

Landing page

Banner

Your neighbourhood,
complete family healthcare,

24x7!

Our values (3 units)

Connect – At NRG we believe recovery begins with connecting to our patients with compassion and empathy. *(read more)* Listening to our patients' need and also helping them understand the treatment we offer makes the journey from diagnoses till recovery, a pleasant one.

Care – We give utmost care to our patients, 24 x7, administering advance medical treatment with accuracy. *(read more)* We perceive to stay upgraded using state-of- the-art equipment and best-in-class facilities to provide non-compromised, high quality care for our patients.

Cure – Ultimately, our patients' speedy recovery is our primary goal. *(read more)* Our dedicated team of highly qualified, experienced doctors are committed to help our patients achieve their best health, supported by our staff who meticulously work round the clock to realise this end.

About NRG

Since its inception NRG Speciality Hospital has been committed to staying true to its vision, to ensure quality and affordable healthcare in the local neighbourhood where there may be limited access to complete and comprehensive healthcare for the family.

NRG speciality hospital is a multispecialty hospital located in Ramapuram, Chennai, fully equipped to handle emergency 24 x 7, well as in and out patients. A team of dedicated medical experts work round the clock, along with qualified and well-trained to ensure every patient gets the best possible care.

NRG has an extensive state-of-the-art Newborn care unit with specialist doctors on call. The hospital has a 7 bed tertiary Neonatal Intensive Care Unit (NICU) to provide medical and postoperative care to new born babies with health complications.

The hospital is fully equipped with 20 beds and 5 ICU beds with specialist to take care of a range of medical complications.

Duty doctors are available around the clock to provide quality care to patients. Nurses are trained to provide advanced medical assistance and provide personal care for patients. Our team of doctors, nurses, front office and support staff provide care in line with our values - integrity, excellence, safety and compassion.

Our Specialities (Units - for eg

<https://www.columbiaindiahospitals.com/specialties>)

Clickable links to the respective speciality dropdowns

Paediatrics

Obstetrics

Gynaecology

General Medicine

General Surgery

Cardiology

Diabetology

Plastic Surgery

ENT surgery

Psychiatry

Radiology

NRG Facilities (units)

20 beds

5 ICU beds

Operating Room

Labour ward

Minor Operating Room

7 single rooms

24 hours lab

Pharmacy

X ray

Ultrasound services

Preventive health checks

Preventive health checks help you to identify disease and start treatment at an early stage enabling better health outcomes. Preventive checks helps in early identification of diseases like diabetes, hypertension, heart diseases, kidney diseases, gynaecological diseases, liver diseases and cancer. If unsure about which package to choose from. We can also provide you with a customised package that suits your lifestyle and diseases to be screened.

Choose from one of our preventive health check packages to take a leap towards better health. We are open to talk to you to help you choose a package suitable for you. CALL NOW!
(Button)

NRG Health Check packages	NRG Senior Citizen Check (> 60 years)	NRG Value Health Check	NRG Premium Health Check	NRG Executive Health Check	NRG Heart Health Check
Detailed medical history and Consultant examination	✓	✓	✓	✓	✓
Haematology profile - CBC, peripheral smear	(CBC only)	(CBC only)	✓	✓	✓
Diabetic profile - FBS, PPBS, HbA1C	(FBS only)	(FBS, HbA1C)	✓	✓	✓
ECG	✓	✓	✓	✓	✓
ECHO				✓	✓
TMT					✓
Lipid profile	✓	✓	✓	✓	✓
Renal profile - Urine routine, urea, creat, uric acid, electrolytes, GFR, calcium, phosphorous	(Urine routine, serum Creatinine)	(Urine routine, serum)	(Urine routine, serum)	✓	(Urine routine, serum Creatinine)

		Creatinine)	Creatinine)		
Liver profile		✓	✓	✓	✓
TSH	✓	✓	✓	✓	✓
Ultrasound abdomen			✓	✓	✓
Xray chest			✓	✓	✓
Surgical exam for men			✓	✓	✓
Papsmear test			✓	✓	✓
Gynaec exam for women - papsmear test, breast examination			✓	✓	✓
Cardiology Consult			▪	▪	✓
Follow up consultation with reports		✓	✓	✓	✓
Diet and Lifestyle counselling		✓	✓	✓	✓
Adult vaccination counselling		✓	✓	✓	✓
Number of Lab based tests	43	56	59	67	67
Number of Machine based tests	1	1	3	4	5
Consultations and counselling	1	4	5	5	6

Notes

- To report at 7 am to hospital. Call 9840 365 247 if you have any queries
- Blood test should be taken after at least 10 hours of fasting
- Please let us know if you are pregnant or you think you may be pregnant before tests are done
- One blood test will be done after food.
- Bring all your recent medical records and show them during consultation
- If you need any additional tests, please inform our staff so that samples can be collected together
- If you take medications, please bring the medications along with you but do not take them until we advise you
- If you are diabetic, take your medication after giving fasting blood sugar sample

Drop down 2

Vision

Facilitate the wellbeing of communities by providing holistic healthcare to families with compassion, efficiency and transparency.

Mission

To provide affordable and excellent healthcare at the reach of everyone in the neighbourhood, where they feel cared for like family.

Profile

Dr A.G. Karthikeyan

MD (PED), MRCPCH, FRCPCH, CCT (UK)

Dr A.G Karthikeyan is an accomplished medical practitioner and a Fellow of the prestigious Royal College of Pediatrics and Child Health (RCPCH), United Kingdom. He worked in the United Kingdom for 12 years in the National Health Service (NHS) and his last 3 years in UK was spent working as a Consultant Neonatologist in Saint Mary's Hospital, Manchester. His vision to bring affordable and high quality medical care at the reach of the common man in his homeland brought him back to Chennai 5 years ago where he has been a Consultant Neonatologist.

He qualifications include, MD (Pediatrics) from The Tamil Nadu Dr. MGR Medical University in 2001. Subsequently completed his MRCPCH in 2004. Following this he went on to also complete his Fellowship in Neonatology in Liverpool and Leeds, United Kingdom earning him to the award of his FRCPCH (Fellowship) from the prestigious Royal College of Pediatrics and Child Health (RCPCH), United Kingdom in 2010.

He has extensive experience havetreated many sick babies including premature babies less than 1000 grams (1 Kg). An expert with abilities to provide full range of newborn services including transport of sick babies, conventional and high frequency oscillatory ventilation, CPAP, HFNC, inhaled nitric oxide therapy, whole body cooling for HIE, invasive procedures involved in the treatment of sick babies and neuro developmental follow up of preterm babies.

Surgery in newborn babies need good pre and postoperative care. He play an integral part of the as part of a multidisciplinary team that looks after these babies.

His special interests include therapeutic hypothermia and quality improvement.

Newborn

NRG Newborn Baby Unit provides 24 X 7 care to sick babies by trained professionals in a safe setting. The unit is headed by Dr A.G. Karthikeyan who has worked in the United Kingdom for 12 years in various positions before returning to Chennai. All Newborn Care Services will be provided by a professional team of consultants, nurses and other allied professionals with relevant training, experience and care delivery under a single roof. The unit has a 10 bedded State-of-the Art NICU (Phase 1) with 2 luxurious mother rooms for transitional care of babies. Separate rooms available for consultation and counselling, Breast feeding room for mothers in a separate area, provision of Neurodevelopment and Early stimulation services for premature babies.

- Prematurity
- Low birth weight
- Breathing problems requiring ventilation
- Infection
- Jaundice
- Poor feeding
- Low blood sugar
- Seizures (fits)
- An abnormality picked up in the baby in a scan during pregnancy which needs monitoring and treatment
- Surgical problems
- Heart diseases
- Defects at birth
- Genetic abnormalities

Prematurity

What to expect when your baby is born prematurely?

A team of senior doctors and nurses will be assembled to receive your preterm baby. Your baby will need a period of resuscitation (to help initiate and stabilise breathing and heart rate) by this team. The baby may be shown to parents before baby is taken to the neonatal unit for further treatment. Your baby will be started on intravenous fluids, various medications like antibiotics. Your baby will get some 'lines' placed through veins and arteries in the umbilicus. These are

useful to provide fluids and medicines, monitor blood pressure, do blood tests in the first few days of life. Your baby will get regular blood tests, ultrasound scans of the brain and regular updates from your doctor. Your baby may develop various complications of prematurity. These are detailed in the subsequent sections.

Complications of Prematurity

Infection

Infection (often called sepsis) is a common problem in newborn babies due to their small size and presence of various 'lines' to monitor and treat these babies. Despite the various steps taken to minimise infections (like strict hand washing by parents and professionals when touching the baby), infections still occur. The majority of infections can be cured completely. However some infections are severe leading to various complications in the baby. You will often find babies being treated with strong antibiotics for suspected infection during their stay in the neonatal unit.

Patent ductus arteriosus (PDA)

Ductus arteriosus is a small blood vessel connecting two major blood vessels in the heart. This is critical to the baby's life while being inside the mother's womb. Once the baby is born, the ductus arteriosus should close in the first few days of life. In premature babies, the ductus arteriosus may remain open after birth resulting in a condition called patent ductus arteriosus (PDA). This may not require any treatment. However in some babies, it may prevent the baby to come off the breathing machine. In such circumstances, PDA may need treatment with medications to close it. Rarely, surgery is needed to close the duct.

Chronic lung disease

Premature babies may remain attached to the breathing machine or require oxygen for a long period of time. When a premature baby requires ventilation or oxygen at 36 weeks postconceptional age, the babies are said to have chronic lung disease. This means that the baby's lungs are affected and that the baby is likely to need oxygen for a longer period of time. These babies deteriorate rapidly even with minor respiratory infections.

Necrotising enterocolitis (NEC)

This refers to infection and inflammation of the bowel (intestines). Premature babies are prone to develop NEC due to their small size and immature bowel. The majority of babies who develop NEC require a few days of antibiotics and get better. Rarely, some babies may need surgery to treat their NEC. Your doctor should be able to tell you the best possible treatment for your baby.

During the treatment of NEC, your baby's feeds will be stopped for a few days. To provide nutrition to your baby during this time, the doctors may need to give a special form of intravenous fluids called total parenteral nutrition (TPN). This may require placing a special line called 'longline' to deliver the TPN.

Brain Haemorrhage

Preterm babies have fragile blood vessels in their brain. These are likely to bleed easily into the brain. These are called 'intraventricular haemorrhages'. There is a range of severity of these haemorrhages – Grade 1 being smallest and Grade 4 being extensive. The outcome of babies varies depending on the grade of the haemorrhage. Sometimes the bleeding can be severe leading to lack of blood flow to certain parts of the brain. The brain cells in these areas die and are replaced with tiny holes called 'cysts'. The long-term outcome of these babies depends on the location of these cysts in the brain. Occasionally, blood clots can block the flow of brain fluid (called cerebrospinal fluid) from the brain leading to accumulation of fluid in the brain – a condition called hydrocephalus. This may require surgery and lead to long term complications.

Infections

Newborn babies are particularly prone for infections due to their poor ability to fight organisms as a result of a weak immune system. They can be affected by bacteria, viruses and rarely fungus which can spread in their blood and causes symptoms of infection.

What are the symptoms of infection?

The symptoms are common to all forms of infection in newborns. They can develop poor feeding, become less responsive, high or low temperature, unusual crying, irritable, breathing difficulties to name a few.

Investigations

Your baby will need various investigations like blood tests, urine tests, tests of spinal fluid, X-rays and occasionally ultrasound scans. Your doctor will be the best person to decide which tests are relevant in your baby.

Treatment

Your baby will be treated with antibiotics to fight the infection. These antibiotics will be given intravenously through a vein for a few days. Different infections will need different lengths of treatment and duration of stay in the hospital.

Medical term used in NICU (link to blog)

Obstetrics and Gynaecology (OG)

A woman's body is constantly evolving in every stage of her life, therefore it is essential to know who is best suited to treat your specific health issues.

OG refers to diseases in women. Obstetrics deals with child birth and related complications. Gynaecology refers to diseases of the female reproductive organs.

An obstetrician is a specialist who can provide surgical care for women while pregnant, during delivery, puerperium and post-natal care. It is within their scope to do regular ultrasounds during pregnancy to monitor the wellbeing or any complications and identify gestational period of the fetus. They follow through the entire period until delivery to ensure there are no high risk factors during or post delivery period.

A gynecologist is a physician who specializes in the medical care of women and in health of the female reproductive system. From the first period to menopause essentially and all complications that may raise in this regard.

At NRG we offer comprehensive pregnancy care services from conception to child birth, whatever be your need our obstetricians and gynecologists ready to provide you with the highest quality personalized care with compassion.

The common illnesses that we treat are –

1. Antenatal check-ups including first and second trimester screening tests and ultrasound scans.
2. Diseases related to pregnancy like severe vomiting, high blood pressure, diabetes during pregnancy, poor growth of baby, risk of preterm delivery, twin pregnancy, bleeding during pregnancy, anaemia complicating pregnancy
3. Recurrent pregnancy losses, pre pregnancy counselling, infertility related investigations.
4. Irregular periods, heavy periods, painful periods, urinary tract infections, urinary incontinence
5. Menopausal symptoms

6. Contraception and family planning advice,

Procedures –

- Early pregnancy scan
- First Trimester ultrasound scan
- Second Trimester ultrasound scan
- Interval growth scan
- Fetal Doppler scan
- Safe natural Delivery
- Caesarean section
- D and C
- Fibroid removal
- Uterus surgery
- Ovary surgery
- Sterilisation
- Vaginal hysterectomy
- Abdominal hysterectomy
- Diagnostic laparoscopy
- Diagnostic hysteroscopy

Facilities available

- Labour room with modern amenities
- Painless delivery with epidural anaesthesia facilities
- 24 X 7 Paediatrician availability
- 24 X 7 NICU back up if required for babies
- 24 X 7 ICU back up available
- 24 hours pharmacy and lab available
- Lactation support available

