



2020 Khambhat, India

TRIP REPORT

OUR STORY: BY CHERYL ARTHUR

DOUBLE TAKE

**Cambay General Hospital –
Khambhat, India –
January 18 – 24, 2020**

In January, 2020, Operation Medical conducted its first Surgical Mission camp at Cambay General Hospital in Khambhat, India. Many folks on the team were in Khambhat in 2013 and it was great to be back after seven years.

The Cambay General Hospital is known for offering excellent patient care and is located centrally in Khambhat. They have a well-equipped clinic and offer a number of medical services. In 2013 the hospital opened an 18-bed community Cardiac Care Center including a Cath lab.

THE PLACE:

Khambhat, also called Cambay is in east-central Gujarat state (west-central India). It lies at the head of the Gulf of Khambhat and the mouth of the Mahi River. The 2001 census survey conducted reported a population of 80,439. The town was a busy port as late as the 15th century, but as the gulf silted up, the port became insignificant. Today many in the area are in the agate business or have shops that sell eatables and household products. Kite making is another important business as well as fishing and salt harvesting.



This year the team stayed at the Guest House at the Manilaxmi Tirth. The Manilaxmi Tirth is a Jain religious temple situated in a small village just outside of Khambhat. Gujarat State has a major population of Jain Religion and Jain Tirth and Temples. The Manilaxmi Jain Tirth is newly constructed (2017) and expands up to 31,000 square feet of Land. The magnificent temple is colored with bright and vibrant colors and is built by using pure white marble.



The Guest House is on property with the main temple and is 5 stories high with ornate decoration on the exterior. The team bunked in with 2 persons comfortable and safe per room. In juxtaposition to the ornate exterior, once inside a guest room, one is met with very austere surroundings. Guests must bring their own linens (blankets and towels) as well as toilet paper. The view of the temple at night illuminated with color lights is spectacular.

In case you are unfamiliar with Jainism:

The three guiding principles of Jainism, the 'three jewels', are right belief, right knowledge and right conduct. The supreme principle of Jain living is nonviolence (ahimsa).

Strict Jains don't eat root vegetables such as potatoes, onions, roots and tubers, because such root vegetables are considered ananthka, meaning one body, but containing infinite lives. In addition to not eating meat, Jains cannot eat eggs, gelatin, or even anything that grows underground. That includes potatoes, onions, and garlic! These are typical foods used in everyday cooking in most households, but for Jains, it is not allowed in the house.

THE STORY:

Operation Medical's first visit to Cambay Hospital, hailed a team of 21 volunteers (approximately 2/3 of our usual team size for trips to India.)



The supplies for this year's 2020 Khambhat camp consisted of 10 bags transported by volunteers out of Harrisburg as well as 15 bags/boxes that were inventoried and left in India during our mission last January in anticipation of the 2020 mission in Khambhat. Combined, the bags weighed in at around 800 pounds. Upon arrival in Khambhat, the team unpacked and organized our temporary supply room in about 2 ½ hours — no small feat! After getting our supplies in order we assembled for a warm welcome from the hospital staff.

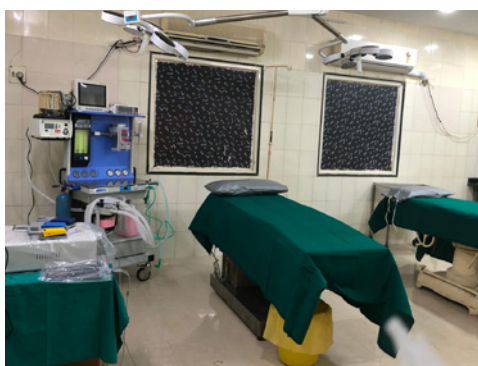
Every day started with a wakeup call at 5:30am and departure to the hospital at 5:45 — a 45 minute bus ride. Breakfast was briefly taken at the hospital and the local staff was ready for us to start cases promptly at 7:00am. The team generally worked until about 5:00 pm and made the trip back to



the Guest House or a nearby restaurant for dinner before retiring for the night.

As with prior camps to India, there were an abundance of hernias, hemorrhoids and hysterectomies to be attended to as well as scar revisions and burn contractures. Our efforts resulted in 129 successful surgical cases at the end of the week.

The team at Cambay General Hospital was very prepared for our camp and a delight to work with. During our mission we served not only the patient population, but the staff. The hospital is committed to learning and improvement. It was gratifying to be able to educate on various competencies such as improving the local practices of sterile technique and passing instruments.



Gift to the Hospital:

Operation Medical was able to purchase a portable anesthesia machine from the UK due to a designated financial gift received at the 5th Anniversary event from Dr Gautam Mishra. This is a much-needed piece of equipment for the operating suite at Cambay General Hospital and will provide the ability for more surgical cases.



Portable anesthesia Machine



Dr. Mukul Parikh, Team Leader-Operation Medical & Dr. Jatin Patel, Anesthesiologist, Cambay General Hospital



Dr. Jatin Patel, Anesthesiologist, Cambay General Hospital, Dr. Dinesh Pandit, Surgeon and Host Organizer, Cambay General Hospital, Dr. Disha Patel, RN – Head OR Nurse, Cambay General Hospital and Dr. Mukul Parikh, Team Leader-Operation Medical

REFLECTIONS:

Dr. Elliott Scott Chief Surgical Resident - Virginia Mason Hospital, Seattle, Washington

There is so much written these days about “burnout” and “wellness” in the medical community. Hospital systems, universities, professional organizations, and a cadre of “experts” have come up with all sorts of gimmicks to pull healthcare workers out of the darkness. I found wellness thousands of miles from home, in Khambhat.

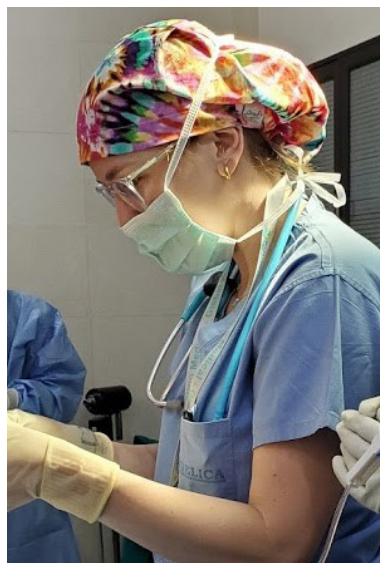
It turns out that when you strip away the crushing weight of our healthcare system and the toxic dictates of hospital apparatchiks, and you make do with simple equipment, bad lighting, and a skeleton crew in the OR, you can rediscover what all this sacrifice and training has been about. It's about patients and making them better, one at a time.

Every member of our team was an essential part of fixing a surgical problem that would have otherwise gone unaddressed; every member of the team helped alleviate real suffering. I repaired a lot of hernias and dealt with other common surgical problems, but it was me who found healing. The father who took my hands in his when his son came safely back after an appendectomy, the wife holding her husband until the last second before he was rolling back, these people and all the patients and families I met, with their effusive and sincere gratitude, were the tonic against burnout.

It's such a farce, an embarrassment really, that people might think of my “generosity” in going to Khambhat. I was able to simply be myself there, I did what I know how to do in the operating room, what I love to do, and it wasn't uncompensated work—I was rewarded daily with an immensity of love, gratitude, and kindness. In that interpersonal economy, I was enriched beyond what I could have hoped. I return to my job flush with that energy and gratitude, hoping I will have the chance to renew myself again in that place.



Dalya Lovy, CRNA Massachusetts General Hospital - Boston, MA



I feel so incredibly grateful to have been included in the Operation Medical volunteer trip to Khambhat this past January. If I had to sum up my time volunteering with Operation Medical in one word I would just have to say WOW! Why wow? Aside from the sensory overload of traveling in India for the first time (overloaded in the BEST way with the incredible food, beautiful colors at every turn, the warmth and kindness of the locals, and of course the cacophony of blaring horns), it was truly my fellow volunteers and our patients and their families that made the trip so special.

It's hard to imagine that people you've known for only a week and a half can feel like family by the end of one week, but that is exactly how I felt. Being surrounded by healthcare providers and volunteers that have dedicated years of their lives traveling to all corners of the globe in the aid of others is something truly inspiring. Our patients and their families couldn't have been more welcoming, kind, and thankful for our time spent with them.

From a professional standpoint, a few days of practicing anesthesia in a developing country at a rural hospital will totally change your perspective on what equipment and medication is essential to provide a safe and effective anesthetic. If I had to sum three components paramount to providing anesthesia on a mission trip I would say: creativity, ingenuity, and flexibility. And we did just that. We made it work with the hodge-podge of equipment, medication, and supplies and successfully performed over 100 safe and effective anesthetics! Ego was left at the door and the OR experience

was stripped down to the bare bones of what it takes to perform a safe surgery for someone in need and it revitalized my passion for practicing anesthesia. It was a privilege to apply my anesthesia knowledge and skillset in Khambhat, and in just a little over a week our group of volunteers vastly impacted so many people in a tangible, concrete way.

I returned from this trip with a renewed sense of gratitude for my profession and a more diverse skillset that serves me at my home institution. It's remarkable how something so small as walking into the operating room in flip-flops changed my perspective on practicing anesthesia, and it's these small moments from my trip that still resonate with me on a daily basis. I know that our mission to Khambhat will be the first of many volunteer trips throughout my career as a nurse anesthetist, and if Operation Medical will have me I would love to join on their next trip. Months later, my cheeks still hurt from smiling so big!

PATIENT SPOTLIGHT:

Rijabanu Mansuri is an active eight-year-old who is in the third grade. She enjoys studying, playing games and riding her bicycle like many children her age. Unlike most of her peers, however, she was born with a bilateral cleft lip and palate, a condition that causes issues with speech, eating and appearance and often requires multiple surgeries throughout childhood and teen years. In 2013 she was a patient at a surgical camp at Cambay Hospital and had her first surgery done to correct the lip deformity by Dr. Dave Leber with the assistance of Dr. Ken Arthur of Operation Medical. Now, seven years later, she returned to the hospital to be part of Operation Medical's 2020 Surgical Camp. Accompanied in clinic by her paternal grandparents Dada Harunbhai and Dadi Anwariben, who vividly remembered the initial surgery when Rijabanu was just 15 months of age, their hope was to be able to have surgical revisions done to further enhance that initial reconstruction.



As with most bilateral cleft lip patients, Rijabanu had associated deformity of her nose, with tightness between the tip of the nose and the top of the lip caused by a shortening of the columella, the fleshy “wall” between the nostrils. This causes a flattening of the shape of the nose and creates small nostrils which limit breathing and impact clarity of speech. By using tissue from the lip, the columella can often be lengthened, improving shape of the nose and nostrils as well as opening up the nasal passages.

Rijabanu's family lives about a 5-minute walk from the hospital in Lal Darvaja and they arrived at 7 AM on the morning of her scheduled surgery. Dr. Ken Arthur, one of her original surgeons, was able to perform a columellar lengthening surgery, changing the shape of her nose while also revising scars from the initial lip repair. She did well with the procedure and was under the watchful care of three generations of her family – grandparents, parents and sister – during her overnight hospital stay. We wish Rijabanu a speedy recovery and we hope to see her and her family again at future surgical camps at Cambay Hospital!



Dr. Ken Arthur

CASES BY GENDER:

Female – 50

Male – 79

CASES BY AGE:

Youngest – 2-years old

Oldest – 85-years-old

CASES BY TYPE:

Amputation digit
 Anterior and/or Posterior
 Repair
 Appendectomy
 Circumcision
 Colpocleisis (Le Fort Tech-
 nique)
 Cystocele & Rectocele repair
 Debridement & Skin Graft
 Epididymectomy
 Exam under anesthesia
 Excision of Cyst, Mass or Scar
 Fistulotomy / Fistulectomy
 Hemorrhoidectomy
 Hernia Repair
 Hysterectomy
 Orthopedic
 Reconstruction Ear Pinna
 Release Burn Contracture
 Release or Repair any Lesion
 Repair Cleft Lip
 Repair Laceration
 Revision Scar
 Sphincterotomy
 Suture Ligation
 Syndactyl Release

The Team**Surgeons**

Kenneth Arthur, MD
 Leeanna Clevenger, MD
 Jessica Gorham, MD
 Stephen Kaplan, MD
 Parul Krishnamurthy, MD
 Bipinchandra Patel, MD
 Elliot Scott, MD

Anesthesia

Dalya Lovy, CRNA
 Sue Miller, CRNA
 Uma Parekh, MD
 Mukul Parikh, MD
 (Trip Leader)
 Neelima Parikh, MD
 Sonal Sharma, MD

Surgical Technologists

Karmae Amsbaugh
 Crystal Newcomer

Nurses

Leona Baughman, RN
 Bonny Pepper, RN
 Svetlana Zozula, RN

Auxiliary

Cheryl Arthur
 Krishna Iyer

Student

Avni Sanghvi

**Team Leader Impressions**

Mukul Parikh, MD

Anesthesiologist – Pinnacle Health, Harrisburg, PA

It was nice doing a repeat mission in Khambhat after 2013. While the hospital has grown and improved many things, we were still needed and appreciated for our efforts. As always, both the hospital and Operation Medical teams worked like clockwork and were very cohesive. The leadership at the hospital has already requested us to return and we will certainly consider the opportunity as everyone was so welcoming, cooperative and efficient.

Special Thanks

Gratitude to Prakash Brahmbhatt for providing room and board to our volunteers in Khambhat, and to Kurang Panchal for providing transportation / logistics to and from Ahmedabad to Khambhat and a farewell send off and rooms on the last night at the Gymkhana club. We also extend our gratitude for Dr. Dinesh Pandit and his warm hospitality.

Operation Medical is thankful for all of the participants and welcomes them to join us for another camp.

Please check our website at www.operationmedical.com to see how you can get involved in providing global healthcare.