



St John's Medical College Hospital,  
St John's National Academy of Health Sciences, Bengaluru



# What's Up? @St John's Hospital

## THE FINAL TEST - CORONADAYS!

Issue 42, Supplement 1, 16<sup>th</sup> May 2020

### EDITORIAL TEAM:

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# MESSAGE FROM THE EDITORIAL TEAM

*Dear All!*

We are releasing the a special supplement S1 for 42<sup>nd</sup> issue of “**What’s Up? @ St John’s Hospital**” magazine today. We have completed 53 days of lockdown, one of the largest social experiments, with a population of 1.3 billion. But the fact is, lockdown has to be eased, it needs to be removed, but the question is how and when?

We have all travelled this challenging journey together and it is heartening to note that a lot of what we have done together is validated in this brilliant article by Dr. Atul Gawande. Do take an effort to read the article by clicking on the link provided in the magazine. Dr. Gawande has been a staff writer at The New Yorker since 1998. He is the author of four best-selling books: “Complications,” a finalist for the National Book Award; “Better,” selected by Amazon.com as one of the ten best books of 2007; “The Checklist Manifesto”; and “Being Mortal: Medicine and What Matters in the End.” He has won the Lewis Thomas Prize for Writing about Science, a MacArthur Fellowship, two National Magazine Awards, and Academy Health’s Impact Award for highest research impact on health care. In 2020, after two years as C.E.O., he was named chairman of Haven, a health-care venture focussed on improving health outcomes, patient experience, and costs of care. He continues in his work as a general and endocrine surgeon at Brigham and Women’s Hospital, in Boston. He is also a part-time professor at the Harvard T.H. Chan School of Public Health and Harvard Medical School. He is the chair of Ariadne Labs, a joint center for health-systems innovation, and of Lifebox, a nonprofit organization making surgery safer globally.

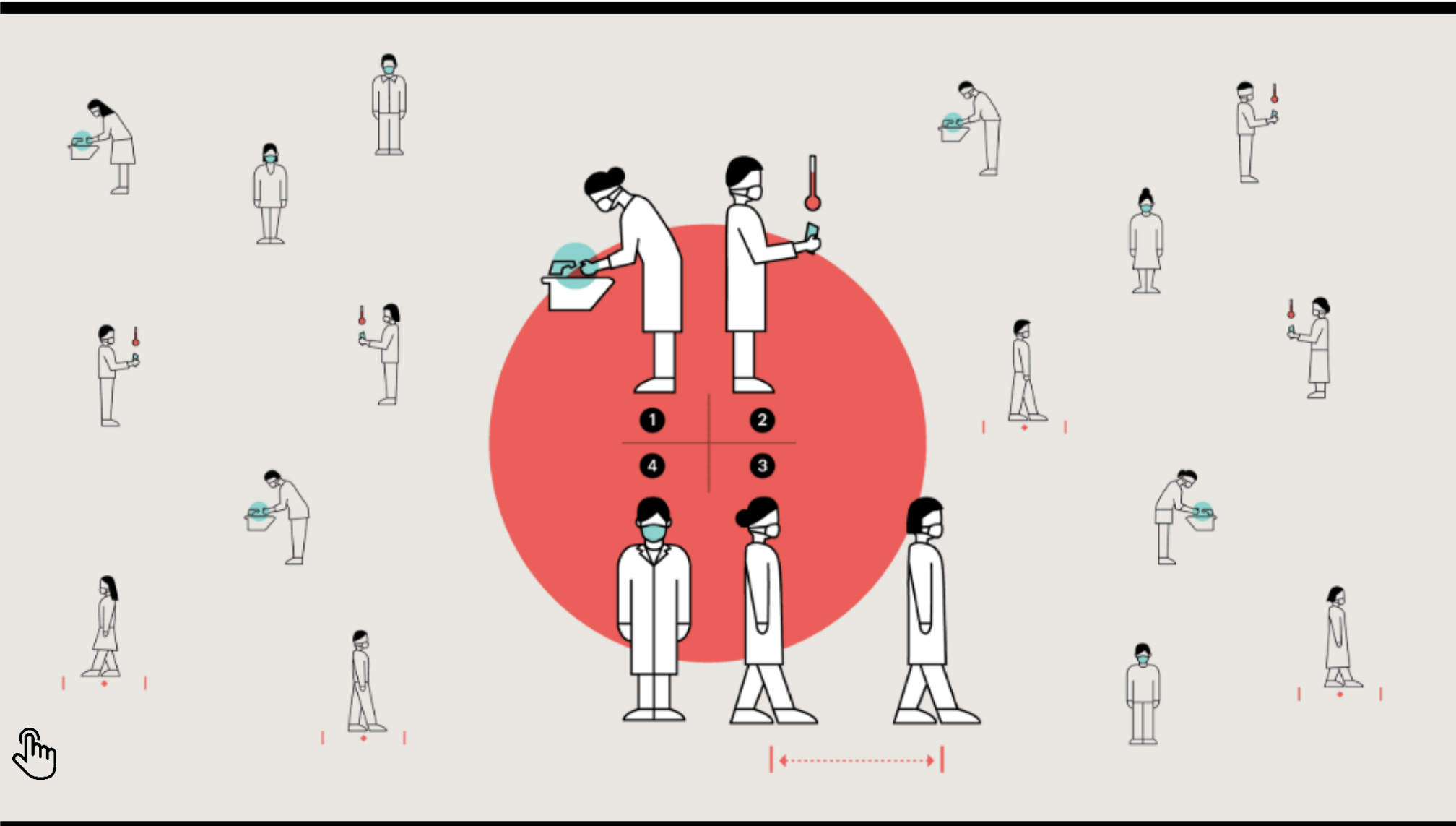
As usual we look forward to your comments and suggestions. We are happy to evolve to meet the needs to our beloved readers. Take care!!!

**Editorial Team**

# The New Yorker

## Amid the Coronavirus Crisis, a Regimen for Reentry

Dr Atul Gawande



***A four-part strategy of hygiene, distancing, screening, and masks will not return us to normal life. But, when signs indicate that the virus is under control, it could get people out of their homes and moving again.***

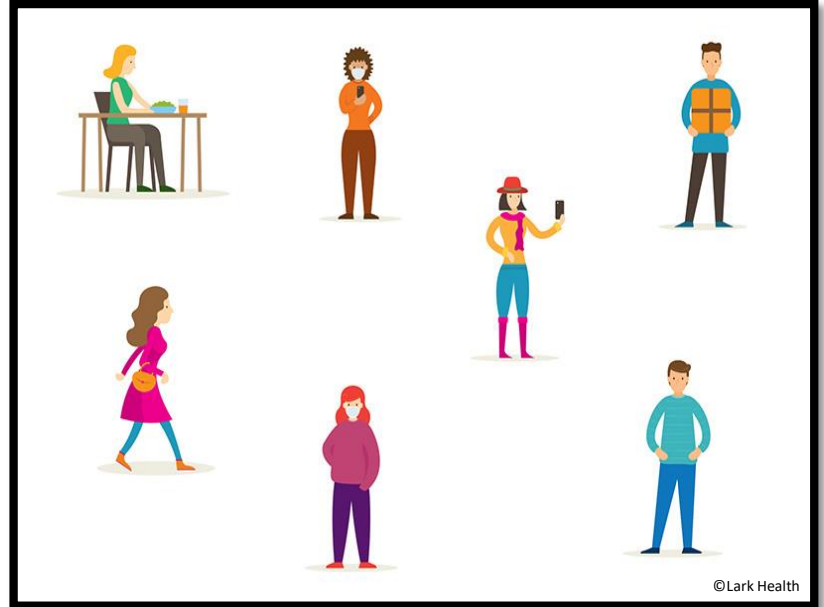


CLICK FOR FULL ARTICLE

# Our St. John's Mantra



**HYGIENE** (Frequent Handwashing, Avoiding touching face, Disinfecting surfaces)



**DISTANCING** (3-6 feet physical distancing)



**SELF SCREENING** (Mild new symptoms of Fever or Cough or Runny nose or Sore throat or Breathing difficulty - report, isolate, test)



**MASKS** (Any barrier especially tight fitting surgical mask, everyone, everytime)



**CULTURE** (Responsible, Safety, Monitoring, Feedback, Protocols, Modifications).

Atul Gawande's 5 Pillars!

[CLICK FOR FULL ARTICLE](#)

# L Johnny

ATUL GAWANDE - 5 mantras - new normal - post COVID 19 Lock Down  
Hygiene, Distancing, Screening (Self), Masks, Culture



Wear your mask Man



L Johnny