

DEPARTMENT OF CARDIOVASCULAR AND THORACIC SURGERY

Cardiovascular and Thoracic surgery is the specialty concerned with the prevention, diagnosis, treatment, with specific focus on surgical management, and rehabilitation of disorders that affect the cardiovascular and pulmonary system as well as the other major organs in the thoracic cavity. The department of Cardiovascular and Thoracic surgery was officially inaugurated by the Honorable Chief Minister of Kerala, Sri. Oommen Chandy, on 10th November, 2012.



We offer the most advanced surgical techniques to treat cardiovascular and thoracic disorders and injuries. Our mission is to provide the most advanced technology to the poor and needy, extending as a life line to every patient through innovative ways of management including the surgical procedures with positive results. This is flanked by a continued dedicated follow-up in a patient friendly approach. We aim to be a Centre of excellence in Cardiovascular and Thoracic surgery, through dedicated care of our patients, and commitment to sound medical practices.

OUR TEAM

Our team consists of

1. Dedicated Cardiovascular and Thoracic surgical and Cardiothoracic anesthesia team

The department has two full time Cardiovascular and Thoracic surgeons and two cardiothoracic anesthesiologists rendering 24 hour coverage including emergency services.



Dr. JAYAKUMAR. P MS, M.Ch. (CTVS)

Professor and Head

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Our team is lead by **Dr. Jayakumar. P**, who has more than 10 years of experience in Cardiovascular and thoracic surgery and has worked in various institutions in India and abroad, including Amrita Institute of Medical Sciences (AIMS), Kochi and Sahakarana Hrudayalaya, Pariyaram, as Associate Professor, and Sikdar Cardiac care centre, Dhaka, Bangladesh. He has vast experience in coronary surgery, valve surgeries, aortic aneurysm surgeries, thoracic and peripheral vascular surgeries. His fields of special interest include cardiac transplantation, heart failure surgeries and lung cancer surgery.

2. 30 member strong support team

This includes a dedicated team consisting of theatre/ICU/Ward staff nurses, cardiac perfusionists, physician assistants, and theatre/anesthesia technicians, handpicked from various reputed institutes across the country, rendering 24 hour service at the highest level of quality. The department also has a full time cardio respiratory physiotherapist for post operative rehabilitation of all surgical patients. Our staff uses a patient centric approach to clinical practice and aim at bringing advanced form of medical health care to our patients,

through high quality facilities, thus ensuring the best outcome to patient care. We value all our staff, and team work is what determines our future. The staff nurses in our department are dedicated to upholding the tradition of our institution, in providing the best nursing care. There is an open communication between the patients/relatives and staff members resulting in effective and timely action which benefits our patients.

OUR FACILITIES

1. Well equipped state-of-the art Cardiothoracic operation theatre

We have a highly sophisticated and well equipped state-of-the art cardiothoracic operation theatre with advanced equipments such as Sarns 8000 Heart lung machine, Datex Ohmeda's Advanced anesthesia machine, OT table with level sensor, Steris LED overhead light, Philip's echo machine, IABP machine, video laryngoscope, intubating bronchoscope, Continuous cardiac output monitoring system, central monitoring system and imported surgical micro instruments. The theatre also has laminar flow air conditioning system.





Our operating theatre is equipped for performing all types of complex cardiac and thoracic procedures including aortic aneurysm surgeries, congenital heart surgeries and cardiac transplantation.

2. Advanced and well equipped ICU

We have a fully equipped 7 bedded ICU for intense monitoring and care of immediate postoperative patients. The unit is equipped with 4 Servo ventilators, modular multi channel monitors with central monitoring facility, dedicated portable X-ray machine, ABG machine, chest physiotherapy unit and patient warmers (Bair hugger). The ICU beds are high quality and fully automated.

3. Cardiac surgery ward

We also have a cardiac surgery ward which caters for both preoperative and postoperative cardiac surgical patients. This ward has been designed as a **step down ICU**, with options for central monitoring and mechanical ventilation.



The ward has 8 air conditioned rooms with a patient friendly ambience and all modern amenities including television, intercom connection and internet connectivity. Each of these rooms has provision for medical oxygen, for supporting mechanical ventilators, crash carts for emergencies, and advanced cardiac monitors with central monitoring option.

WHAT WE DO.....

Inpatient services

The department of Cardiovascular and Thoracic Surgery provides surgical solution to a wide spectrum of heart, vascular and lung ailments. The cardiovascular and pure vascular procedures involve the following:

- Coronary artery bypass grafting /revascularization surgery on cardiopulmonary bypass as well as on beating heart (Elective & emergency)
- Palliative and intra-cardiac surgeries for congenital heart diseases
- Valve replacement as well as reconstruction for valvular heart diseases
- Repair of aortic aneurysms arising from the ascending aorta till bifurcation of the aorta
- Repair of all forms of peripheral arterial aneurysms including the A-V fistula aneurysms in the chronic renal failure patients
- Surgery for aorto-iliac diseases, femoro-popliteal diseases and the other peripheral arterial occlusive diseases
- Vascular injury repairs

With the increasing incidence of the mediastinal, pleural and the pulmonary diseases we are focusing on their interventions. These include,

- Lobectomy/pneumonectomy for all forms of lung diseases whether infective or malignant
- Decortication for Empyema thoracis irrespective of the etiology
- Surgery for mediastinal tumors both benign and malignant
- Chest wall tumors with chest wall reconstructions
- Extended thymectomy for Myasthenia Gravis
- Tracheal reconstruction

We also provide surgical support for other surgical disciplines in case of poly trauma and take care of the thoracic injuries in the emergency department.

Outpatient clinic

Services to non-emergency cases are run on all week days except Sundays and review patients are seen on Tuesdays. Outpatient clinic timing is flexible and is based on prior appointment. Regular OP starts by 10 A.M, after completion of the ICU and ward rounds. We

also provide a **24x7 helpline** and email address, for patients to directly contact our staff, for booking appointments, queries and health advice. This is unique to our department.

24 hour Helpline

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Academic activities

The faculty of the department is actively involved in teaching the undergraduate and post graduate medical students. We are also involved in training of paramedical and nursing students, with a batch of BPT students regularly posted in the department every month. Exhaustive theory classes in Cardiovascular and thoracic surgery is regularly taken for undergraduate medical students. General surgery postgraduate students are also regularly posted to this department as part of training.

ACTIVITIES AND CAMPS

- Actively participating in **World Heart Day Celebrations** on a yearly basis, with associated activities like medical camps and health awareness programs



- Actively participating in all institutional activities like Nurses day celebrations, Doctors day celebrations, Infection control program

- Regularly organizing **rural outreach programs and health camps**, based on the recent WHO directives on NCD (non communicable diseases), at various places, with increased focus to the high range regions of Idukki and Kottayam districts, in liaison with local voluntary organizations.





Medical camp at Kattapana, Idukki held on 2nd June 2013 along with health education program

FUTURE PLANS

- Start a viable and sustainable **cardiac transplantation program**
- Start VATS, Robotic surgery and minimally access cardiac surgery
- Start M.Ch (Cardiovascular and thoracic surgery) training program