



NABH QUALITY CONNECT



**QUALITY COUNCIL
OF INDIA**
Creating an Ecosystem for Quality

Integrative Medicine

A complete approach to achieve optimal health

FOREWORD



Mr. Jaxay Shah

Chairman, Quality Council of India

*A*s a country, we had a magnificent year 2022 wherein India was sought after for its solutions, innovations and leadership. In a year when India led on several fronts, be it sending out vaccines to the ones who needed them, making significant strides towards net zero emissions, or even skilfully managing global geopolitical shifts, we showed the world that it is only through cooperation and collective efforts that peace and tranquillity will be achieved which is necessary for the growth of the human civilisation.

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“Every citizen in the country should have access to high-quality healthcare. The goal is to make affordable and quality healthcare accessible to the last mile (antyodaya).”

“As an impact, we build and grow robust health infrastructure across the country (sarvodaya) as India moves ahead into Amrit Kaal.”

We have to constantly persevere to achieve the Hon’ble Prime Minister’s vision of making India Atmanirbhar in the true sense and the Vishwa Guru. It is only through our collective effort that this will truly be India’s century.

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The quality sector and patient safety are currently riding on a wave of positive impact that is indicative of a very positive turnaround in the healthcare industry. NABH today has become synonymous with being a healthcare boon for thousands of hospitals and healthcare providers aspiring to achieve high level quality standards for healthcare quality. It is extremely encouraging to see that the NABH has taken several initiatives that contribute in creation of an ecosystem for quality in healthcare. NABH is trying to create an international hallmark for quality healthcare and supporting in the vision of our Honourable Prime Minister Shri. Narendra Modi to impact the world with Indian services and care.

NABH has also adopted digital technologies to anchor complex hospital accreditation, certification, and empanelment processes, ensuring operational and process excellence. Technology will continue to be the board's digital backbone, pushing them to consistently deliver service excellence at the right time to the right stakeholder.

NABH should continue to align itself with the Government of India's long-term strategy. NABH should maintain its focus on improving the quality of healthcare delivery at the grassroots level. Every citizen in the country should have access to high-quality healthcare. The goal is to make affordable and quality healthcare accessible to the last mile (Antyodaya). NABH must strive to be at the forefront of the country's quality movement and for that transparency and accessibility stands as two pillars for this. As an impact, we build and grow robust health infrastructure across the country (Sarvodaya) as India moves ahead into Amrit Kaal.

More hospitals should get the flexibility to grow their specialisation and find their niche using the NABH standards. At the same time, the basics of standardised quality health care should be promoted across the board. Special focus on infection management and patients' rights and education is important. Also, there have been several instances of attacks on healthcare professionals, hence safeguards for them are also important and NABH should take a step forward for





Shri. Jaxay Shah, Chairman, QCI visited NABH office and shared his vision and strategies to work together as a team to bring Quality to the grass root levels.

the protection of the healthcare and frontline workers. Apart from this, it is also important to maintain transparent and clear communication between healthcare professionals and patients. Above is pivotal to providing the best-suited service to the patient and improving overall quality of healthcare.

The NABH team has worked laboriously to achieve the goal of instilling in every individual the "idea of quality as an indispensable component in all walks of life."

As we continue on our journey to improve the Quality of Life of India's 140 crore citizens, I want you all to take the lead and be the torchbearers of change. In this journey where we overcome multiple challenges, I believe that we will work together to uphold and further contribute to the legacy of QCI and NABH.

As we flip the page for 2023 and India assumes G20 presidency, we are tasked with the major responsibility of living up to the dream of a developed India. We have to constantly persevere to achieve the Hon'ble Prime Minister's vision of making India Atmanirbhar in the true sense and the Vishwa Guru. It is only through our collective effort that this will truly be India's century.

I wish all of you and your families a prosperous and happy new year.

I would like to take this opportunity to congratulate the NABH's leadership and staff on their efforts and success to set benchmarks to achieve the ultimate goal of "Quality Healthcare for all in India." I wish and hope that NABH will break new ground in this year, with renewed optimism for reaching new heights.

Lots of love.

MESSAGE



Prof. (Dr.) Mahesh Verma

Chairman, NABH

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t gives me immense pleasure to end the year 2022 which has been extremely successful for NABH and everyone associated with us and we are glad to begin the new year 2023 on a very high note.

First of all, I express my profound appreciation to the Shri. Adil Zainulbhai, former Chairman of QCI for his exceptional service and tremendously dedicated 8 years to QCI. Both QCI and NABH have carried out several initiatives and activities that have garnered national and worldwide recognition for the respective organizations. I sincerely thank him for his unwavering support and upbeat & optimistic attitude. The entire NABH family will always remember his perseverance, commitment, and visionary leadership.

At the same time, it is my pleasure to welcome Shri. Jaxay Shah, the newly appointed chairman of QCI. Being the chairman of NABH, I look forward to working together with him as I firmly believe that we can develop the best ways to propel the quality in healthcare sector to the most incredible heights. Being an energetic and ever young minded approachable person, he promises to take both QCI and NABH to another level further at the same time having a wide vision to take quality healthcare services to the grass-root levels too.

It also gives me immense pleasure and congratulate Dr. Atul Mohan Kochhar, CEO-NABH for his successful extension of his tenure as CEO of NABH for the consecutive time. He did a marvellous job in NABH in the last 3 years and during the most difficult period of the decade (The Covid pandemic period). Even when everyone else lost faith, he pushed it through and we owe this success to him. He has tremendous talent and potential, and I am confident in his ability to repeat this success ahead. NABH is evolving in a giant sector and how we are continuously improving in our ability to perform better every day. This goes without saying that the NABH Secretariat and partners have continued to live up to the expectations and meet challenges in their

respective duties excelling in them eventually despite several hurdles. We all should be very proud of the fact that each time we outperform ourselves and now where we stand today. I am sure the journey ahead will be much more excited and eventful.

We have to grow horizontally and take initiatives to reach to the common man. As a national accreditation body for hospitals and healthcare providers, it is our duty that even the last man in the line is aware and able to afford and access the quality healthcare services in India. Our nation should be an example and ambassador for the quality healthcare services to the world and NABH surely has a strategy to help in achieving the vision. Today, NABH has surely become a brand in Quality Healthcare sector and we all are so proud of that.

A team who never gave up in the toughest times and kept their duties on in COVID period, gives me a great confidence and boosts me up for extraordinary works, successes and heights in the upcoming years too. I wish all the very best to the leadership team and members of NABH secretariat, all the partners and hospitals empanelled to NABH for a successful year and continued growth.



Team NABH expresses its most profound appreciation to the outgoing Chairman of the Quality Council of India (QCI), Mr. Adil Zainulbhai, for his exceptional service and tremendously dedicated eight years to QCI.



Team NABH welcomes Shri. Jaxay Shah, the newly appointed Chairman of the Quality Council of India. We look forward to working together to develop the best ways to propel the quality in Healthcare Sector to the most incredible heights.

FROM THE DESK OF SECRETARY GENERAL



Dr. Ravi P. Singh

Secretary General, Quality Council of India

2022 has been an exciting year for us and it is a source of great pride for NABH that its sincere efforts to create a quality ecosystem have yielded exceptional results in the field of healthcare. NABH has worked hard to achieve excellence, and I am proud and grateful for NABH team's efforts. I congratulate Prof. (Dr.) Mahesh Verma, Chairman of NABH, and Dr. Atul Mohan Kochhar, CEO NABH, for their leadership, who have proven to be assets to the board and the organization.

NABH has risen several rungs on the corporate ladder in the last year and I firmly believe they will continue their efforts towards achieving pursuit of excellence. The trust that NABH has developed over the years and the

quality of its accreditation have encouraged many assessors of repute to get involved with NABH and many healthcare units are striving for accreditation.

NABH is in its teenage of 18th year and is growing to reach the established and mature stage. Patient safety is critical to the delivery of health care in all settings. Our top priority has always been to improve patient safety in all clinical and health programmes. Over the years, NABH has worked tirelessly to ensure that the general public receives high quality healthcare. The framework of Quality in healthcare and patient safety is ever changing in the world and is based on the needs, new diseases and digital growth in this area. The demand of quality journey is to continuously retro inspect, improve, grow and move ahead.

NABH should become a bigger brand in the coming years which should leverage to stronger impact nationally. NABH needs to go for a QUANTUM leap.

Q – Quality in system Process, Ease of doing business, primary private health

U- User friendly, ease of doing business

A – Accessibility and Affordability

N – National Interest

T – Technology leverage

U – Utility of knowledge / data

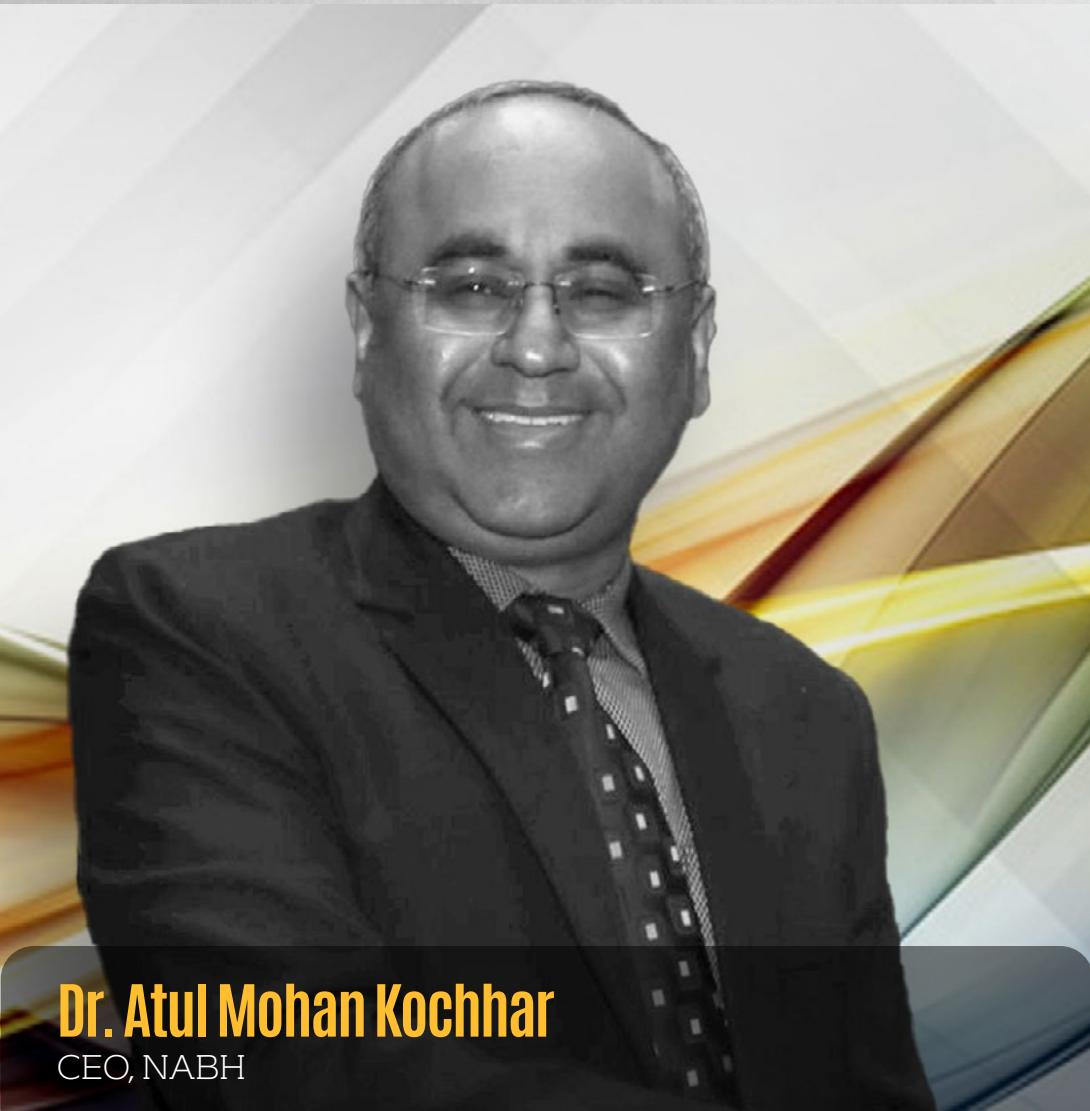
M – Measuring output and outcomes

The mark of excellence lies in the capabilities to strengthen the healthcare organizations to be sustainable. NABH's role in administering self-sustainable practices is bringing India closer to actualising QCI's goal of #GunvattaSeAtmanirbharta.

I am overjoyed with the initiatives that NABH had undertaken on the occasion of the 25th anniversary of QCI such as the development of a chatbot for the HOPE portal, KPI metrics, a Quality Connect video podcast, and so on, and I hope that NABH's success will inspire it to take on more difficult tasks in the future and strive to become an organisation that provides Gold Standard services.



EDITORIAL



Dr. Atul Mohan Kochhar

CEO, NABH

*E*very new calendar year marks a time of new beginnings.

Let me start my message by thanking all those who trusted me and helped me in the past 3 years. It is a privilege and honour, even during a tough time like Covid-19, for me to serve as CEO of a prestigious organization like NABH, and I sincerely hope that I upheld with the legacy left to me by my predecessors.

As a CEO, a lot was on my plate when I took the office. However, there was no time to think about being worried, with an outstanding Secretariat and board to support me in my journey. Yes, we did encounter several challenges, however, as a team we overcame them all. We have achieved far beyond our expectations in terms of growth and empowerment, long term

partnerships, community development and visibility of the organization. However, we still have a long way to go to fulfil our mission and accomplish our vision.

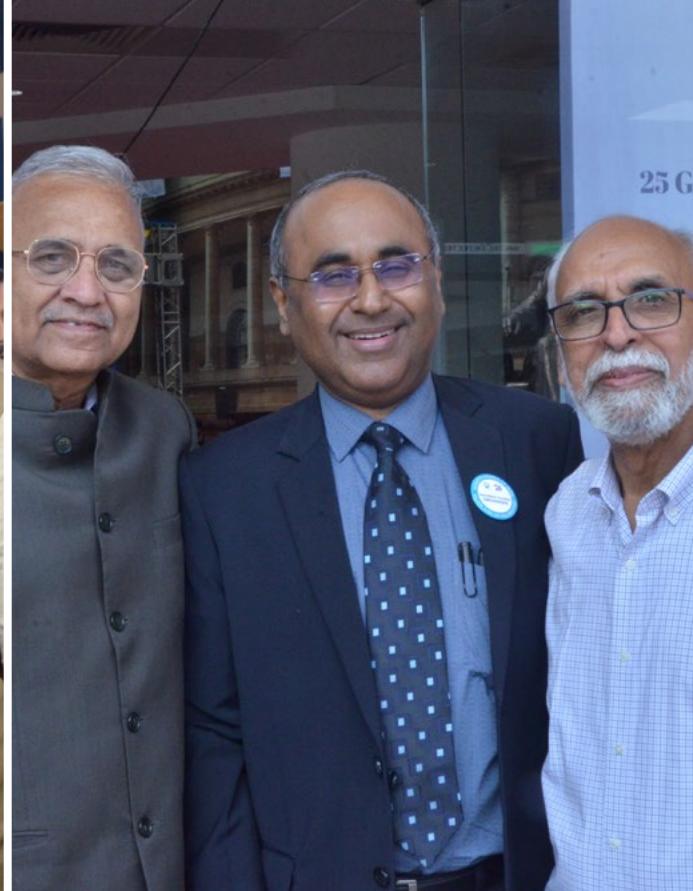
The year 2022 has been rich in experience, adventure and learning and we have tried to bring together people and those from other local organizations to spend some quality time away from formal meetings and projects in a nature setting to create new connections. While we each have our own specific mission, together we bring innovation, discovery, and research to the services we provide. NABH now has 16,500 plus hospitals and healthcare organizations partnered to us under different accreditation, certification and empanelment programs.

Quality is a special ecosystem that works well together. The future of the healthcare of our nation lies in our hands. It is only through our commitment, dedication, and our ability to deliver results professionally that it is possible to bring quality healthcare to the next level. We must invest, collaborate, connect, motivate and impact towards a successful nation which will not only be cherished by our generation but future generations as well. NABH stands for its credibility in healthcare industry of the country. NABH has given the country national healthcare standards or 'Desh Ka standard' and this is in line with the vision of our Honourable Prime Minister of 'Atma Nirbhar Bharat'. Our collaborations and partnerships with organizations like Ministry of AYUSH, National Health Authority (NHA), FOGSI, Smile Train Foundation, World Stroke Organization, Koita Foundation, Healthcare Sector Skill Council (HSSC) and other national and international organizations has made NABH an edge higher.

Those individuals who become empowered to create positive change, and take responsibility for the future of our world represent the true purpose of our organization. There will always be a need for positive change. There will always be problems that need solutions. NABH is not bound by a finite list of opportunities, but embraces a timeless vision of people everywhere taking action to create positive change.

The year 2023 is expected to be even more promising with the launching of new projects, and revival of new standards. I am sure with the motivation and support of the leaders of QCI, NABH Secretariat team and the guidance of the seniors and past members, we will be able to make even more impact!

I wish you a happy reading. JAI HIND.



WE CELEBRATE
**25 YEARS OF
OUR GLORIOUS
JOURNEY**

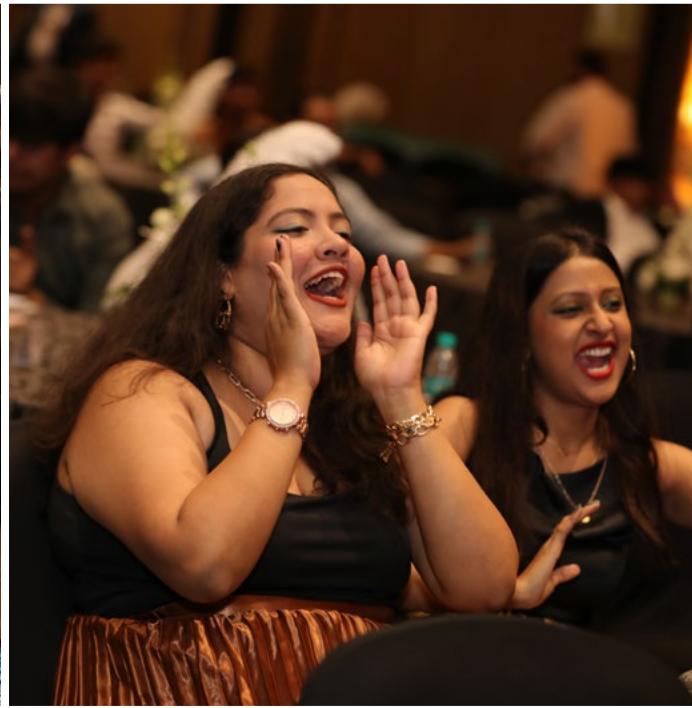
6TH OCTOBER, 2022

Dr Ambedkar International Centre,
Janpath, New Delhi



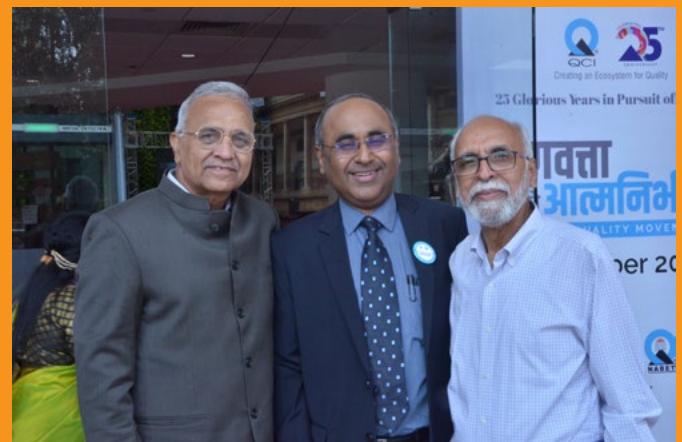






NABH @ QCI Silver Jubilee celebration

NABH had organized and participated in the QCI Silver Jubilee celebration on 6th October, 2022. Chairman – NABH had moderated the 3rd session of the conference on the theme "Heal in India - Heal by India: Standardization & Global Benchmarking" which included renowned experts from the healthcare industry Dr. Ram Sevak Sharma, Dr. Narottam Puri, Dr. Randeep Guleria and Dr. Girdhar Gyanı.





Integrative Medicine

Integrative medicine uses an evidence-based approach to treat the whole person — your mind, body and soul. Your physical, emotional, mental and spiritual needs are all involved, so integrative medicine uses a combination of therapies. It “integrates” conventional approaches and complementary therapies to achieve optimal health and healing.

What is integrative medicine?

Integrative medicine focuses on you as a whole person and not just your illness or disease. While it seeks to understand the underlying cause of your symptoms or condition, it does so by looking at your complete mind, body and spirit. Integrative medicine uses an evidence-based approach to improve your health and wellness.

Integrative medicine believes your physical, mental, emotional and spiritual needs affect your health. It believes those needs rely on each other and affect your entire well-being. There are many different aspects to address, so integrative medicine uses a combination of therapies and lifestyle changes.

With integrative medicine, the relationships between you and your healthcare providers are important. You are equal partners in your healing process. Integrative medicine aims for well-coordinated care among different providers and specialists. It brings together conventional healthcare approaches (like medication and psychotherapy) and complementary therapies (like acupuncture and yoga). In this way, integrative medicine “integrates” all aspects of your well-being to achieve optimal health and healing.

What type of providers deliver integrative medicine?

A variety of healthcare providers delivers care through integrative medicine. These providers may include:

- Physicians.
- Chiropractic doctors.
- Holistic mind-body psychotherapists.
- Acupuncturists.
- Chinese herbal therapists.
- Tai chi practitioners.
- Yoga practitioners.
- Massage therapists.

- Nutritionists.
- Chefs (culinary medicine).

How can integrative medicine help?

Integrative medicine physicians don’t replace your primary care provider or specialist. They work together with all members of your healthcare team to heal your mind, body and spirit. Their expertise lies in preventing and managing chronic diseases. They don’t treat acute medical problems. For acute care and medical emergencies, you should seek help from your primary care or emergency medicine physician.

Who is integrative medicine for?

Many people can benefit from integrative medicine, including healthy people. People with long-lasting (chronic) or complex conditions may especially find the approach helpful. Integrative medicine can help you find relief for many health and medical conditions, including:

- Autoimmune diseases.
- Acute and chronic pain.
- Breathing disorders.
- Headaches and migraines.
- Cancer and cancer-related side effects.
- Chronic fatigue.
- Cold/flu symptoms.
- Digestive disorders.
- Infertility.
- Menopausal symptoms.
- Menstrual issues.
- Mental and emotional health issues.
- Obesity.
- High blood pressure (hypertension).
- Sleep issues.

What are the benefits of integrative medicine?

Integrative medicine techniques support your body’s natural ability to heal. It helps you reduce stress and promotes a state of relaxation that leads to better health. It can help you achieve optimal health when you engage

in your own healing and feel empowered to make lifestyle changes. Adding integrative medicine to your healthcare routine can help you regain control of your well-being.

What are the risks of integrative medicine?

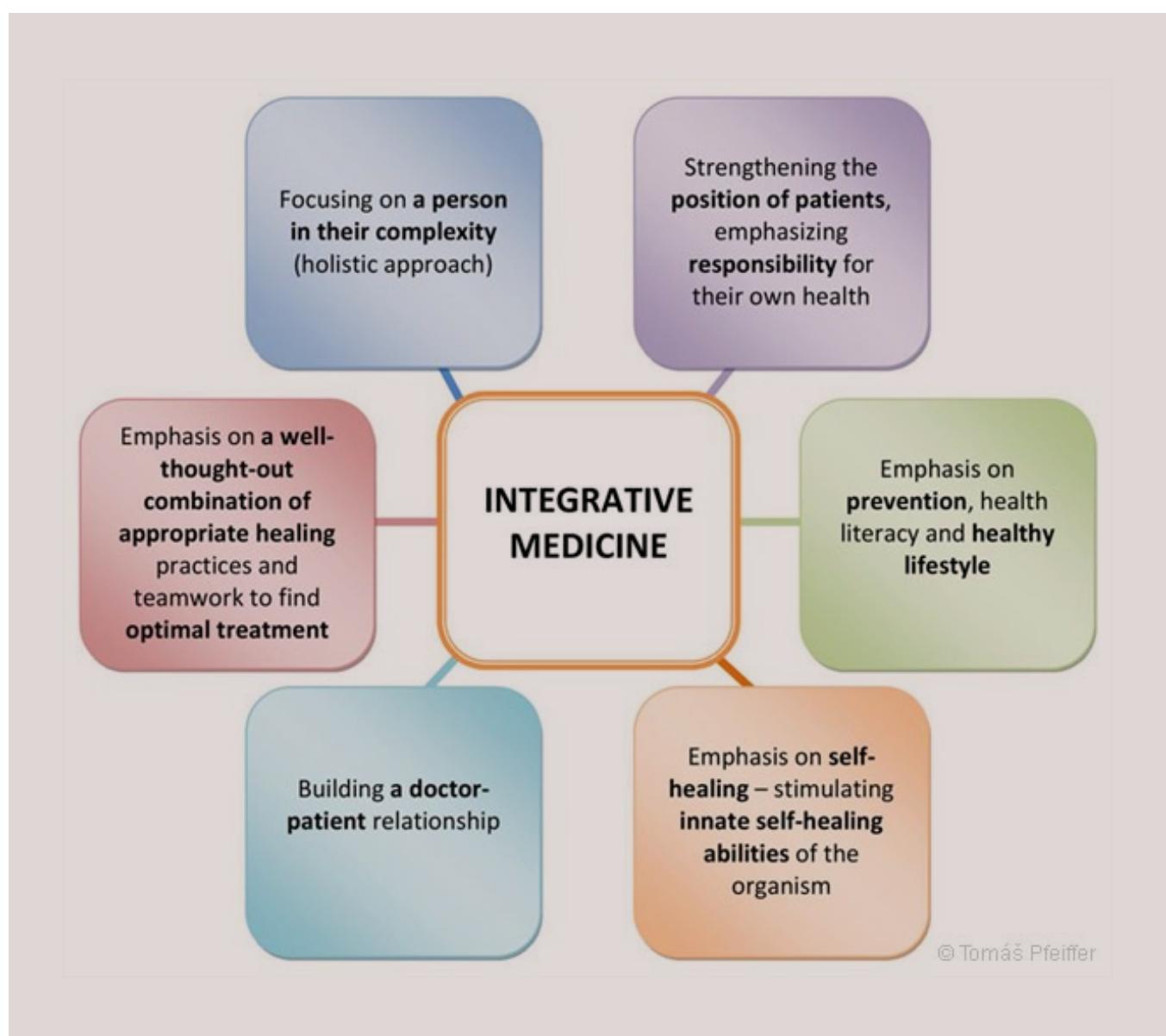
All recommended therapies and lifestyle changes are very safe with minimal risk. But the treatments aren't substitutes for regular medical care from your primary care physician and specialists. Integrative medicine should be used together with your regular medical treatments. Integrative medicine providers communicate their care recommendations with your other medical providers. In

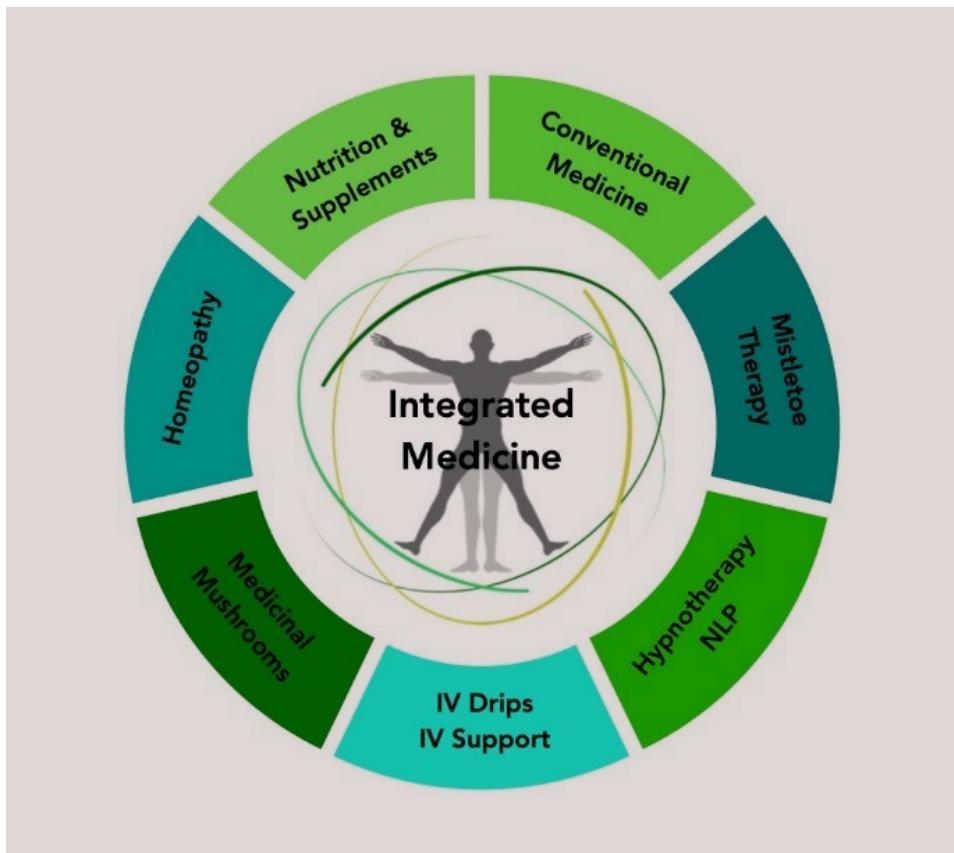
this way, they can coordinate care and avoid confusion.

What is the outlook for people receiving integrative medicine?

Your outlook depends on your diagnosis, health history and treatments you receive. Ways you can improve the likelihood of good results include:

- Learn about complementary therapies that may be appropriate for you.
- Discuss risks and benefits with your primary care physician and integrative medicine providers.





What's the difference between integrative medicine and functional medicine?

Integrative medicine and functional medicine are similar, but they approach healing in slightly different ways. Integrative medicine seeks to understand you as a whole person. It uses many different types of therapy to heal your mind, body and spirit. Functional medicine seeks to identify and treat the underlying cause of your condition. It centers on the idea that one condition may have many causes or one cause can have many conditions.

- Keep in mind that complementary therapies aren't meant to replace treatment from your primary care physician.
- Always let your healthcare provider know about any complementary therapies you receive.

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INTEGRATIVE HEALTHCARE

**The Future or Fad
Possibilities, Challenges & Loophole**



Dr. Aman Sharma

Integrative Skin Physician

The new buzzword and a very promising one indeed, in healthcare seem to be Integrative health care. Whether to call it Integrative healthcare or "Mixopathy" (as some like to denounce it) will be very clear extremely soon.

Before going ahead, let us be clear about what Integrative care denotes, and what it means in principle and intention.

The very foundation of Integrative care is based on the simple intention to do the best for our patients irrespective of the boundaries and reach of any one particular system of medicine. A new approach and a paradigm shift in healthcare is inevitable in the near future because all current systems and models of healthcare have glaring lacunae and limitations. By all means, modern medicine has made commendable advancements. Irrespective of these advancements in modern medicine, the recent COVID pandemic has

brought to light many gaps and lacunae in the healthcare systems all over the world.

As of now, world-wide there is a clear divide amongst the Allopathic system of medicine and Ayurveda (read traditional systems existing in different geographies). Both the systems, no doubt have their merits and problems, but both the systems are standing alone. Just like the polarity of electricity, or the yin and yang or the Ida and Pingla; whatever we may refer to them as metaphorically. Standing alone they are like the mind and the heart working separately, oblivious of each other and when that happens, we know by experience that confusion ensues. What integrative medicine hopes to achieve is the seamless union of these equal and opposite polarities to produce the harmonious balance we can call the Life force-Pranah.

It is in the union of these systems that the best interests of humanity lie.

Integrative Medicine is not just an unmet need or the future of medicine but it is a natural evolution. When consciousness and awareness is rising around the world about this phenomenal evolution, it is only natural for a country like India to take the absolute lead in this area. We have had a rich history of Ayurveda, and Yoga as part of our culture. Add to that the tireless services of

our present day skilled, knowledgeable practitioners of modern medicine who have made undisputable contributions in healthcare. And it becomes a win-win situation.

The natural progression or evolution of healthcare in the direction of integration will be and should be met with opposition, like any change is met with. A change will always be met with resistance, whether it be as small as the furniture layout of our house or as big as policy decisions about healthcare affecting the present billions and the future generations to come. It is due to the very nature of our mind, that it wants to cling on and latch on to what it knows by past experience and memory. The mind typically does not want to change, evolve and adapt, but change happens ever the same, omnipotent, ever present even as we read.

Why is integrative medicine care essential?

The cost of modern medical healthcare alone is staggering. Without quoting figures or numbers it is obvious that some of the richest and not so populous countries are also struggling with the cost of healthcare during "peacetime". Not to speak of pandemics, and other calamities. An approach is needed where not just costs of health care are reduced but effective preventive health care can be implemented.

We are only beginning to talk of customised and individualised healthcare in Modern medicine whereas the ancient practice of Ayurveda has been based upon highly specific and individualised care since time immemorial. Extrapolating the Ayurvedic body types and applying them to some of the Modern Medical decisions may work wonders in further enhancing outcomes of treatment. It may seem far-fetched to many but is very much possible. After all, mobile phones also seemed a far-fetched theory twenty-five to thirty years back.

Whenever we come to some crucial management decisions aka surgery, radiation or potent drug therapies, the patient's mind poses a query; Do we have an alternative or can something else be done? Can some adjuvant therapy make my journey more comfortable and outcomes better?

There are many examples where Adjuvant therapies have helped in achieving significantly better treatment outcomes w.r.t the epidemic of diabetes and attempts at

reducing the pill burden are increasingly being reported. Another example will be the benefit to patients of fibromyalgia and lower back aches. These are not just pilot studies but larger studies. For how long can we be brushing aside results and patient experiences for the want of "larger RCT's".

Most individuals know that they don't make the right choices about lifestyle. But the trick is to tackle the psyche of making bad choices about health. A majority of the population making wrong lifestyle choices knowingly is one of the biggest factors in contributing to modern disease.

Compliance with diet and life style is a major factor that has to be paid attention to. Will more pills of supplements make the patient choose wisely and stick to those choices? Unlikely. Clearly it has not helped and modern medicine hasn't made much progress on this front. Any practising physician will vouch for this fact. Alternative medicine systems tend to have a more holistic approach encouraging patients for the same.

Integrative medicine helps us here on multiple fronts with options to reduce the pill burden and making the health care more participative, preventive and personalised.

Challenges and Solutions

In a nutshell, integration is a springboard to health and wellness, whereby there is clear potential to enhance affordability and reduce the burden of healthcare.

What we all need to watch for is the unpredictability that the transition to integrative care may bring about in outcomes. How much we are willing to scientifically incorporate will tip the scales in a smooth and scalable transition in Integrative Medicine.

For integrative medical care to be clearly scalable there is a need of clear draft guidelines for management of diseases as to when and at what stage different systems of medicine can be combined.

Integrative medicine should also not mean an added burden of herbs and "herbal supplements" or medicines from both or many systems of medicine. We must weigh the combination of therapies for joint management of patients. Good communication between physicians of different systems of medicine can sort the challenges considerably.

Then there has always been the challenge of non-standardised preparations. With technological interventions, this is being already tackled at the top level by both the government and private sector.

Standardised preparations in Ayurveda may not be acceptable to classic ayurvedic physicians but care can be taken not to destroy the basic fabric and ethos of manufacturing principles of ayurvedic medicines. There have been reports of usage and trial of many ayurvedic formulations, even complex bhasma formulations in esteemed institutions of the country and measures taken to get them standardised.

The biggest but invisible challenge.

It is said that the enemy that you can't see and identify is clearly the most difficult to win over. Lack of communication between modern and traditional systems and opportunities proves to be such an enemy. The opportunities for the same are also almost non-existent. Whereas there is a well established methodology and language in the communication between different specialisites of the modern medicine and there exists a clear method in the same.

There are hardly any opportunities and avenues where modern medical doctors can freely interact with colleagues from ayurveda, homoeopathy or unani systems of medicine. And even when there are opportunities of communication there is a language barrier, not the spoken language but the in depth or each other's medical terminologies amongst allopathy and ayurveda.

Fortunately, there is good news on this front too, credit to the functional medicine emerging around the world. There are emerging platforms, conferences and symposia where exchange of knowledge and experience between different systems of medicine happening not just in India but worldwide.

This is clearly an area where government

policy and private partnership can be encouraged.

A simple suggestion of allowing the BIG PHARMA to invest in knowledge sharing amongst different systems of medicine may help in creating platforms and opportunities for communication between different systems of medicine.

As a famous hindi urdu ghazal says "Har ksis ko mukammal jahan nahi milta, zubaan mili toh humzubaan nahi milta", no science is complete in itself but always evolving. Assimilation and learning from different systems of medicine is an absolute necessity for progress. Modern medicine has made progress by leaps and bounds in the past 50-70 years itself, whereas the alternative systems of medicine like ayurveda, yoga have a rooted history of a thousand plus years, once the systems of medicines marry and learn to learn from each other, what we will have as an outcome will be something that is Lab tested and what has been TIme tested. The future waits for a healthier and happier humanity.

The force which governs, evolves, heals and guides the entire human race is calling and clearly indicating for an evolutionary paradigm shift, the time is here and it is now.

By Treading with a scientific bent of mind, by being open to embracing the change, India will be a clear leader in providing the world a new way of looking at health and disease and a new paradigm for the future of healthcare.



INTEGRATIVE MEDICINE

An Imperative Approach



Dr. Lekshmipriya S

Accreditation Officer, NABH

Integrative medicine is based on a model of being proactive and promoting health and wellness, rather than being reactive and solely focusing on episodic disease processes. Integrative medicine incorporates a holistic approach to clinical practice that encourages owner involvement with a focus on individualized care, maintained wellness, optimized performance, and disease prevention. [Kevin K]

British System of Integrated Medicine (BSIM)

says: "Integrated Medicine is an approach to health and healing that provides patients with individually tailored health and wellbeing programmes which are designed to address the barriers to healing and provide the patient with the knowledge, skills and support to take better care of their physical, emotional, psychological and spiritual health. Rather than limiting treatments to a specific specialty, integrated medicine uses the safest and most effective combination of approaches and treatments from the world of conventional and complementary/alternative medicine. These are selected according to, but not limited to, evidence-based practice, and the expertise, experience and insight of the individuals and team members caring for the patient.

The National Centre for Complementary and Alternative Medicine (NCCM) defines Integrative medicine as "combines mainstream medical therapies

and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness."

Forms of Integrative Medicine

The relationship between modern and traditional medicine has taken four broad forms

1. Monopolistic system: Modern medical doctors have the sole right to practice medicine.
2. Tolerance system: One of Co-existence where traditional medical practitioners, while not formally recognized, are permitted to practice in an unofficial capacity.
3. Parallel or dual health care system: As in India, where both modern and traditional medicine are separate components of the national health systems.
4. Inclusive Integrated model: Modern and traditional medicine are integrated at the level of medical education and practice (e.g. China, Vietnam)

(Gerard Bodker "A framework for cost-benefit analysis of traditional medicine and conventional medicine"
Traditional Medicine in Asia, 2002 WHO pp.159)

Resurgence- Need for Integration

A resurgence of interest in Ayurveda and other AYUSH systems has resulted from the preference of health seekers towards holistic approach products of natural origin. About 80 % of population in India utilize AYUSH and LHTs to help meet their primary health requirements

Role of AYUSH/ Traditional Medicine (TM)

The most prevalent users of Traditional Medicine are individuals who have Refractory conditions, non-life-threatening conditions that may be chronic viz. neurological disorders, arthritis etc. The second largest group of users are those struggling with chronic, potentially life-threatening diseases, such as Cancer and HIV/AIDS etc.

Highlights of TM/ AYUSH system:

1. Management as main treatment option
2. To improve immune functioning
3. To improve overall functioning

1. To improve quality of life
2. To cope with side effects from conventional therapies, and
3. To relieve symptoms related to their illness

Factors leading to go for AYUSH as stand-alone / Integrative Health Care option

- Culturally competent
- Holistic approach
- Time tested
- Emphasis on prevention & integration
- Easy Accessibility
- Inimitable Strength in Health promotion and Quality of life concerns especially in Chronic illness
- Synergy of AYUSH interventions with NRHM (Source: www.mohfw.nic.in/nrhm/htm)
- Location of AYUSH dispensaries in PHCs in different States.
- Appointment of AYUSH doctors and paramedics (pharmacists) on contractual basis in the primary health care system.
- Inclusion of AYUSH modules in training of ASHA.
- Inclusion of Punarnavdi Mandoor in the ASHA Kit for management of anaemia during pregnancy.
- Inclusion of seven Ayurvedic and five Unani medicines in the RCH programme.
- Establishment of specialty clinics, specialized therapy centres, and AYUSH wings in district hospitals supported through CSS.



Contributions of Integrative health care: A few examples

Ayurveda plant based bioavailability/bio-efficacy enhancers: Leads from systematic investigations on Trikatu; Piper nigrum (black pepper), Piper longum (long pepper) and Zingiber officinalis. Isolated Piperine, a pure alkaloid molecule from Piper spp. Bioavailability/bio-enhancing activity. Reduced dose and same pharmacological activity of rifampicin amikacin, mupirocin, ciprofloxacin. Minimal Adverse effects (suppressing p-glycoprotein and cytochrome P450 enzymes).

Ali et al. (2021) highlight natural medicines that could be used against SARS-CoV-2 including plants like Glycyrrhiza glabra (licorice), Alnus japonica (alder), Allium sativum (garlic), Houttuynia cordata, Lycoris radiata, Tinospora cordifolia (guduchi) and Vitex trifolia (nirgundi)

Kshirsagar and Rao (2021) present recent studies that have investigated derivatives from the plant Artemesia that is widely used in Ayurveda and traditional Chinese medicine (TCM) for its antiviral, antifungal, antimicrobial, insecticidal, hepatoprotective and neuroprotective properties. The notable phytochemical Artemisinin from Artemesia has shown not only to have potent antiviral actions but also utility against the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Su X.-Z., Miller L.H states that Youyou Tu was awarded the Nobel Prize in 2015 for the discovery of antimalarial properties of Artemisinin, which holds promise for anti-viral and anti-inflammatory drug discovery from traditional plant sources.

As compared to placebo group, AYUSH QOL 2C showed improvement in weakness, Reduction in fatigue, Amelioration of anorexia, Positive impact over loss of appetite, Positive impact over effort intolerance, Significantly reduction in pain, Improvement in nausea and vomiting, Improvement in constipation, Improvement in sleep pattern, Better results were observed in patients on 4 cycles of chemotherapy

The Diverse concepts, Complex approaches, Clinical Trial Design, Diagnosis & Therapy, Clinical Efficacy, Outcome measures, Drug interaction, Harmonization. Complexity of too many "variables" of in terms of 'objective' parameters as in case of 'Prakriti' (psycho-somatic constitution of individual) in clinical trials. Clinical investigations in Ayurveda are made difficult by factors such as use of complex, individualized treatments. Their problems include difficulties in accruing, randomizing, and retaining patients and in identifying appropriate placebo interventions. Strong commitment is required from the research community to create evidence and provide information to the public and health professionals.

Integrated Healthcare: Need of hour

This holistic approach is its 'strength' as well as 'Challenge'. 'Holistic' approach of AYUSH is indeed good in clinical practice For 'research', however, this approach poses considerable difficulties to devise parameters and design suitable models for clinical studies/trials. The current article speaks about the importance of integrated practice. In this article it is reviewed regarding the difficulty in bringing the AYUSH cases in the defined research protocols. There are ample research articles published in view of integrated practice. It is evident from this review article that the conventional and non-conventional approaches to healthcare and those that practise them working together in an integrated approach offer a wider range of options for the greater benefit of patients. It is a need of hour to practise integrated approach based on the complexity of the disease. In case of life style disorders, chronic diseases such integrated practice will bring out miraculous outcome. The point to ponder in the integrated practice is the drug interactions and the treatment plan should wisely devised which will undoubtedly benefit the patients.

Acknowledgment:

Dr N Srikanth, Deputy Director General, CCRAS, Ministry of AYUSH, Govt of India

Challenges faced by integrated approach:

NABH UPDATES

- NABH Mark of excellence
- About NABH
- Mission, Vission, Values
- NABH Activities

ACCREDITATION
PROGRAMS
3200+

CERTIFICATION
PROGRAMS
9750+

EMPANELMENT
PROGRAMS
3700+

TOTAL
16,650+



MARK OF EXCELLENCE



National Accreditation Board for Hospitals and Healthcare Providers (NABH) is a constituent board of Quality Council of India (QCI), set up to establish and operate accreditation programme for healthcare organizations.

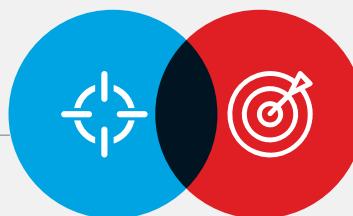
NABH has been established with the objective of enhancing health system & promoting continuous quality improvement and patient safety. The board while being supported by all stakeholders, including industry, consumers, government, has full functional autonomy in its operation.

NABH provides accreditation to hospitals in a non-discriminatory manner regardless of their ownership, size and degree of independence.

International Society for Quality in Healthcare (ISQua) has accredited NABH. The approval of ISQua authenticates that NABH standards are in consonance with the global benchmarks set by ISQua.

Vision

To be apex national healthcare accreditation and quality improvement body, functioning at par with global benchmarks



Mission

To operate accreditation and allied programs in collaboration with stakeholders focusing on patient safety and quality of healthcare based upon national/ international standards, through process of self and external evaluation

NABH Activities

NABH Accreditation Programs

NABH offers accreditation to Hospitals, Blood Banks, Eye Care, SHCOs/ Nursing Homes, OST Centers, CHCs/PHCs, AYUSH Hospitals, Wellness Centers, Medical Imaging Services, Dental Centers, Allopathic Clinics, Ethics Committees and Panchkarma Clinics

NABH Certification Programs

NABH offers certification to Medical Laboratories, Nursing Excellence, Emergency Departments, Medical Value Travel Facilitator (MVT), Pre-Accreditation Entry Level for Hospitals, Pre-Accreditation Entry Level for SHCOs

NABH International

NABH has started its operations overseas under NABH International (NABH I). It offers all accreditation programs as being offered in India. The program is unique as in addition to the accreditation standards it requires compliance with local regulatory requirements

Training & Education

NABH conducts Education/Interactive Workshops, Awareness Programmes and Programmes on Implementation (POI)



For further details please contact:

National Accreditation Board of Hospital and Healthcare Providers Quality Council of India

5th Floor, ITPI Building, 4A, Ring Road, IP Estate, New Delhi-110002, India
Ph.: 011-42600600; Fax: 23323415; Email: helpdesk@nabh.co; Website: www.nabh.co



NABH AYUSH ENTRY-LEVEL CERTIFICATION PROGRAM



Dr. Neha Sobti

Accreditation Officer, NABH

AYUSH system of medicine is prevalent and practised in India since historical era. It is termed as alternative or holistic health system in India. AYUSH stands for Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy. They are based on the principle of holistic approach to deal with health, disease and treatment of an individual. In 1995, the department of Indian Medicine and Homeopathy (ISM & H) was created in the union ministry of health and family welfare to focus on its optimal development and propagation. In 2003, this department was renamed as department of AYUSH. In November 2014, Ministry of AYUSH was formed. Further to regulate, standardized and validate the quality in AYUSH health care organisations, Ministry of AYUSH endorsed NABH Full Accreditation Standards.

Large number of AYUSH hospitals and centres faced challenges and difficulties in implementing the full NABH Accreditation Standards due to infrastructure, manpower or monetary constraints.

To ease out the problems of these AYUSH health care organisations, NABH launched AYUSH Entry Level Certification (AELC) Program in August 2019. The standards were prepared in consultation with Ministry of AYUSH and various industry stakeholders. It acts as a stepping stone for enhancing the quality of patient care and safety. It encourages quality journey of AYUSH Hospitals and Centres at grass root level. These standards

are based on holistic approach i.e. single standards for all AYUSH system of medicine (Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homoeopathy). That is why these are simple, doable, easily implementable and cost effective for even small health care set up. Readily available insurance coverage and empanelment with Ayushman Bharat scheme of Government of India, makes it more desirable to small health care organisations to promote their business and self-sustainability of AYUSH system in health industry of India.

AELC in a healthcare organisation promotes 360-degree growth for all stakeholders -patients, healthcare organization, healthcare staff and regulatory bodies. For patients, it ensures high quality of care and patient safety and ensures the whole system is patient-centric. It stimulates continuous improvement and provides an opportunity for the healthcare units to benchmark with the best and benefits from financial incentives given under various government schemes to such certified hospitals. It also provides a platform for professional development of the hospital staff and provides leadership for quality improvement. Certification provides validated information on facilities, infrastructure and level of care, which can be used by insurance organisations and other third parties about the capabilities of the healthcare organisations.

AYUSH Entry Level Certification is of 2 years duration. The standards are divided into AYUSH Hospital and AYUSH Centre based on:

AYUSH Hospitals:

1. Central or State Government AYUSH.
2. NABH accredited AYUSH Hospital.
3. Teaching hospitals attached to AYUSH colleges recognised by the central government/Central Council of Indian Medicine/Central Council of Homoeopathy.
4. Any AYUSH Hospital, standalone or otherwise, established for inpatient care and day care therapeutic procedures/interventions for diseases or disorders with indicated procedures; and which is registered with the local authorities, wherever applicable, and is under the supervision of a registered qualified AYUSH practitioner and complies with all these criteria- at least 5 in-patient beds, qualified nursing care provider (AYUSH therapist) under its employment round the clock, qualified

AYUSH practitioner in-charge round the clock, dedicated AYUSH therapy section and maintains daily records of the patients and will make these accessible to the insurance company's authorized representative.

AYUSH Centre:

1. An AYUSH centre is a healthcare Facility (other than an OPD in a Hospital) including Clinic, Polyclinic, CHC, PHC, Dispensary etc. having facilities for AYUSH therapies (excluding in-patient services) under the supervision of qualified and registered AYUSH practitioner (s) as per provision of Indian Medicine Central Council Act (1970) and Homoeopathy Central Council Act (1973).
2. NABH accredited AYUSH Centre and similar other AYUSH related therapy Centres.

AYUSH Hospital Standards comprises of 10 Chapters, 37 Standards and 147 Objective elements whereas AYUSH Centre Standards comprises of 8 Chapters, 29 Standards and 140 Objective elements.

AYUSH Hospital Chapter

Patient Centric	Organisation Centric
Access, Assessment, and Continuity of Care (AAC)	Continuous Quality Improvement (CQI)
Care of Patients (COP)	Responsibilities of Management (ROM)
Management of Medication (MOM)	Facility Management and Safety (FMS)
Patient Rights and Education (PRE)	Human Resource Management (HRM)
Hospital Infection Control (HIC)	Information Management System (IMS)

AYUSH Centre Chapters

Patient Centric	Organisation Centric
Access, Assessment, and Continuity of Care (AAC)	Continuous Quality Improvement (CQI)
Care of Patients (COP)	Responsibilities of Management (ROM)
Patient Rights and Education (PRE)	Facility Management and Safety (FMS)
Infection Control (IC)	Community Participation & Integration (CPI)

The certification process is online which makes it hassle free and paperless promoting environment friendly approach. The steps of certification process include registration, documentation, fee submission followed by

Standards are available at NABH website in freely downloadable manner:

AYUSH Entry Level Certification, Centre: <https://www.nabh.co/Ayush-EntryLevelCenter.aspx>

AYUSH Entry Level Certification, Hospital: <https://www.nabh.co/AyushEntryLevelHospital.aspx>

desktop, on-site assessment and committee review using a technology-based platform and final step is granting of certification to the health care organisation.

**On line registration web link www.aelc.nabh.co
Helpline details- For any query, feel free to contact:**

Email: aelc@nabh.co

Contact: 011- 42600600

NABH QUALITY CONNECT

LEARNING WITH NABH

Virtual Trainings



Mr. Vikash Chaudhary

Administrative Officer – NABH

Training and capacity building in the realms of patient safety, healthcare quality and accreditation is one of the core activities of NABH. The purpose of these trainings & workshops is to upgrade the knowledge and skills of healthcare personnel, so that they can implement quality principles at their work place.

Keeping the above in view, NABH has designed to provide knowledge to healthcare professionals a suitable backdrop to learn through trainings.

The recent COVID pandemic has given an opportunity to NABH to reach out and connect to many more quality professionals via the virtual platforms at a very nominal cost.

All these Virtual Courses have been updated and enhanced with latest course material and content. All participants also receive a NABH certificate of participation.

Currently, NABH is operating following programs. Details of programs and the training calendar is available at NABH website www.nabh.co, online registration facility is also available.

Education / Interactive Workshops

- Clinical Audit
- Continual Quality Improvement: Tools & Techniques
- Documentation Requirement for Patient Safety and Quality Improvement
- Good Clinical Practice (GCP)
- New Drugs & Clinical Trials (NDCT)

Program on Implementation (POI)

- Hospital Accreditation Standard 5th Edition
- AYUSH Accreditation Standards
- AYUSH Entry Level Certification Standards

- Medical Imaging Services Accreditation Standard 2nd Edition
- Blood Bank Accreditation Standard 3rd Edition
- Nursing Excellence Certification Standard 1st Edition

The objective of these courses is to provide guidance to healthcare providers on implementation of NABH standards. These programs are useful to develop internal capability for working towards implementation of quality and patient safety standards, achieving accreditation and maintaining the same.

The sessions during these programs are taken by Master Trainers, subject experts and Senior Assessors of NABH. Participants get an opportunity to clarify their doubts through interaction with experienced faculty.

For more information and registration about above courses please click on link <https://www.nabh.co/EducationTraining.aspx>

THOUGHTS ON NABH QUALITY CONNECT



I have had the good fortune of being a part of the Quality Connect programme.

Through this initiative of NABH, I have been a faculty for various NABH educational programmes like Workshop on Clinical Audit, Workshop on CQI-Tools & Techniques as well as POIs for the 5th edition. We have been conducting these programmes since over a year now and I think, both, the trainers as well as the trainees, have acclimatized well to this "new normal".

There are a few pros & cons associated with this new modality of trainings.

First and foremost, the vital "personal touch" has been dispensed with. The "visual feedback" that a trainer looks for; and is a very vital ingredient; is per force missing in these virtual sessions. It helps a trainer comprehend if he has been successful in getting his point across.

An advantage has been the relative ease with which we are able to reach out to all corners of the country and the vastly increased base across which newer knowledge can be propagated. This is a definite boon. Of course, this also has a few negative connotations. Mainly, A few of the candidates attending these sessions are either not really interested in the subject; or they have more important things to attend to; and hence, are unable to pay undivided attention to and comprehend the matter under discussion. Only genuinely interested persons would attend the in-person sessions.

Last, but not the least, there is a definite loss of instructiveness due to limited bandwidth as well as limited time at our disposal.

I hope and pray that we are soon able to resume the hugely enjoyable, interactive and informative sessions in-person.

Dr. Sudhir Sharma

Director-Department of Surgery
Fortis Hospital, Noida



“

Quality Connect is a great initiative and helps in improving the perception of NABH to the public.

- The biggest strength is that it is a programme from NABH itself and therefore, considered authentic and reliable and is reputed.
- The faculty has tremendous experience, knowledge of the standards and also the expectations not just in assessment but also implementation.
- The duration, timing, and scheduling over the weekend enables wide spread participation from different categories of individuals.
- The on-line platform is extremely cost-effective and convenient for participants and NABH.
- It is extremely useful to those who are into the system of implementation and wish to revisit the standards for refreshing knowledge.

Dr. Monica Gupta

Chairman of Quality Improvement, Head of Laboratory Services & Blood Bank, Professor in Pathology, Pramukhswami Medical College & Shree Krishna Hospital, HM Patel Centre for Medical Care & Education

“

At a time when everyone was flummoxed as to how things at NABH could move ahead with the pandemic choking every activity, the efforts of the CEO, Dr Atul Mohan Kochhar through unique initiatives such as virtual assessments and Quality Connect have shown the light of the day and have reaped huge dividends. My experience with virtual training sessions has been excellent. The MS Teams platforms is user friendly and seamless, and the coordination and support by NABH secretariat members has been phenomenal. We have consistently been able to educate the attendees on various topics, at their ease and ensuring their safety. In fact, the virtual sessions have been so successful, that it makes one ponder whether we can continue this new norm even after the pandemic is over. The only thing that is missed is the non-verbal communication between speaker and audience, the face to face interactive sessions and the “May I ask you a doubt?” interactions during the tea break...but as they say, “you can’t have the cake and eat it too”; NABH virtual trainings started at a time when other organizations were struggling to find a way. The virtual trainings have been extremely useful to maintain the continuity of trainings... something which NABH would always want, that the torch of knowledge continues to burn without a break.

”

Dr Prashant Kelkar

Dy CMO(Pediatrics), JNPT Hospital, Navi Mumbai Principal Assessor & faculty, NABH

”

Feedback received from participant about trainings on virtual platform

Thank you for all Great courses I have attended POI., and Documentation Requirement for Patient Safety training, great presentation style with lots of opportunities to ask questions and talk about practical examples which all made for a really enjoyable and informative course.

“This has more than met my expectations.”

"A wonderfully practical course - both personally and professionally. I will take away lots of things that I can quickly and easily apply."

I heartily thank to NABH for guiding me.

Dr Amita Swami

BDS, MHA, Participants in NABH Trainings

Virtual and traditional learning both have their advantages and disadvantages. However, one thing is for sure: COVID 19 taught us that virtual education is here to stay, and its demand is on the rise. I believe the Virtual POI program emphasizes learner-centered activity and system interactivity therefore an adult responsible remote learner can outperform traditional classroom participants.

It also provides an opportunity for the faculty to learn and redesign and to improve the delivery of their classes by each program delivered. There are endless possibilities for leveraging core competency through enhancing knowledge and learning resources. Virtual POI helps in flexibility, cost, methods of learning, timelines, and re-usability of e- contents content to train their employees. It also helps to reach many participants who use to miss their opportunities because of leave and travel. However virtual POI demands self-motivation among students to participate and learn.

Dr. Christopher Sudhakar

Professor and Director Quality, Manipal University



 **QUALITY CONNECT LEARNING WITH NABH**

Learn from Master Trainers in the comfort of your homes. Certificate Courses at a reduced fee.

Registration Link: <https://www.nabh.co/EducationTraining.aspx>

Contact Us:  Mr. VIKASH CHAUDHARY  vikash@nabh.co  011-42600452, 09873380260

 **ONLINE WORKSHOP ON CLINICAL AUDIT**

Learn from Master Trainers in the comfort of your homes. Certificate Courses at a reduced fee.

Registration Link: <https://www.nabh.co/EventDetails.aspx?id=96>

Contact Us:  Mr. VIKASH CHAUDHARY  vikash@nabh.co  011-42600452, 09873380260

 **ONLINE WORKSHOP ON CONTINUAL QUALITY IMPROVEMENT TOOLS AND TECHNIQUES (CQI)**

Learn from Master Trainers in the comfort of your homes. Certificate Courses at a reduced fee.

Registration Link: <https://www.nabh.co/EventDetails.aspx?id=97>

Contact Us:  Mr. VIKASH CHAUDHARY  vikash@nabh.co  011-42600452, 09873380260

 **ONLINE WORKSHOP ON DOCUMENTATION REQUIREMENT FOR PATIENT SAFETY AND QUALITY IMPROVEMENT**

Learn from Master Trainers in the comfort of your homes. Certificate Courses at a reduced fee.

Registration Link: <https://www.nabh.co/EventDetails.aspx?id=87>

Contact Us:  Mr. VIKASH CHAUDHARY  vikash@nabh.co  011-42600452, 09873380260

 **PROGRAMME ON IMPLEMENTATION OF NABH 5TH EDITION STANDARDS FOR HOSPITALS**

Learn from Master Trainers in the comfort of your homes. Certificate Courses at a reduced fee.

Registration Link: <https://www.nabh.co/EventDetails.aspx?id=70>

Contact Us:  Mr. VIKASH CHAUDHARY  vikash@nabh.co  011-42600452, 09873380260

 **Interactive Workshop on New Drugs & Clinical Trials**

Learn from Master Trainers in the comfort of your homes. Certificate Courses at a reduced fee.

Registration Link: <https://www.nabh.co/UserLoginRegistration.aspx>

Contact Us:  Mr. VIKASH CHAUDHARY  vikash@nabh.co  011-42600452, 09873380260

 **QUALITY CONNECT LEARNING WITH NABH**

ONLINE WORKSHOP ON DOCUMENTATION REQUIREMENT FOR PATIENT SAFETY AND QUALITY IMPROVEMENT

PROGRAMME ON IMPLEMENTATION OF NABH 5TH EDITION STANDARDS FOR HOSPITALS

ONLINE WORKSHOP ON CLINICAL AUDIT

ONLINE WORKSHOP ON CONTINUAL QUALITY IMPROVEMENT TOOLS AND TECHNIQUES (CQI)



THE POWER OF “YOU” WITHIN “YOU”



Dr. Ebinesh Antony
Program Analyst, NABH

Everyday there's a new YOU waiting to be unleashed into this world. What does that look like? We live in a world that says our best self isn't good enough. Rather than being real, we embrace counterfeit living. We choose acceptability over authenticity, unable to find the grit and grace to shine our unique brand of awesomeness into the world. This impossible treadmill leaves us with deep discontentment and a joyless existence.

You Are Loved

I walked into a coffee shop the other day and the playlist for the entire one hour I sat there was love songs! It made me wonder: why all these love songs? Of course, I looked to Google for an answer and was not surprised to read that the most loved and listened to songs on iTunes are love songs!

People are looking for love everywhere. They are falling in and falling out of love. But somehow, what they think is love and what love really is, is miles apart. The love we often crave for and seek after is time bound, is fleeting, and will fade away with time.

We are blessed with parents who are there for us no matter what. Also, the love of God is way beyond every

standard! The next time you feel that you have no one to love you or feel unloved, remind yourself that there are many to love you no matter what. YOU ARE ALWAYS LOVED.

CTRL+ALT+DEL

Most of us from the predominant Windows Operating System days would know what this combination of keys could do! But today, files that I erase from my laptop go straight to Trash and if I think they would stay in there forever, I'm wrong. An automated system deletes them after a month and they are permanently erased.

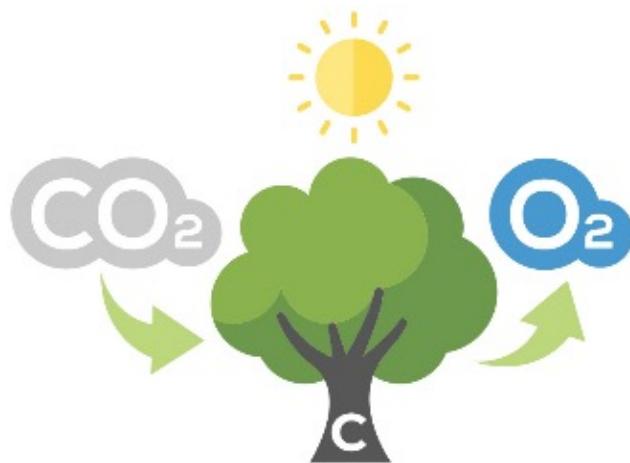
The world may say thousand things about you. But you have to save in your mind only those that are positive, building, necessary and important. Delete all those things that are negative, destroying,



unnecessary and disturbing. The thoughts in your mind are like the seeds that are sown. The more you water, the more the seeds will grow and give fruits. So which seeds are you watering? The unnecessary, disturbing comments or the constructive criticism that you receive?

Give Back O₂ for Co₂

A small lesson that I learnt from the plants and trees. In our childhood, we have obviously studied that the plants take in CO₂ and give back O₂. In short, trees take in what the mankind doesn't need and gives back in return what is so much essential for mankind to sustain life on earth. In the same way, don't let the hurts of the past from your enemies disturb your mind, but rather let them be stones that builds steps for your success. Your enemies might have given you the hardest kind of hurt you ever thought/had, remove that thought of revenge from your mind and the next time just give back a good and healthy smile to those who intend to hurt you. "Love your enemies" is the quote which you should follow.



You Are Accepted

Mahatma Gandhi, one of the greatest leaders to have ever lived was thrown out of a train because he was coloured. Around the world today, people are rejected because of their color, caste, creed or religion, especially in India. Reality check! Differences, whatever they may be, do not change who you are on the inside! You are the best version of the creator.

You Are The Future

"Yesterday has gone, tomorrow has not yet come. We have only today. Let us begin," – Saint Teresa.

What does the future you look like and do? You were called to create. You were made to bless. You are here for a purpose. You were created to rule! God's purpose in creating man is that man would rule over the whole earth.

How can I become successful and significant?

The opening liners in one of the books titled "Born to Build" says: *everyone is born into this world to BUILD something. What are we supposed to be building? For us to build something, we should know what skills or talents we possess.

Look at all great builders: some have built empires, others have built businesses, some others have built palaces, others have built monuments, still others have built legacies that impact lives forever! What are you building!?

Each of us have one or two things we can do extremely well. We need to focus on them and sharpen them so that they can be made so effective that we can be the best possible version of ourselves.

You are capable of doing so much.

YOUNIQUE

You are ONE of a Kind! Yes YOUNIQUE! In a 7 Billion population in our world today there is no one else who is like me. That gets me excited – no one else like me. Others may have a similar name, but they can't be me!

Given that you are YOUNIQUELY created, you also have unique gifts and talents. So, is there a way to find out how unique you are?

Research done by the Gallup organization has found out that human beings could have 34 different talents, yet each of us use our Top 5 to a max of 10 to be effective. But the chance of two of us having the same 34 lined up in the same order is one in 33 Million! Yes, you read that right! Which means this: we are all UNIQUE—no two persons in this world are the same. God has orchestrated this world in such a way that each one of us has a part to play, a role to perform, and something to build!

ACTIVITIES & PARTICIPATION OF NABH

Workshop on “Basic Life Support”



With the intention to build trained workforce National Accreditation Board for Hospitals & Healthcare (NABH) & eQuest, TCB, organized workshop on “Basic Life Support” for non-medical professionals of Quality Council of India(QCI) to improve the emergency services.

Welcoming the new NABH Accreditation Committee



NABH welcomes the members of the newly appointed NABH Accreditation Committee and Dr. Arati Verma, the new Chairman of Accreditation Committee

NABH MoU with National Health Authority (NHA)



National Health Authority (NHA) signed MoU with National Accreditation Board for Hospitals & Healthcare (NABH) on 6th October 2022 to establish collaboration in the area of capacity building, dissemination of information, promotion of NABH accreditation & ABDM Standards, technical support, stakeholder advocacy & public awareness under government initiative for ABDM

ASSOCHAM Healthcare Summit and Awards 2022



NABH participation in FICCI Heal Conference 2022



NABH participated in FICCI Heal 2022 Conference on the theme "Healthcare Transformation: Driving India's Economic Growth" from 10th to 12th October, 2022. On the third day of the conference, Dr. Atul Mohan Kochhar, CEO-NABH moderated the QCI powered session with renowned experts on "Cost Quality Conundrum".

NABH participation in Heal in India Consultative meeting with Ayurveda Practitioners



NABH participated in a consultative conference for Heal in India Oncology 12th October 2022 organized by the National Commission for Indian System of Medicine's Board of Ethics and Registration

NABH participation in 38th International Conference 2022 by ISQua at Brisbane, Australia



NABH participated in the 38th International Conference 2022 organized by ISQua at Brisbane, Australia from 17th to 20th October 2022 on the theme "Designing for the future – Community, Resilience and Sustainability"

NABH participation in Ayurveda Day Celebration



NABH participated in the Ayurveda Day Celebration on 23rd October 2022 organized by Ministry of AYUSH

NABH session at National Stroke Summit 2022



NABH MoU with World Stroke Organization (WSO)



NABH-QCI and World Stroke Organization (WSO) have signed an MoU on 1st November 2022 to come up with specific standards for the certification and strengthening of the patient safety and quality of care in the Stroke Care Centres of the country. NABH will work closely with WSO and the experts from India to set standards for stroke centres certification.

NABH MoU with Ex-Servicemen Contributory Health Scheme (ECHS)

NABH-QCI had a renewal of MOU with ECHS on 06th December 2022 for empanelment of Health Care Organizations for serving of our armed forces personnel and beneficiaries. An increase in joint efforts for empanelment in underserved areas has also been agreed upon



NABH Team Meeting with IMA President



NABH team met Dr. Sharad Kumar Agarwal, National President of Indian Medical Association (IMA)

NABH participation in World Conference of Ayurveda 2022



NABH participated at the 9th World Ayurveda Conference and Aarogya Expo held at Goa from 8th to 11th December, 2022. NABH had a space for a stall in the expo and more than 400 participants got updates from the stall

NABH participation in National Action Plan on AMR 2.0



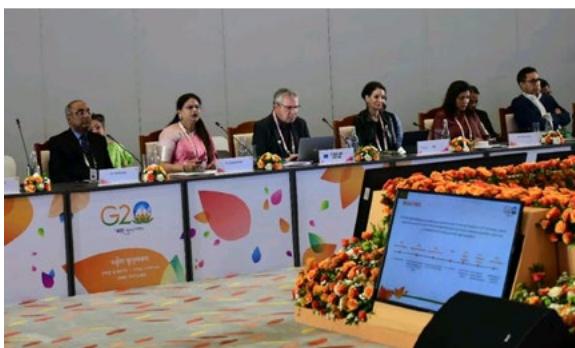
NABH participated in the National Expert Consultation of Professional Associations and Civil Society Organizations towards developing National Action Plan on AMR 2.0 (2023-2027) on 15th-16th December 2022, in New Delhi.

NABH participation in "Advancing quality of maternal care: Partnerships as catalysts to realize Universal Health Coverage" Summit



Dr. Atul Mohan Kochhar, CEO-NABH while addressing the panel discussion on "All for Quality, quality for all" in an event organized collaboratively by FOGSI, Manyata, Jhpiego and Ariadne Labs highlighted the importance of accreditation and collaboration to ensure quality care and how NABH-FOGSI collaboration is ensuring and creating an ecosystem of quality assured care for maternal and child health.

NABH participation in G-20 First Health Working Group meeting



Dr. Atul Mohan Kochhar, CEO-NABH participated and presented NABH in the G-20 first Health working Group meeting from 18th to 20th January 2023 at Trivandrum, Kerala.

NABH MoU with Healthcare Sector Skill Council (HSSC)



NABH and Healthcare Sector Skill Council (HSSC) signed an MoU on 24th January, 2022 to explore and develop areas of mutual collaboration and recognition of HSSC certification for NABH Accreditation.

NABH MoU with Koita Center for Digital Oncology - National Cancer Grid (KCDO-NCG)



NABH signed an MoU with Koita Center for Digital Oncology – National Cancer Grid (KCDO-NCG) on 30th January, 2023 for an active co-operation and collaboration on digital health initiatives to bring a paradigm shift in cancer care in the country.

Onam 2022 celebration



Diwali 2022 celebration



Christmas 2022 celebration



Birthday celebrations



**PHOTO STORY
COMPETITION**

**POWERPOINT
PRESENTATION**

**POSTER MAKING
COMPETITION**



NABH QUALITY CONNECT COMPETITIONS FIESTA

Inviting participation from our partner hospitals and stakeholders. Assured gifts for all the first 100 entries. The best submission will be posted in the next edition of NABH newsletter.

POWERPOINT PRESENTATION

On role of Quality in enhancing the Ancillary Services such as CSSD, MRD IT, Biomedical Waste Management, Biomedical Engineering etc. The presentation to be in 20-25 slides only.

POSTER MAKING COMPETITION

Show your creativity by digitalizing your imaginations and deliver a message easily and effectively to all types of audience through an e-poster on ANY ONE the following themes:

Themes:

- Use of Artificial Intelligence to enhance patient safety
- Leveraging technology to transform quality care
- Digital Health and Future Technology for Quality Improvement

Rules:

- The e-flyer should be easily understandable, clean and self-explanatory to the general audience.
- Avoid plagiarism and jargons.
- Give appropriate references and credits where stock images are not used.
- The language of the poster should be in English language.

- Size of the e-poster should be 8.5 x 11 inches.
- Submit only in .pdf format. Other formats will not be accepted.

PHOTO STORY COMPETITION

Tell a diverse and confident concept/story on any one of the following themes through a series of photographs to take the viewers on a narrative journey that share a visual and technical coherence.

Themes:

- Use of Artificial Intelligence to enhance patient safety
- Leveraging technology to transform quality care
- Digital Health and Future Technology for Quality Improvement

Rules:

- With a huge collection of images to choose from, shooting them all gives you a lot of options when putting together a photo series.
- Collect/capture as many photos as you can.
- Choose your top 20 images and make sure each photo matches the original concept of your story.
- Write captions. The final 20 images can be captioned to reinforce the visual narrative. Add text if you think you can use it on your image. However, if you think the image can stand on its own, you can present it as is.
- Submit only in .pdf format. Other formats will not be accepted.
- Photo References to be mentioned

Submit your entries in the mentioned formats by 15th April 2023

to **neeta@nabh.co** and CC to **ebinesh.antony@qcin.org** with subject line Submission for **(NAME OF THE COMPETITION)**

Patron:

Shri. Jaxay Shah

Chairman, QCI

Prof. (Dr.) Mahesh Verma

Chairman, NABH

Dr. Ravi P. Singh

Secretary General, QCI

Chief Editor:

Dr. Atul Mohan Kochhar

CEO, NABH

Editorial Team:

Dr. Punam Bajaj

Director, NABH

Ms. Neeta Anand

Assistant Director, NABH

Dr. Ebinesh Antony

Analyst, NABH

Designed By::

Ms. Nidhi Batra

Creative Designer,
Media and Promotion Cell

Reach us on

