triggered by alcohol intoxication.

The First Ray of Hope



Dr. Rakesh Venuturumilli

Senior Consultant Critical Care
& ECMO Physician,
NASA Hospitals

With careful monitoring, Mr. X gradually started improving. His jerky movements reduced, and his sensorium showed signs of recovery.

Over the next few days:

- He was weaned off the ventilator.
- Extubated (breathing tube removed).
- Shifted back to the ward.

The family, relieved, thought the storm had passed.

But destiny had another twist.

A Sudden Setback

In the ward, just when everything seemed better, Mr. X again slipped into seizures and unresponsiveness. He was rushed back to the ICU.

This time, his Glasgow Coma Scale (GCS) — a measure of consciousness — dropped alarmingly low to 4–5, a very poor score.

Yet surprisingly, he could still maintain breathing on his own without needing a ventilator.

We sprang into action:

- Electrolytes were corrected.
- Brain imaging was repeated.
- Advanced blood and infection workups were done.

Under the leadership of Dr. Naveen, we also ruled out stroke, non-convulsive status epilepticus (NCSE), and metabolic encephalopathy using all available neurology tools.

But everything came back negative.

We were standing in the dark — no clear diagnosis and rising stress both for the treating team and the family.

When History Becomes the Best Teacher

When medicine and technology fail to answer, sometimes listening to the family and patient history gives the clues that machines cannot.

For the fourth or fifth time, we sat with the family and again dug deep into the patient's habits, past life, daily routines.

And then came the revelation.

His family, almost casually, mentioned that he had been consuming 'toddy' — a local homemade alcoholic brew — mixed with other unknown additives every day for years!

Unlike commercially manufactured liquor, toddy can often be contaminated with illicit chemicals or mixed with sedatives and adulterants that are neurotoxic. Chronic intake alters the brain's chemical balance, and sudden stoppage can result in dangerous withdrawal effects — even without the person realizing the risk. This was the turning point. A light bulb moment for our ICU and neurology team.

Could it be alcohol withdrawal seizures?
Could it be Non-Convulsive Status Epilepticus (NCSE) triggered by withdrawal — a very rare combination that even textbooks hardly mention?

The Bold Test: Midazolam Challenge

With suspicion high, we decided to test our theory. Dr. Sujatha and Dr. Rakesh, after detailed discussion and explaining the risks to the family, took a brave decision — to perform a Midazolam Challenge Test.

In simple words:

- Midazolam (a sedative medicine) was given.
- Normally, in cases of true coma or brain damage, midazolam would make patients more drowsy.
- But in withdrawal-related NCSE, patients often surprisingly improve after midazolam!

We administered a careful, controlled dose.

And magic happened:

Mr. X, who had been non-responsive, opened his eyes and started following commands.

It was a decisive victory — the Midazolam test confirmed our rare diagnosis of Alcohol Withdrawal Seizures manifesting as NCSE.

Against All Odds: A Story of Guts, Grit, and Gratitude

This was not just a medical diagnosis.

It was a war won with patience, clinical skill, and brave decision-making.

The Midazolam Challenge could have gone wrong — it could have made Mr. X drowsier, needing re-intubation, risking complications.

But fortune favors the brave — and preparation saved the day.

More importantly, the faith of the family in the ICU and Neurology teams was unwavering throughout. They trusted every investigation, every bold decision. This trust, more than any machine or medicine, became the silent partner in Mr. X's survival.

After stabilization:

- Mr. X improved day by day.
- Seizures stopped.
- Sensorium recovered.
- Smiles returned to the family's faces.

Finally, after many weeks of uncertainty and hard work, Mr. X was discharged safely, ready to return to his village — and to a new chance at life.

Lessons from Mr. X's Case

1. History Taking is a Powerful Tool Machines give reports, but human stories give clues.
2. Think Beyond Routine Diagnoses Rare cases need rare thinking.
3. Family Trust is as Important as Medical Skill Healing is a partnership between doctors and families.
4. Critical Care Requires Courage Sometimes, brave decisions (like the Midazolam test) make the biggest difference.
5. Never Give Up Until the Last Moment Persistence in diagnosis and care saves lives.

Final Words

This case of Mr. X will always remain a shining example at NASA Hospitals of how critical care, neurology, commitment, and compassion work hand-in-hand.

It teaches us that every patient, even the ones with the faintest chance, deserve our fullest fight — because miracles happen where science and heart meet.

We salute the entire ICU team lead by Dr Rakesh V , Neurology team led by Dr. Naveen, the family's faith, and above all — the spirit of Mr. X.

An alien in the brain – a case of right cerebellar space occupying lesion in a 13yr female child.

Dr. RTS Naik

Group Director Medical Excellence and Academic, NASA Hospitals



Dr. Shivani Pragada

MS Gen.Surgery
MCh Neurosurgery
Consultant Neurosurgeon, NASA Hospitals



ABOUT OUR HOSPITAL

At NASA hospital, our mission is to provide complete care of the patient and values aligned with patient goals. Neurosurgical team and critical care team at NASA hospital prioritize to give quality care with high end technology and medical equipments.

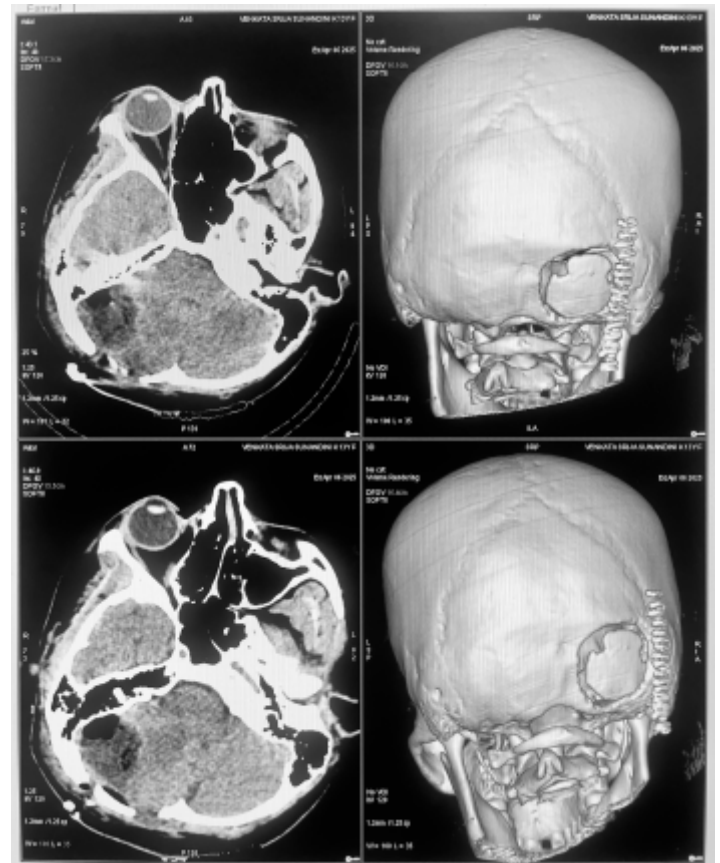
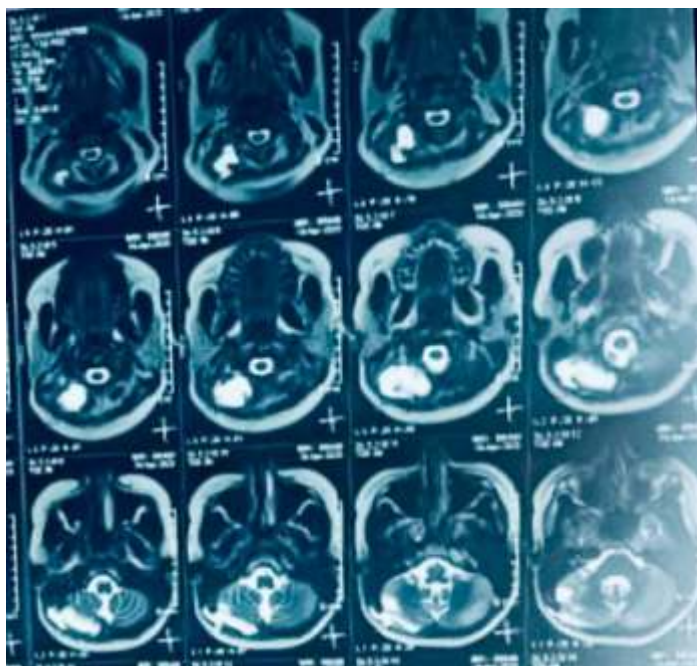
CASE STUDY

Recently we operated on a 13yr child with Right cerebellar SOL abutting sagittal sinus with high vascularity and nodularity . Child presented with headache for 2 months and vomiting since 2 days at presentation. Patient had ataxia, nystagmus, swaying on walking.

Right suboccipital craniotomy was done with total excision of tumour. Patient was extubated immediately after surgery and was conscious and coherent with no cranial deficits. Patient was discharged on day 6.

Posterior fossa tumours are one of the difficult surgeries for a neurosurgeon as it is very close to brainstem , vascular structures, lower cranial nerves and vital centres like respiratory centres are located in brain stem. Under the guidance of our senior neurosurgeon, Dr RTS Naik, the procedure was a success. Histopathology is suggestive of medulloblastoma and patient is sent for radiotherapy

We a NASA hospital aim to provide holistic care for all patients and for better outcome focusing on maximum benefit of the patient



Dr. Ananaya

MD Anesthesia,
Consultant Anaesthesiologist,
NASA Hospitals



An Inside Look at How Dr. Ananya and Her Team Tackle Prone Anesthesia with Precision and Preparedness

The operating room is a high-stakes battlefield, and nowhere is the complexity more evident than when a patient is positioned prone—face-down—for spine or neurosurgical procedures. At NASA Hospitals, the Anesthesia Department, led by Dr. Ananya and her expert team, has mastered the art of managing this delicate positioning, where airway security, ventilation, and patient safety walk a tightrope.

Understanding the Challenges of Prone Anesthesia and Ventilation

While the prone position offers unmatched surgical access for posterior procedures, it flips the anesthetic world—quite literally. Airway access becomes limited, lung mechanics change, and monitoring takes on new urgency.

Airway Management in Prone Position: A Tightrope Walk

One of the primary concerns is ensuring the endotracheal tube (ETT) remains securely in place. Once the patient is turned prone, access to the airway is restricted. Dr. Ananya's team follows a standardized checklist

- Use of reinforced (armored) ETTs to prevent kinking.
- Confirming bilateral air entry after positioning.
- Applying bite blocks to prevent occlusion.
- Securing the ETT with tapes and sutures.
- Using a strategically placed mirror near the face pillow to visually confirm tube position intermittently during surgery.

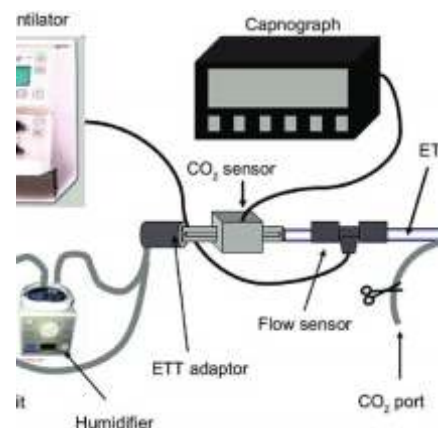
Navigating the Prone Challenge: Inside NASA Hospitals' Anesthesia Department



The Role of etco2 Monitoring

In prone cases, the value of end-tidal carbon dioxide (etco2) monitoring cannot be overstated. It is a gold-standard tool that helps anesthesiologists detect disconnection, airway obstruction, or inadequate ventilation early. Unfortunately, many operating rooms still lack capnography setups despite it being part of minimum safety monitoring standards.

Dr. Ananya's team ensures etco2 monitoring is used in every case. "It's not optional," she says, "it's essential."



Ventilation: Adapting to New Physiology

The prone position alters chest wall mechanics and can reduce compliance. NASA's anesthesia protocols recommend pressure-controlled ventilation modes with optimal PEEP to maintain gas exchange without barotrauma.

Close watch on tidal volumes and airway pressures ensures safe, effective ventilation, especially in long-duration surgeries.



Special Equipment and Safety Aids

Special face cushions designed for prone anesthesia help prevent pressure injuries and maintain airway patency. These cushions, often with mirror setups, prevent pressure sores on the face and eyes and allow monitoring of the ETT visually.

Padding of elbows, knees, and genitalia is meticulously done. The team also uses frequent time-based reassessments to check for any pressure-related injury during long surgeries.



Conclusion: Excellence in Every Position

At NASA Hospitals, prone anesthesia is not left to chance. With structured protocols, advanced monitoring tools, and the clinical acumen of Dr. Ananya and her team, patients receive care that combines science, safety, and surgical success.

As surgeries grow more complex, teams like these prove that preparedness and precision are the true hallmarks of safe anesthesia—whether the patient lies on their back or their belly.

"The surgeon may be the captain of the ship while sailing calm waters, but the anesthesiologist is the captain during the storm."



The surgeon may be the captain of the ship while sailing calm waters



But the anesthesiologist is the captain during the storm

Raising the Bar in Orthopaedic Care



Dr. Rajendra Prasad Reddy

Consultant Orthopedic & Joint Replacement Surgeon,
NASA Hospitals

3-Part Proximal Humerus Fracture with Varus Collapse Treated with MultiLoc Nail at NASA Hospital

At NASA Hospital, we believe that quality care means staying ahead—not just locally, but globally. We consistently incorporate the latest techniques and implants used worldwide to ensure our patients receive the most advanced treatment options available.

Recently, we treated a 40-year-old male who sustained a 3-part proximal humerus fracture with varus collapse following a fall. This fracture pattern, especially with varus angulation, is technically demanding and poses a risk for poor functional outcomes if not properly managed. In many centers, such fractures are still treated using conventional plates, or even conservatively—leading to prolonged recovery and compromised shoulder function.

Our Approach:

At NASA Hospital, we chose a cutting-edge intramedullary fixation using the MultiLoc Nail—a technique not commonly performed but offering several biomechanical and clinical advantages, especially in complex fracture configurations.

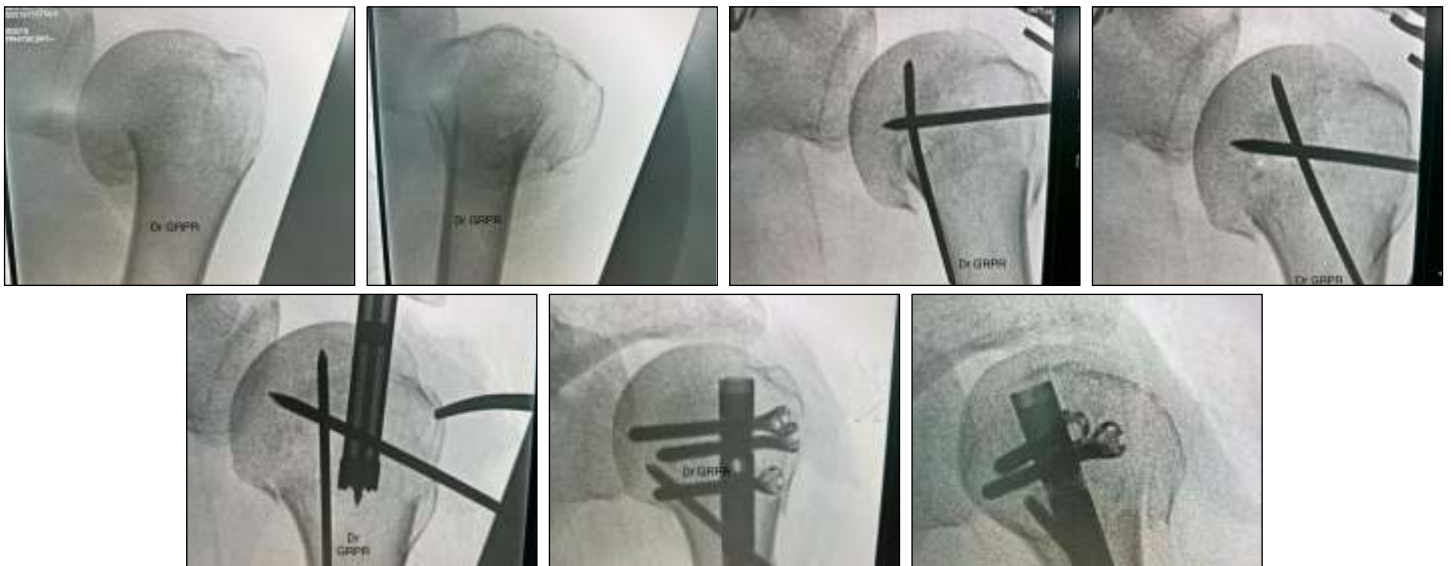
- Key benefits of the MultiLoc system:
- Anatomical fixation with calcar support, crucial in varus-type fractures to prevent secondary collapse.
- Minimally invasive surgical approach, leading to less soft tissue damage and faster recovery.
- Multiple locking screw options, allowing strong, stable fixation even in challenging bone geometry.

Current Status:

The patient is now 4 weeks post-operative, with good radiological alignment and progressing well in a supervised physiotherapy program. Range of motion is gradually improving, and early signs of fracture healing are evident. We anticipate excellent functional recovery with continued follow-up.

Setting Standards in Shoulder Trauma:

Very few centers in our region routinely perform this type of advanced fixation. At NASA Hospital, we are committed to bridging the gap between global best practices and local patient care. We continuously update our knowledge, adopt proven innovations, and apply them with precision—ensuring each patient benefits from what's best in the world of orthopedics. Modern techniques, global standards, personalized care—this is the NASA Hospital way.



Dr. Karthik Meruva

Senior Consultant - General Physician & Diabetologist, NASA Hospitals



A New Benchmark in Anti-Obesity Pharmacotherapy

Obesity affects over 650 million adults globally and poses a significant public health challenge, especially in countries like India where metabolic syndrome and type 2 diabetes are on the rise. In this context, tirzepatide, a dual GIP and GLP-1 receptor agonist, has emerged as a potential game-changer in weight management.

The SURMOUNT-1 phase 3 trial, published in The New England Journal of Medicine, evaluated once-weekly

The Weight Is Over: Tirzepatide's Triumph in Obesity Treatment – Is This India's New Waistline Saver?

subcutaneous tirzepatide in 2,539 adults with obesity (BMI ≥ 30) or overweight (BMI ≥ 27 with weight-related comorbidities), excluding diabetes.

Study Design Highlights

Duration: 72 weeks

Groups: Tirzepatide 5 mg, 10 mg, 15 mg, and placebo

Intervention: Drug plus lifestyle modification

Primary Endpoints: % change in body weight; % of participants achieving $\geq 5\%$ weight reduction

Dose	Mean Weight Loss $\geq 5\%$	Loss (%) $\geq 15\%$	Loss (%) $\geq 20\%$	Loss (%)
5 mg	-15.0%	85.1%	48.0%	30.0%
10 mg	-19.5%	88.9%	66.6%	50.1%
15 mg	-20.9%	90.9%	70.6%	56.7%
Placebo	-3.1%	34.5%	8.8%	3.1%

- Tirzepatide **outperformed placebo** by 11.9 to 17.8 percentage points in weight loss.
- Over 50%** of participants in the higher-dose groups achieved **$\geq 20\%$ reduction**, rivaling bariatric outcomes.

Cardiometabolic Benefits

Beyond weight loss, tirzepatide significantly improved:

Waist circumference: -14 to -18.5 cm vs -4.0 cm with placebo

Systolic BP: -7.2 mmHg vs -1.0 mmHg

Fasting insulin: -42.9% vs -6.6%

HDL cholesterol: $\uparrow 8.0\%$ vs $\downarrow 0.7\%$

Triglycerides: $\downarrow 24.8\%$ vs $\downarrow 5.6\%$

Notably, 95.3% of those with prediabetes at baseline converted to normoglycemia, compared to 61.9% in the placebo group

Safety Profile

Adverse Events: Mostly mild-to-moderate GI symptoms during dose escalation.

Discontinuation due to AEs: 4.3–7.1% (tirzepatide) vs 2.6% (placebo)

No significant increase in pancreatitis or thyroid malignancies.

Implications for India

With rising obesity and metabolic syndrome rates in urban and rural India, tirzepatide's efficacy and safety make it a viable pharmacological option for Indian clinicians managing obesity beyond lifestyle therapy. The drug's potential to mimic bariatric-level outcomes with a weekly injection raises the question:

Is Tirzepatide India's New Waistline Saver?

Further cost-effectiveness studies and real-world Indian cohort data will be crucial, but the SURMOUNT-1 data marks a paradigm shift in obesity management.

Why single/limited specialty hospitals in india?

As a senior clinician and healthcare leader, I've observed a significant shift in the healthcare landscape towards single and limited-specialty hospitals. While multi-specialty centers have their place, the focused approach of specialized units offers distinct advantages for both patients and doctors, particularly in the Indian context. In the bustling environment of a multi-specialty hospital, it's easy for patients to feel lost in the crowd, struggling to connect directly with their treating physician. Similarly, doctors often find themselves stretched thin, juggling diverse cases that can dilute their focus and, regrettably, sometimes diminish the crucial human connection and empathy so vital in patient care.

Furthermore, the economic reality is that within these large facilities, typically only a handful of specialties truly drive revenue, leaving others to function as supporting services. This begs the question: wouldn't it be more beneficial to concentrate on these key areas, or even a single specialty, under one dedicated roof? I believe the answer is a resounding yes, and here's why:

- **Deepened Expertise:** Single or limited-specialty hospitals are designed around a specific medical domain, such as neurology/neurosurgery, spine care, orthopaedics, obstetrics and gynecology, pediatrics, cardiology, nephrology, or assisted reproductive technologies like IVF. This allows for the recruitment of highly specialized professionals and the adoption of cutting-edge technologies precisely tailored to that field. The result is often superior diagnostic accuracy, more targeted treatments, and ultimately, improved patient outcomes and higher success rates.
- **Enhanced Cost-Effectiveness:** The operational overhead of a focused-specialty hospital is considerably lower compared to a sprawling multi-specialty institution. This efficiency translates to more competitive pricing for services, making quality healthcare more accessible and affordable for a larger segment of our population.



**Dr. Murty V V S
Nekkanti**

Chief Advisor Medical Services,
NASA Hospitals

- **Optimized Operations:** With a singular focus, these hospitals can streamline their processes, optimize resource allocation, and minimize unnecessary complexities. This leads to shorter waiting times for appointments, quicker access to necessary procedures, and a significantly improved overall patient experience.
- **Reduced Infection Risk:** By concentrating on specific types of medical interventions, single-specialty hospitals inherently minimize the risk of cross-contamination and hospital-acquired infections. This creates a safer and more reassuring environment for patients undergoing treatment.
- **Addressing Growing Demand:** India is witnessing a significant rise in lifestyle-related diseases such as diabetes and cardiovascular disorders, leading to an increased demand for specialized medical attention. Single-specialty hospitals are strategically positioned to effectively address these specific healthcare needs.
- **Strong Investor Confidence:** The clear focus, operational efficiency, and potential for scalability and technology adoption in single and limited-specialty hospitals have garnered significant interest from investors. This influx of capital further fuels their growth and enables them to enhance their services and infrastructure.

The increasing prevalence of single and limited-specialty hospitals in India signifies a positive evolution towards more patient-centered and efficient healthcare delivery models. They effectively cater to the escalating need for specialized care while maintaining a crucial balance between quality and affordability. This trend, I believe, is set to continue shaping the future of healthcare in our nation. It's encouraging to see initiatives like that of NASA, which is embarking on establishing specialized centers across Tier 1 cities, initially focusing on Neurology, Neurosurgery, Orthopaedics, and Trauma, supported by robust Anesthesia and Critical Care teams. This commitment to providing specialized, evidence-based care at affordable costs, thanks to dedicated consultant doctors and healthcare professionals, is a commendable step in the right direction.



Official Launch of NASA Hospitals Newsletter

We are proud to announce the official launch of the NASA Hospitals Newsletter, unveiled by Dr. Raj P Narayanam, Founder and Executive Chairman of Zagggle. A visionary leader and entrepreneur, Dr. Narayanam has been at the forefront of innovation in fintech and digital transformation. His presence at the launch reflects the spirit of forward-thinking and community-driven growth that NASA Hospitals embodies.

This newsletter marks a new beginning in how we communicate, share milestones, and stay connected as one family.

In the photo (from left to right): Mr. Sukumaar DG, Mr. Rahul Rasa, Dr. Raj P Narayanam, Dr. Riyaj Khan, Ms. Kamakshi Kakkana



LB Nagar, Hyderabad



Kasturi Nagar, Bengaluru



Pushpa Hotel Road, Vijayawada



LB Nagar, Hyderabad | Pushpa Hotel Road, Vijayawada | Kasturi Nagar, Bengaluru.



+91 777 108 3 108



newsletter@nasahospitals.com



www.nasahospitals.com

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