

# Seventh-day Adventist Medical Center/ Southern Asia Division

Dr. Narendra Rao, MD

8 Spencer Road, Bangalore 560005, Karnataka, India / info@sdamedicalcentre.in

## INTRODUCTION

The Seventh-day Adventist Medical Center (SDAMC) is a 50 bed multispecialty hospital established more than 30 years ago in Bangalore, India. It has a very busy Pediatric and OBGYN practice. On average, the hospital manages about 125 deliveries per month.

## PROBLEM STATEMENT

Patients were getting mostly drug based therapies for common lifestyle diseases. Diet and other lifestyle factors were not adequately emphasized in the treatment and almost no preventive interventions were practiced

## AIM

To set up a medical and wellness clinic in order to prevent and treat non-communicable diseases through a healthy lifestyle.

## PROJECT INCEPTION

In June, 2013, a medical and wellness clinic was established about 8 km from SDAMC to address the problem of lifestyle diseases. But due to lack of space, diagnostic and comprehensive treatment facilities were not available there.

## PROJECT UPGRADE

- Made plans for the following core activities in the clinic
  - Medical consultations
  - Nutrition education and healthy foods
  - Physical activity area
  - Area for diagnostic equipment
  - Spacious facilities for hydrotherapy and massage
- Wrote a project proposal, looked for potential funders and refined proposal as per funder's priorities
- Hired contractors to do the interiors of the rented building according to plans
- Purchased equipment
- Recruited, trained and deployed qualified and committed personnel to run the clinic

## PROJECT COMPLETION

In January 2018, the clinic moved to a rented building with 4 floors (4,400 sq ft). It has six consultation rooms, a treatment room, nursing station, X-ray, hydrotherapy and massage rooms, area for physiotherapy and gym, clinical Lab, seminar room and two guest rooms. The General Conference has designated it as an "Urban Center of Influence".

## VIBRANT LIFE MEDICAL & WELLNESS CLINIC ACTIVITIES/HIGHLIGHTS



Vibrant Life Clinic



Bone Density Test during Health Assessment



Healthy Cooking Workshop



Massage



Café and Health Food Store



Medical Consultation



Healthy Aging Seminar on Grandparents Day



Health Expo



Eye check up



Hydrotherapy

Chinta Prasad, 63, was diabetic and obese. She was on insulin but did not want to continue using it. So Chinta joined the Defeating Diabetes and Weight Loss Programs and lost about 22 pounds within 10 weeks. Also her blood sugar came down to normal without the aid of insulin.



Weight Loss Program

Ehsan, lost 26 pounds after joining the 10 week weight loss program. He says, "this program empowered and motivated me to choose a healthy lifestyle and I'd like to adapt to this lifestyle forever".

## CHALLENGES AND LESSONS LEARNED

- To convince all the stakeholders for the need of such a facility and its services.
- To plan an effective marketing strategy and to make it financially viable.
- Perseverance, patience and hard work are needed to realize your dream.
- A committed team is the key to success.
- Dependence on God is paramount.