

## CRRT: When the Body Needs Time to Heal

A closer look at a life-support therapy used in the sickest ICU patients

In intensive care units, some patients are so critically ill that even routine medical treatments can become risky. One such challenge arises when the kidneys fail during severe illness. This is where Continuous Renal Replacement Therapy (CRRT) comes in — a specialised form of dialysis designed for unstable ICU patients.

Unlike conventional dialysis, which removes waste and fluid rapidly over a few hours, CRRT works slowly and continuously over 24 hours. This gentler approach is crucial for patients whose blood pressure is dangerously low or whose heart function is severely compromised.

Critically ill patients often suffer from more than one life-threatening condition at the same time — such as heart failure combined with severe infection (sepsis). Sudden shifts in fluid or electrolytes in such patients can worsen shock and reduce blood flow to vital organs. CRRT avoids these sudden changes and helps maintain internal stability while treatment continues.

A recent case of Mrs Sanjana Singh (name changed) illustrates this well. A 60-year-old woman was admitted with both cardiogenic shock and septic shock, with critically low blood pressure. Conventional dialysis was not possible. CRRT was initiated early to support her kidneys without further destabilising her circulation. Over the next three days, her condition gradually stabilised, allowing her to be safely taken off continuous life support and recover.

As treating consultant Dr Parag Deshpande explains, "Early CRRT helped us support her organs when her blood pressure was too low to tolerate any aggressive intervention, and that stability made all the difference."

... Page-4

## Revolutionising ICU care

Kaushalya Hospital has introduced Continuous Renal Replacement Therapy (CRRT) with its new in-house machine, marking a major advancement in ICU care. CRRT provides gentle, continuous kidney support, ideal for patients who are hemodynamically unstable or suffering from sepsis, acute kidney injury, fluid overload, or severe metabolic imbalances.

The therapy allows precise control of fluids, electrolytes, and toxins, making it ICU-friendly and life-saving. The Critical Care, Nephrology, and Physicians teams have performed over 30 CRRT cases in the past year, and the new machine enables seamless treatment in-house.

Kaushalya thanks its trustees and Dr Sanjay Oak for their vision in advancing critical care.



## Kaushalya Hospital marks 23 years of caring excellence



Kaushalya Hospital proudly celebrated the completion of 23 years of dedicated healthcare service on December 21. The milestone reflects the hospital's continued commitment to quality medical care, patient trust, and community well-being. Over the years, Kaushalya Hospital has grown with compassion, expertise, and excellence at its core.

# Diwali Dhamaka!

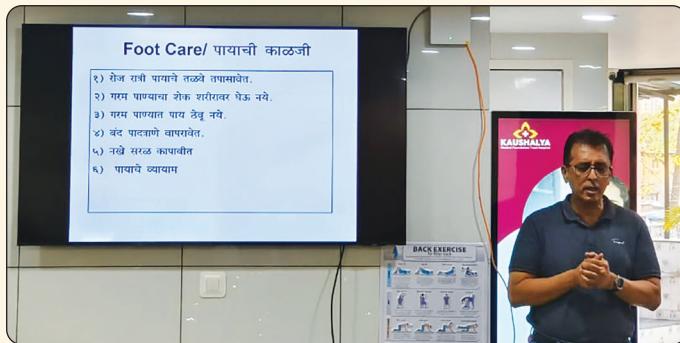


Like every year, Kaushalya Hospital and Thanevaibhav came together to organise an exciting Diwali competition, which included Rangoli Making, Killa Making, Unique Faral Recipe, Best Dress (Individual, Couple, Family), Best Devghar Puja, and Best Decoration. The prize distribution was held on November 8 at Kaushalya Hospital.

# Protect Your Feet, Control Diabetes

Kaushalya Hospital organised a free public guidance session focused on the care of feet in patients with diabetes, aiming to raise awareness about preventing serious complications such as Diabetic Foot, Ulcers and Infections, on the occasion of World Diabetes Day, which is marked in the month of November.

The session was conducted by Dr Ashish Sarwate, a renowned Diabetes and Diabetic Foot



Specialist, who explained the causes, early warning signs, and preventive measures related to Diabetic Foot problems.

This session was

especially beneficial for people suffering from diabetes, patients with foot wounds, or ulcers, individuals with uncontrolled blood sugar

levels, those experiencing tingling, numbness, or pain in the feet, and patients living with diabetes for more than 10 years.

The programme witnessed active participation from patients and caregivers. Attendees were encouraged to ask questions and were educated on daily foot care practices, early detection of wounds, and the importance of timely medical intervention.

## Kaushalya Hospital hosts Blood Donation Camp



Blood Donation Camp in association with Wamanrao Oak Blood Bank and Surgical Society was conducted by Kaushalya Hospital on November 8.

## Smt. Radha Rao Donates Life-Saving Equipment



On October 14, Smt. Radha Rao donated an ECG machine and a syringe pump to Kaushalya Hospital's charitable ward. This thoughtful contribution strengthens the hospital's ability to provide quality care to patients in need, supporting critical treatments and improving healthcare services for the underprivileged community.

## HAPPY PATIENTS

“ I extend my heartfelt gratitude to the entire hospital team for the exceptional care during my two-week stay. Special thanks to Dr Prashant Kulkarni for his guidance and reassurance, and to Dr Mihir Kulkarni, Dr Dawda, and Dr Gauri Oak for their specialised expertise. I am especially grateful to Dr Arvind Salunkhe for his outstanding diagnostic skills. The nursing and support staff were compassionate, attentive, and responsive throughout. Thank you for delivering care with professionalism, humanity, and compassion.

- Supriya Karnik



“ My ENT operation and treatment by Dr Sugato Thakur and Dr Leena Samant were conducted smoothly and professionally. Excellent care and service were provided by the nursing, cleaning, office, and support staff. The food and beverage department was also commendable. Overall, it was a very good and satisfying experience.

- Bhagyalakshmi Rajamani



“ We are extremely happy with the hospitality at Kaushalya Hospital and the genuinely caring staff. The doctors are amazing, nursing care was excellent, and overall cleanliness was impressive. Special thanks to Dr Manoj Mhaske, who is friendly and treated us like close relatives. We are also grateful to Dr Sarang Alaspurkar and Dr Nitin Narawane. All doctors are dedicated, approachable, and give ample time to patients.

- Aruna Pawar



“ I was admitted for hydronephrosis due to renal calculi and treated under Dr Akshay Pednekar, who is extremely humble and highly skilled. Kaushalya Hospital staff ensured maximum comfort. Treatment, hospitality, medical and non-medical care were excellent. Impeccable cleanliness stood out. I sincerely thank everyone from the bottom of my heart.

- Mitali Lahange



“ Excellent treatment from Dr Jayant Gawand at Kaushalya Hospital. The entire team was highly professional, compassionate, and attentive throughout my care. The right bipolar operation was performed successfully, with clear guidance, constant support, and reassuring follow-up, making my recovery smooth.

- Vandana Kharkar



## Happy Children's Day!



On November 14, Kaushalya Hospital celebrated Children's Day with great enthusiasm. The hospital's medical and non-medical staff joined patients in the festivities, creating a joyful and vibrant atmosphere. The celebration brought smiles, laughter, and a sense of togetherness, making the day truly special for everyone involved.

**Continuation from Page 1**

## CRRT: When the Body Needs Time to Heal

CRRT is commonly used in severe infections, acute kidney failure, heart failure, liver failure, and in patients on ventilators or strong life-support medications. By continuously removing toxins and excess fluid while correcting acid-base imbalance, it gives the body time to heal.

As Dr Amit Lala Khomane, Chief of Critical Care, notes, "In critical illness, the goal is not speed but stability — CRRT allows us to protect

multiple organs while the underlying disease is treated."

From a kidney specialist's perspective, Dr Mihir Kulkarni adds, "CRRT provides continuous, controlled kidney support, which is essential when conventional dialysis cannot be safely performed."

As intensive care evolves, therapies like CRRT reflect a shift toward precision, patience, and protection — offering critically ill patients not just treatment, but time.