



**aims**  
ahmedabad institute  
of medical services

*aiming beyond care*

A Unit of A. Maniar Healthcare Pvt. Ltd.

## WHY AIMS ?

- Located in the center of the city Ahmedabad, which makes accessibility easy and fast.
- AIMS is 1st and only NABH Accredited multi-super specialty hospital with 29 critical care beds in Paldi area.
- AIMS is only corporate hospital in the area of Paldi with modern and state-of-the-art Cathlab and dedicated Cardio-Thoracic Operation Theater (CTOT).
- AIMS has advance Interventional Neurology department to provide emergency treatment to patient within **\*Golden Hour\***.
- AIMS offers advanced Robotic Joint Replacement surgery using the **CUVIS Robotic System**, ensuring superior precision, faster recovery, and improved long-term outcomes.
- 24 X 7 working fully equipped dialysis-center with experienced dialysis technician and nurses.
- AIMS is well equipped with all the services under one roof along with excellent infrastructure and modern medical technology.
- Availability of experienced specialist and super-specialist doctor, as more than 350 admitting, treating and visiting consultants are empanelled with AIMS.
- 24X7 availability of intensivists to manage emergency and critical patients.
- Team of qualified medical officers supported by the team of trained and qualified nurses.
- Highly skilled, competent and qualified para-medical and support staff.
- Equipped with in-house quality control department and hospital infection control department. We have infrastructure and protocol for infection free environment to reduce the risk of hospital acquired infections for patients and their relatives.
- Hospitality and personal touch by caring and compassionate staff for patient's pleasant experience.
- Customised nutritionist approved diet plans for all the patients.
- Tie-up with all TPAs, CGHS and major corporates.
- Empanelled for MA-Yojana and PM-JAY to cater under-privileged class of society
- Availability of home care @ your door steps to provide specialized care within the comfort of your own home.

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## INTRODUCTION

This booklet is an important guide for understanding the work protocol of the hospital during patient's stay at the hospital. It provides basic information from admission to discharge.

In case of any query, feel free to contact our Patient Relationship Officer  
Pro No. 7878797821.



## ABOUT AIMS

AIMS is a **85 bedded multi super-specialty** tertiary care hospital equipped with modern medical equipment, super special systems, well-trained staff and experienced doctors.

AIMS is equipped with **13 bedded CCU, 11 bedded ICU, 4 bedded SICU, State of art Cath-lab, 3 modular operation theatre** and all ultramodern facilities to provide best possible treatment to patients under one roof.

**We are the first and only NABH accredited hospital in Paldi area of Ahmedabad.**

We are not into the business of healthcare, but providing quality healthcare is our business. This is what differentiates us from other hospitals. At the core of our medical services lies the willingness to genuinely help patients from all strata of the society. At AIMS, we value a healthy life above everything else and leave no stone unturned to serve the medical needs of the patients. Our focus is always on the right solution for patients as we rid them of their ailments.

The central location of our hospital in Paldi area was purposefully chosen to ensure that patients from all corners of Ahmedabad city reach us within minutes. Many a times, these minutes prove a lifesaver for critical patients. This crucial time saved in reaching our hospital makes all the difference between life and death. For us, saving a life is a treasure whose value cannot be measured in anything but inner satisfaction. Patients from outside Ahmedabad city can also reach us easily owing to it being close to railway station and bus terminus.

At AIMS we constantly strive to set new standards of excellence in healthcare.



## VISION:

As "Team AIMS" to work together towards redefining the future of healthcare, emphasizing on complete and compassionate health care at an affordable cost.

## MISSION:

To provide high quality & innovative healthcare through high quality nursing care, infrastructure and instruments. Also to provide specialty expertise not routinely available in community setting, yet keeping community values and above all medical ethics in mind.

## VALUES:

1. Courteous & Polite Behaviour
2. Compassion
3. Patient Centric Approach
4. Excellence in Every Sphere
5. Transparency & Fairness
6. Teamwork
7. Integrity
8. Ethical Behaviour



## SCOPE OF SERVICES

- Accident & Emergency
- Anesthesiology
- Burns
- Cardiology
- Cardiothoracic Surgery
- Critical Care
- Dermatology
- Diabetes & Endocrinology
- ENT (Ear, Nose & Throat)
- General and Laparoscopy Surgery
- Gastroenterology
- G.I. Surgery
- Gynecology
- Infectious Diseases
- Internal Medicine
- Interventional Radiology
- Joint Replacement
- Nephrology
- Neurology
- Neuro Surgery
- Nutrition & Diet
- Ophthalmology
- Orthopedic and Trauma
- Oncosurgery
- Plastic & Reconstructive Surgery
- Preventive Care Medicine
- Respiratory Medicine
- Spine Surgery
- Sports Injury & Arthroscopy
- Urology
- Vascular Surgery

## CARDIOLOGY

We have best cardiologists of Ahmedabad and the latest equipment to support the skills of our doctors to deliver you the best cardiac care. We diagnose and treat all heart ailment ranging from common problems like simple chest pain (Angina), to serious heart attacks (Myocardial Infarction).

### SERVICES

- Coronary and peripheral angiographies
- Balloon angioplasties
- Stenting
- EP studies and ablation
- Pulmonary and mitral valvuloplasty
- Pacemaker (AICD, CRT)

## CARDIOTHORACIC SURGERY

We have a Team of experienced CVTS surgeons at AIMS to treat acute cardiac emergencies along with wide range of procedures.

### SERVICES

- Coronary Artery Bypass Grafting (CABG)
- Valve Surgeries
- Congenital Heart Surgeries
- Aortic and Pulmonary Artery Surgeries
- Minimal Invasive Cardiac Surgery (MICS)
- Redo Cardiac Surgeries / Thoracic Surgeries
- Vascular Surgeries / Specialized Surgeries





## CRITICAL CARE

The Critical Care Unit at AIMS is headed by specialized internationally trained intensivists who provide prompt, dedicated, continuous, specialized care to

critically ill patients with a variety of medical or surgical conditions who require complex multi-organ support. We have an experienced team of intensivists, cardiologists, physicians, pulmonologists, nurses and other allied health professionals available 24x7 to take care of critical illnesses and emergencies like accidents.

## RESPIRATORY MEDICINE

**Respiratory Medicine department is well-equipped to manage all types of respiratory disorders like:**

- Diseases of the airway (bronchial asthma, COPD)
- Interstitial lung diseases
- Diseases of alveolar space (ARDS)
- Diseases of pulmonary vasculature (PAH, PE, vasculitis)
- Diseases of ventilatory control, occupational lung diseases, all types of infection related to lungs, diseases of mediastinum and pleura, cancer of lung & pleura
- Sleep related disorders (SAS, narcolepsy, restless leg syndrome, periodic limb movement)
- Upper airway resistance syndrome (UARS)

**Interventional Pulmonary Procedures performed at the unit are:**

- Tracheomalacia Study
  - Transbronchial Needle Aspiration
  - Transbronchial Lung Biopsy
  - Forcep Biopsy
  - Brush Biopsy
  - Therapeutic Lung Lavage
  - Bronchoalveolar Lavage
  - Medical Thoracoscopy
  - Pleural Tapping
  - Intercostal Drainage
- Sleep studies are also performed at AIMS. Polysomnography or sleep study has become science itself in the modern-day medical world.

## GASTROENTEROLOGY & GI SURGERY

Our well experienced Gastroenterologists and GI surgeons diagnose and cure the ailments of oesophagus, stomach, duodenum, small intestine, large intestine, gall bladder and bile duct, pancreas and the liver.

We are regularly performing all types of major and minor gastrointestinal surgeries, including onco surgeries.

### SERVICES

- Upper GI gastroscopy (Diagnostic and Therapeutic)
- Colonoscopy (Diagnostic and Therapeutic)
- Advanced treatment of the narrow food pipe like dilatation, stenting, banding & injection of bleeding veins
- Removal of tumours like polyps and others from the large intestine
- Removal of stones from the bile duct
- Stent placement in the food pipe, bile duct and pancreatic duct
- Management of acute upper and lower GI hemorrhage

**Treatment of all kind of abdominal and GI surgical problems, including major GI surgeries, mentioned below are also performed at AIMS:**

- Esophagectomy
- Gastrectomy
- Total proctocolectomy
- Ileal pouch anal anastomosis for ulcerative colitis
- Liver resection





## NEUROLOGY & NEUROSURGERY

Our neuro department takes care of all the ailments of nervous system, including the brain and spine. Supported by a team of neurologists, neurosurgeons and a modern neuro care centre, we are amongst the best hospitals for neurocare.

### SERVICES

We offer the best treatment in all the critical and not so critical conditions. Right from headache, epilepsy, stroke, movement disorders, spine ailments, dementia, palsy, paralysis, sleep disorders, etc to neurosurgical procedures.

Stroke patients who reach AIMS within one hour of symptoms which is called “Golden Hour” get prompt and crisp treatment immediately which saves patients from stroke related disabilities. It is very important to react and get treatment of stroke quickly because “Time Lost is Brain Lost”

We perform neurosurgical procedures like:

- Brain tumour, extradural hematoma, subdural hematoma, V P shunts, laminectomy, prolapsed inter vertebral disc etc.
- **Vascular Surgery:** Aneurysm, AVM, carotid endarterectomy, EDAS, intracranial, extracranial and revascularization surgeries.
- **Stereotactic Surgery:** Biopsy, aspiration, craniotomy, functional neurosurgery for movement disorders, transnasal, transsphenoidal pituitary surgery and transoralsurgery for CV anomalies.
- Micro neurosurgery for all types of intracranial tumours.
- Epilepsy surgery
- Trigeminal neuralgia MVD, radiofrequency thermocoagulation, neurectomy & glycerol rhizolysis.

# JOINT REPLACEMENT

Joints may need to be replaced when they are damaged from:

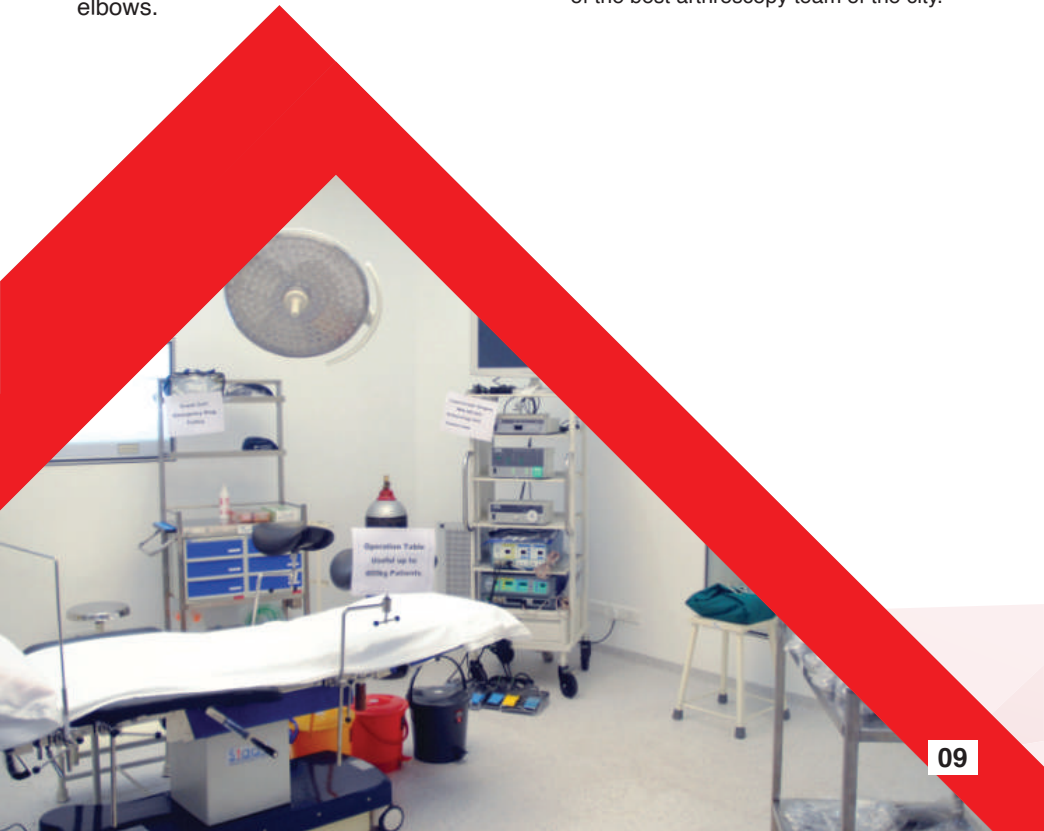
- Arthritis
- Years of use
- Disease

Best of Joint Replacement Surgeons are available at AIMS. Hips and knees are replaced most often. Other joints that can also be replaced which include the shoulders, fingers, ankles and elbows.

## SERVICES

- Primary Knee and Hip Replacement Surgeries
- Revision Knee and Hip Replacement Surgeries
- Shoulder Replacement Surgeries
- Elbow Replacement Surgeries

Now in modern era all these joints can be restructured with Key-Hole Surgeries (Arthroscopy). AIMS can boast to have one of the best arthroscopy team of the city.



# ROBOTIC JOINT REPLACEMENT

At **AIMS**, we offer advanced **Robotic-Assisted Joint Replacement Surgery** using the latest **CUVIS Robotic System**, designed to deliver greater accuracy, improved implant positioning, and enhanced patient outcomes.

Robotic joint replacement is a modern technique where the surgeon is supported by a highly precise robotic system to plan and perform the surgery with exceptional control. The CUVIS robot assists in achieving accurate bone cuts, optimal alignment, and personalized implant placement based on the patient's unique anatomy.

## WHY CHOOSE ROBOTIC JOINT REPLACEMENT?

Robotic-assisted joint replacement offers several advantages compared to conventional surgery, including:

- High precision and accuracy
- Better joint alignment and implant positioning
- Customized surgical planning for each patient
- Reduced damage to surrounding healthy tissues
- Less post-operative pain and faster recovery
- Improved mobility and long-term implant performance
- Higher patient satisfaction and functional outcomes

With the combination of experienced joint replacement surgeons and cutting-edge robotic technology, AIMS ensures safer surgery, faster rehabilitation, and better quality of life for patients.

**WALK PAIN-FREE AGAIN WITH CONFIDENCE  
CHOOSE ROBOTIC JOINT REPLACEMENT  
AT AIMS WITH THE CUVIS ROBOT**



# ORTHOPEDECS AND TRAUMA

We have a dedicated Emergency & Trauma Centre supported by round the clock 'ICU on wheels' ambulance.

Trauma unit is manned by trained professionals to manage critical patients. Orthopaedic department has experienced orthopaedic surgeons and this department is supported by neurologist, neurosurgeon, anaesthetist and general surgeon, plastic surgeon, spine surgeon and cardio thoracic surgeon.

## SERVICES

- Vascular injuries involving complex fractures of the limbs and limb salvaging
- Complicated Pelvic and Acetabular fractures
- Infected fractures & Infected Non Union fractures
- Gap Non Union fractures, Failed & Redo fracture surgeries
- Debridement of skin/muscle/bone/fractures
- Incise finger tendon sheath
- Carpal tunnel release & Removal of support implant
- Polytrauma
- Spinal disorders like Spinal Tumors, Osteoporosis, Lumber Spinal stenosis, Ankylosing Spondylitis, Spondylosis, Spinal Muscular Atrophy

# UROLOGY

We have a well equipped urology department with highly qualified and experienced urologists. We treat Urinary Tract Infections, Kidney diseases, structural diseases, infectious diseases, congenital disorders and male sexual disorders like erectile dysfunction, premature ejaculation etc.

## SERVICES

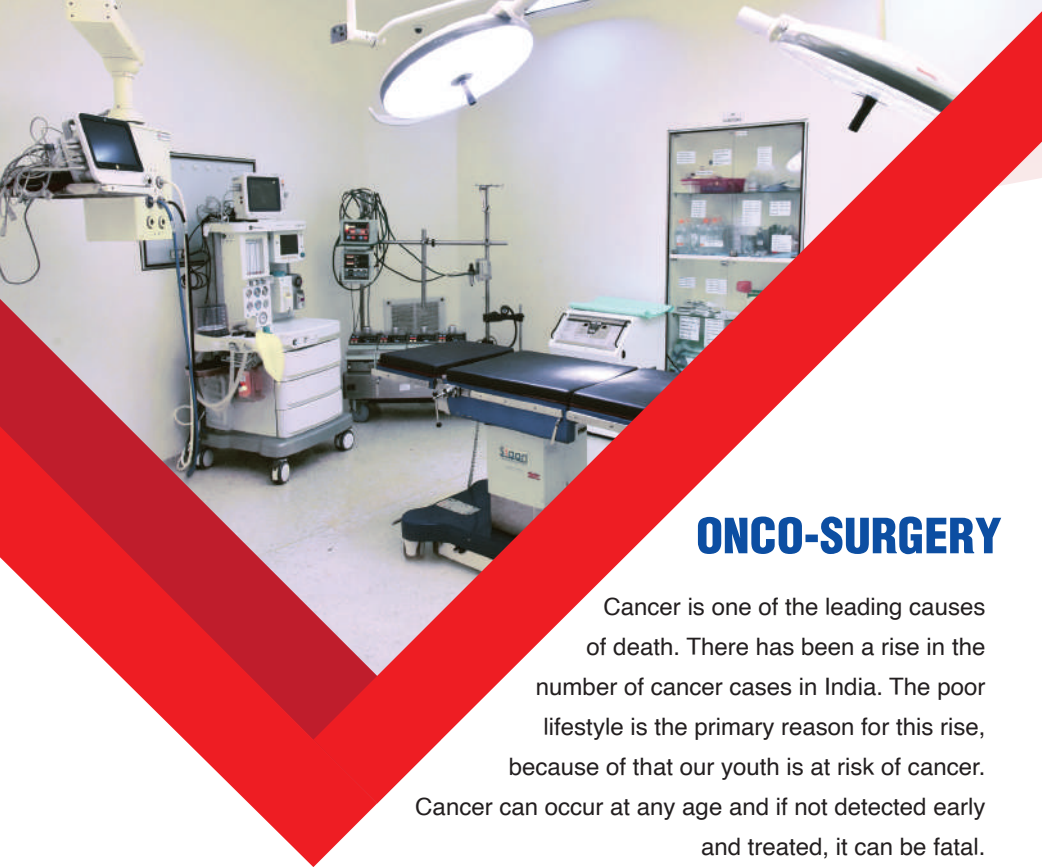
Most commonly performed urology procedures at AIMS are:

- Surgical Procedures for Enlarged Prostate, Trans-Urethral Resection of the Prostate (TURP)
- Laparoscopic Urologic Surgery
- Surgical Management of Prostate, Kidney and Bladder Cancer
- Percutaneous Nephrolithotomy Surgery (PCNL)
- Ureteroscopic Lithotripsy (URS)
- Flexible URS
- Cystolitholapaxy for Urinary Stones

## NEPHROLOGY

Our department of nephrology is headed by a team of experienced nephrologists, provides a complete range of consultative, diagnostic and treatment services for patients with kidney diseases. Right from earliest detectable changes in kidney function through end-stage kidney disease as well as people with high blood pressure, kidney stones and other kidney-related disorders like acute renal failure, chronic kidney disease, we treat all.





## ONCO-SURGERY

Cancer is one of the leading causes of death. There has been a rise in the number of cancer cases in India. The poor lifestyle is the primary reason for this rise, because of that our youth is at risk of cancer.

Cancer can occur at any age and if not detected early and treated, it can be fatal.

Onco-Surgery deal with the treatment of cancer. At AIMS, highly qualified Consultants, Paramedics and Nursing staff supported by the state-of-the-art and sophisticated equipments, provide multidisciplinary care to patients with solid malignancies We identify patients who can benefit from surgery both at early and late stages of cancer. We then provide them surgical solutions for optimum results. All presenting cases -- primary or metastatic -- are diagnosed and investigated by surgical teams streamlined into and specializing in organ specific treatments.

### SERVICES

We offer outpatient and inpatient services for screening, diagnosis and treatment of cancer patients. We diagnose and treat the following surgical oncology cases:

- Head & Neck
- Breast
- Gastro Intestinal
- Gynaec

We also run preventive clinics for prevention of cancer. We conduct awareness programs for society to prevent and to fight against cancer

# PLASTIC SURGERY & BURNS

Several deformities or deep wounds that may be acquired as a result of injuries, critical illnesses or genetic defects are treated with plastic surgery at AIMS

## SERVICES

- Repair of all the birth deformities
- Post Cancer Reconstruction
- Corrective Surgeries After Injuries:
  - Reconstruction of the face: Skin, muscles and bones
  - Skin grafting and or flap surgery for limbs defects
  - Reconstruction of hand after injury
  - Joining cut fingers or limbs by microscopic surgery
- **Burns Management:** Emergency Treatment and Long-Term Treatment ( with highest recovery rate)
- Cosmetology and anti-aging clinic

# INTERVENTIONAL RADIOLOGY

Interventional Radiology involves a range of techniques which use radiological image guidance (X-ray fluoroscopy, ultrasound, computed tomography [CT] or magnetic resonance imaging [MRI]) to precisely target therapy. This is a minimally invasive alternative to open and laparoscopic (keyhole) surgery. A needle is passed through the skin to the target. This IR surgery is also called as the pinhole surgery.

Our internationally acclaimed interventional radiologist has an exhaustive experience in treating a variety of diseases.

## SERVICES

- Embolization
- AVM Sclerotherapy
- Mesenteric Thrombolysis
- Peripheral Thrombolysis
- Mesenteric Angioplasty
- Peripheral Angioplasty
- Neurocoiling
- Stroke Thrombectomy
- Percutaneous transhepatic biliary drainage
- (PTBD) with Stenting
- Cerebral DSA
- Spinal DSA

# VASCULAR SURGERY

AIMS has high end vascular surgery department offering array of services incorporating all the amenities.

## SERVICES

**We have ultra-modern instruments for screening.**

- Carotid Doppler Scan
- Peripheral Arterial / Venous Doppler

**Vascular Medicine:**

- Non-Surgical Treatment (Medicines and Exercises) For Leg Vessels
- Diabetic Foot Care Clinic

**Endovascular Interventions:**

- Angioplasties & Stenting For Peripheral Vessels Occlusive Disease

**Vascular Surgery:**

- Carotid Endarterectomy For Stroke Prevention
- Open Repair Of Aortic & Peripheral Aneurysms
- Aorto–Femoral & Fem–Pop Bypasses
- A–V Access (Fistula) Surgery

Other procedures like RF Ablation, Foam Sclerotherapy & Phlebectomies.



# INFRASTRUCTURE @AIMS

- Extremely well equipped 24 x7 **Emergency & Trauma Centre** for prompt and curative treatments.
- Best in class **Cath-lab**.
- **3 Modular class 100 operation theatres**.
- We have dedicated OT for cardiac procedures and joint replacement.
- Well-equipped **11 bedded ICCU, 13 bedded CCU** and **4 bedded SICU** with **round the clock availability of Intensivists**. Our ICU, CCU and SICU are equipped with return air and fresh air concepts which controls and prevent hospital acquired / nosocomial infections.
- **ICCU**: Intensive Critical Care Unit for critically ill patients.
- **CCU**: Coronary Care Unit for cardiac patients requiring constant monitoring and specialized medical and nursing care.
- **SICU**: Surgical Intensive Care Unit is a multispecialty medical care center for critically ill patients who require surgery or are recovering from surgery.
- **Isolation rooms** with positive and negative pressure.
- **Dialysis Centre** which is equipped to perform all the type of dialysis.
- **CUVIS Robot** for Robotic Joint Replacement.



## SUPPORT SERVICES & FACILITIES

We have following services available in-house for the convenience of the patients

### AIMS PATH DIAGNOSTICS:

In house pathology laboratory with modern medical equipment to perform all the test with accuracy and speed. Our 24X7 working pathology lab is supported by skilled technical staff under the guidance of senior and experienced MD pathologist.

24 hours home collection facility is available. To avail this facility please contact on 8000088108.

### AIMS RADIO DIAGNOSTICS:

Well-equipped in-house radiology department with the facility of

- CT Scan
- X-ray
- Ultrasound (Sonography and Doppler Study)

For booking an appointment contact on 7878797819 / 20.

### AIMS MEDICINE - THE HEALTH SHOPPE:

AIMS Medicines is 24 hours working in house pharmacy which provides medicines of reputed companies. Maintaining optimal storage conditions of medicines and consumable is utmost important to ensure drug efficacy. All the prescribed medicines and consumables are delivered to the patients at their room to avoid inconvenience to patient's relative / care taker.

To avoid medication errors and delay in administration and for quality assurance purpose, we don't allow outside medicines as per hospital policy.

AIMS Medicines also provide home delivery service of medicines, but strictly against doctor's prescription only. To avail this service contact us on 8000100108.



## COMPLETE AND COMPREHENSIVE CARDIAC SCREENING

- 2D Echo
- Tread Mill Testing (TMT)
- ECG



## OTHER DIAGNOSTICS FACILITIES

- EEG (Electro Encephalogram)
- EMG (Electromyography)
- Uroflowmetry
- Pulmonary Function Test (PFT)
- Sleep Study
- Endoscopy
- Audiometry

## 24 X 7 ICU ON WHEEL

Our ambulance partner provides ambulance service at across India. The ambulances are well equipped for taking care of critical patients and manned by trained professionals.

## AIMS CAFÉ

The hospital provides diet and nutrition services to all admitted patients through the AIMS Café. Meals are planned under supervision of qualified dieticians and prepared in a clean and safe environment.

The hospital diet service ensures:

- Nutritious and balanced meals
- Hygienic food preparation
- Diet as per patient's disease condition
- Timely meal delivery

AIMS Café serves tasty and nutritious food for patient's relatives / care taker also.

Only patient's diet service is provided in patient's room by cafeteria as per prescribed diet.

For any additional food requirement for patient, please contact cafeteria n extension no: 175.

Outside food is strictly not allowed in patient care areas.

Only patient's services are provided in the patient's room.

## DIET COUNSELLING SERVICES

A full-time dietician does nutritional need analysis for all the patients and suggests the right diet depending on the condition of the patient. This helps the patient to recover fast.

Our hospital dietician is available to guide patients and family members regarding:

- Disease-specific diet plan
- Post-discharge dietary instructions
- Lifestyle modification
- Weight management (gain/loss)
- Special diet requirements (diabetes, BP, kidney, liver etc.)

Patients or relatives may request diet counselling through nursing staff.

## PHYSIOTHERAPY

Physiotherapy is an important health science to achieve the goal and objective of improved life.

AIMS has in-house well qualified & well experienced physiotherapist to give physiotherapy as per consultant's advice. Our physiotherapists are expert in creating tailored rehabilitation programme to treat patients with various musculoskeletal and neurological condition. Thus, they help in speedy recovery and complication free return to normal life.

## PREVENTIVE HEALTH CHECK UP

At AIMS Preventive Health Check-up services are designed to help individuals assess their current health status and detect medical conditions at an early stage, even before symptoms appear. Regular health screening plays an important role in preventing lifestyle-related diseases such as diabetes, hypertension, heart disease, and certain cancers. These check-ups include a combination of clinical evaluation, laboratory tests, and diagnostic investigations tailored to age, gender, and health risk factors. Early detection through preventive health check-ups ensures timely treatment, better health outcomes, and promotes a healthier and longer life.

## POST DISCHARGE

Physiotherapy is an important health science to achieve the goal and objective of improved life. AIMS has in-house well qualified & well experienced physiotherapist to give physiotherapy as per consultant's advice. Our physiotherapists are expert in creating tailored rehabilitation programme to treat patients with various musculoskeletal and neurological condition. Thus, they help in speedy recovery and complication free return to normal life.

## CLOTHES & LINEN

It is mandatory for the patients to wear uniform provided by hospital. At AIMS we provide sterilized and clean linen to all the patients. Patients are provided with bed and bath linen. For any additional requirement, please contact patient relationship officer. Please avoid bringing outside linen for the patient, as this may act as source of infection for the patient.

## TPA HELP DESK

Our TPA Desk executive would assist you if you want to avail cashless facility or reimbursement facility. For availing cashless facility, you will be required to submit required documents for TPA, insurance or corporates which will be explained to you by our TPA Desk Executive. Your cashless facility will depend upon the authorization received from the TPA.



## TIE-UPS & EMPANELMENT

Our services have been appreciated and endorsed by corporate houses, TPAs and medical insurance organizations.

Empanelment and tie-ups for cashless treatments:

**Cashless facility for insured patients,**  
**Tie-ups with all major TPAs & Insurance Providers**

- **CGHS**
- **RGHS**
- **PM-JAY (Pradhanmantri Jan Ayushyaman Bharat Yojana).**
- **Major Government Entities**
- **Major Corporate Houses**
- **Banks**



## QUALITY PATIENT CARE

We are a NABH accredited hospital. Getting NABH accreditation means that at our hospital, the clinical aspects as well as the governance aspects are process driven and based on clear and transparent policies and protocols.

We are now certified to be amongst the quality hospitals that have a process driven approach in all aspects of hospital activities -- from registration, admission, pre-surgery, peri-surgery and post-surgery protocols, discharge from the hospital to follow up with the hospital after discharge.

- Quality care
- All facilities as per NABH guidelines.
- Qualified nursing and clinical staff
- Regular training of all the staff.
- In-house quality control and infection control department
- Regular training & update of all staff by internal & external expert faculties.
- Periodic audit of hospital functions & patient care by expert technocrats & clinicians of respective field
- Patient's feedback is of prime importance & invaluable for us



## MILESTONES AND ACHIEVEMENTS

**2018**

Received “**ET Enterprise Icons 2018 Award**” by Economic Times for Emerging multi-speciality hospital

**2019**

**White Coat Wizard Award from the Times of India:** Medical pioneers who are serving the society in a just manner

**2019**

Became first and only **NABH Accredited hospital in Paldi Area**

**2020**

Certified as “**Gold Quality Standard Hospital**” by NHA & QCI

**2021-2026**

Consistently ranked among India’s best hospitals by Newsweek since 2021, and recognized by QCI for quality healthcare under PM-JAY every year since 2021.

**2026**

Aims is recognized as one of the **top multi speciality hospitals** In Ahmedabad / Gandhinagar



### TOP MULTI SPECIALITY HOSPITALS AHMEDABAD / GANDHINAGAR

| Rank | Name                                  | Area                |
|------|---------------------------------------|---------------------|
| 1    | Mangro CMS Hospital                   | Sola                |
| 2    | Zylin Hospitals                       | Thaltej             |
| 3    | KD Hospital (Musum Shringal Hospital) | Vaidheshwari Circle |
| 4    | Sterling Hospital                     | Gandhinagar         |
| 5    | Axent Surgical Hospital               | Nanda               |
| 6    | SAL Hospital & Medical Institute      | Thaltej             |
| 7    | SCOP Health Hospital                  | Vaidheshwari Circle |
| 8    | Aashika Hospital                      | Gandhinagar         |
| 9    | Shalya Hospital                       | Narimanpura         |

**8** AIMS Hospital

Paldi

## PATIENTS RIGHTS & RESPONSIBILITIES

| Patient Rights  | Patient Responsibility  |
|---|---|
| <b>Accessibility and Availability</b>   |   |
| <ul style="list-style-type: none"> <li>• To be provided with appropriate and professional healthcare regardless of your age, gender, race, religion, nationality, social status, any special needs or source of payment</li> <li>• To be provided care at the time of emergency</li> <li>• To access your clinical records</li> <li>• To be given treatment in a safe environment and receive emotional support which may include minimal separation from your family within the limits of medical care provided</li> </ul> | <ul style="list-style-type: none"> <li>• To follow the treatment plan advised by your care provider</li> <li>• To provide contact details of at least one relative who can be approached in case of emergency</li> </ul>  |
| <b>Information Exchange</b>   |   |
| <ul style="list-style-type: none"> <li>• To be entitled to information about your medical condition, treatment, possible results in a language that you understand (where possible) so as to make informed decisions</li> <li>• To know about plan of care</li> <li>• To avail information about the possible risks, side effects and alternative methods of treatment</li> <li>• To know the names of the healthcare professionals responsible for your treatment and care</li> </ul>                                      | <ul style="list-style-type: none"> <li>• To provide accurate and complete information about your present medical condition including any past illnesses, hospitalization, medications and other relevant details in order to receive appropriate and safe medical treatment</li> <li>• To provide correct demographic and general information</li> <li>• To give correct details regarding any past illnesses</li> <li>• To provide information about any known allergy</li> <li>• To give honest update on health status during course of treatment</li> </ul> |

## Involvement in Decision Making

- To be actively involved in decisions involving your medical condition and proposed treatment
- To give consent or refuse medical care or recommended to the extent permitted by law
- To be informed about any research activity and to refuse to be part of the study.
- To understand that any discontinuation in treatment advised by your care provider or leaving against medical advice would be at your own risk
- To report whether you clearly understand the instructions given by your care provider
- To ask for additional information or clarification if you do not understand any instructions

## Respect, Dignity and Consideration

- To receive respect for religious beliefs without affecting treatment, other patients and in accordance to the hospital policy
- To behave in a polite and respectful manner to other patients, hospital staff and doctors

## Personal and information privacy & Confidentiality

- To be provided with suitable privacy for undergoing examination, certain procedures and treatment
- To keep confidentiality and privacy of your medical and non-medical information and all aspects of care rendered
- To understand that though the confidentiality of records will be maintained, authorized statutory bodies, insurance companies or your payer would be allowed to view your records

## Treatment Cost

- To be entitled to financial counseling and an estimate of your hospital bill at the time of your admission
- To get information of day to day bills in accordance to the hospital policy
- To provide TPA/Insurance details at the time of admission
- To know day to day billing and to make timely payments
- To make deposit as per hospital policy

## Complaint and feedback

- To register complaint and receive information on your complaint processing
- To provide your valuable feedback and suggestions

## Security & Safety

- To be protected from abuse, neglect, assault, harassment, unnecessary use of restraint, manhandling and other similar instances
- To take care of your valuables and belongings
- Not to damage hospital property and to comply with hospital policies (e.g. no smoking, no tobacco chewing, no spitting, maintaining silence etc.)

## દર્દી તથા પરિવારનોની ફરજ

| દર્દી તથા તેમના પરિવારજનોના અધિકાર   | દર્દી તથા પરિવારજનોની ફરજ   |
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| <b>સરળ ઉપલબ્ધિ</b>   |   |
| <ul style="list-style-type: none"> <li>ધર્મ, જાતી, ઉંમર, રાષ્ટ્રિયતા, સામાજિક પ્રતિષ્ઠા, અન્ય ખાસ જરૂરિયાત કે આર્થિક સ્ત્રોતના ભેદભાવ વગર યોગ્ય અને ઉત્તમ સારવારની ઉપલબ્ધિ</li> <li>ઇમર્જન્સીમાં તાત્કાલિક સારવારની ઉપલબ્ધિ</li> <li>તબીબી સારવારના રેકોર્ડની માહિતીનો અધિકાર</li> <li>સલામત અને સાનુકૂળ વાતાવરણમાં, હોસ્પિટલના નીતિ નિયમોની મર્યાદામાં રહીને પરિવારજનોથી ઓછામાં ઓછા દૂર રહીને સારવાર પ્રાપ્તિ</li> </ul>  | <ul style="list-style-type: none"> <li>હોસ્પિટલના તબીબી તેમજ પેરામેડીકલ સ્ટાફની સલાહ પ્રમાણે સારવાર સૂચનાનું સંપૂર્ણ અનુસરણ</li> <li>એક નીકટના પરિવારજનનું નામ તથા તેની સંપર્ક વિગતો હોસ્પિટલને આપવી જેથી ઇમર્જન્સી દરમ્યાન તેમનો તાત્કાલિક સંપર્ક કરી શકાય</li> </ul>  |
| <b>માહિતી આદાન પ્રદાન</b>  |   |
| <ul style="list-style-type: none"> <li>દર્દીના દર્દ, વર્તમાન પરિસ્થિતિ, સારવાર અને પરિણામો અંગે સરળ અને સમજી શકાય એવી ભાષામાં ડોક્ટર દ્વારા સમજૂતી, જેના આધારે દર્દી તથા પરિવારજનો યોગ્ય નિર્ણય લઇ શકે</li> <li>આગામી સારવાર પ્લાન અંગે સંપૂર્ણ માહિતીની ઉપલબ્ધિ</li> <li>સારવારના સંભવિત જોખમો, આડઅસરો અને અન્ય વૈકલ્પિક સારવાર અંગેની માહિતીની ઉપલબ્ધિ</li> <li>સારવાર માટે જવાબદાર ડોક્ટરની માહિતીની ઉપલબ્ધિ</li> </ul> | <ul style="list-style-type: none"> <li>વર્તમાન રોગ અંગેની સંપૂર્ણ અને ચોકસાઈ પૂર્ણ માહિતીનું પ્રદાન જેમાં ભૂતકાળની બીમારી, હોસ્પિટલમાં દાખલ થવાની વિગતો, લેવાયેલા સારવાર અને અન્ય સંબંધિત વિગતો જેને આધારે યોગ્ય અને સલામત સારવાર આપી શકાય</li> <li>કરેલા પરીક્ષણો તથા અન્ય વિગતોની સંપૂર્ણ અને સાચી માહિતીનું પ્રદાન</li> <li>ડાયાબિટીસ, બ્લડ પ્રેશર કે હૃદય રોગ જેવા હયાત અથવા ભૂતકાળમાં થયેલા રોગો અંગે સાચી માહિતીનું પ્રદાન જેના આધારે ઇન્સ્યોરન્સ કંપની દ્વારા કેશવેસ સારવાર અંગેની કાર્યવાહી થઇ શકે</li> <li>જાણમાં હોય તેવી વસ્તુ, ખાધ પદાર્થ કે દવાની એલર્જીની માહિતીનું પ્રદાન</li> <li>વર્તમાન સારવાર વિશેની પોતાના સારા નરસા પરિણામ અને પ્રતિભાવની પ્રામાણિક રજૂઆત</li> </ul> |

## નિર્ણયમાં સહયોગ

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| <ul style="list-style-type: none"> <li>રોગની વર્તમાન પરિસ્થિતિ અને સૂચવાયેલી સારવારના નિર્ણયમાં સક્રિયપણે સામેલ થવાનો અધિકાર</li> <li>કાનૂની મર્યાદામાં રહીને મળેલ કે અપાઈ રહેલ સારવારનો સ્વીકાર કે અસ્વીકાર કરવાનો અધિકાર</li> <li>દર્દી પર થઈ રહેલ કોઈ પણ સંશોધાત્મક પ્રવૃત્તિથી માહિતગાર થવાનો તથા સંશોધાત્મક કાર્યમાં જોડાવાનો કે ન જોડાવાનો અધિકાર</li> </ul> | <ul style="list-style-type: none"> <li>ડોક્ટર અને નર્સ દ્વારા અપાતી સારવારને બંધ કરવી કે ડોક્ટરે સૂચવેલી ઉપચાર પદ્ધતિ કે દવાનો અસ્વીકાર દર્દી માટે જોખમી સાબિત થઈ શકે તે સ્પષ્ટ રીતે સમજવાની ફરજ</li> <li>ડોક્ટરે આપેલી સૂચનાઓ અને સ્પષ્ટ રીતે સમજ્યા છો તેની જાણ કરવાની ફરજ</li> <li>જો સૂચના બરાબર ના સમજાય તો ફરી સમજાવવા કે વધુ સ્પષ્ટતા કરવા અંગે ડોક્ટરને જાણ કરવાની ફરજ</li> </ul> |
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## પરસ્પર માન તથા મોભો તથા પ્રતિષ્ઠા

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| <ul style="list-style-type: none"> <li>હોસ્પિટલના નીતિ નિયમો, વર્તમાન સારવાર કે અન્ય દર્દીઓને ખલેલ કે નુકશાન ન થાય તે રીતે પોતાની ધાર્મિક માન્યતાઓને અનુસરવાનો અધિકાર</li> </ul> | <ul style="list-style-type: none"> <li>ડોક્ટર નર્સ, હોસ્પિટલના કર્મચારી સ્ટાફ તથા અન્ય દર્દીઓ સાથે નમ્ર અને આદરપૂર્ણ વર્તનની ફરજ</li> <li>દર્દીઓનું આત્મસન્માન જળવાય તેવો અધિકાર</li> </ul> |
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## વ્યક્તિગત માહિતીની ગોપનીયતા

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| <ul style="list-style-type: none"> <li>સારવાર તપાસ, શસ્ત્રક્રિયા કે અન્ય કોઈપણ પરીક્ષણ દરમ્યાન જરૂરી ગોપનીયતા જાળવવાનો અધિકાર</li> <li>વર્તમાન સારવાર, નિદાન અન્ય ગેરસારવારલક્ષી બાબતો તથા તબીબી પરીક્ષણો સંપૂર્ણ ખાનગી રાખવાનો અધિકાર</li> </ul> | <ul style="list-style-type: none"> <li>દર્દીની તમામ માહિતી સંપૂર્ણ ખાનગી રહેશે પરંતુ કાનૂનીરુદ્ધ અધિકૃત વ્યક્તિ કે ઇન્ફોર્મેશન અધિકારીઓ કે સારવારનો ખર્ચ આપનાર વ્યક્તિને આ વિગતો આપવી જરૂરી રહેશે</li> </ul> |
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## ઉપચાર્જ ખર્ચ

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| <ul style="list-style-type: none"> <li>હોસ્પિટલમાં દાખલ થતી વખતે સારવારના તમામ પાસાઓ અંગેની આર્થિક વિગતો મેળવવાનો અધિકાર</li> <li>હોસ્પિટલના ધારાધોરણ મુજબ સારવાર માટે થતા દૈનિક ખર્ચની જાણકારી મેળવવાનો અધિકાર</li> <li>ડિસ્ચાર્જ થતી વખતે સંપૂર્ણ વિગતો બિલ સાથે મેળવવાનો અધિકાર</li> </ul> | <ul style="list-style-type: none"> <li>દાખલ થતી વખતે ટી.પી.એ કે ઇન્ફોર્મેશન અંગેની વિગતો આપવાની ફરજ</li> <li>દૈનિક ખર્ચ અંગેની વિગતો મેળવી, સમયસર બિલની ચુકવણી કરવાની ફરજ</li> <li>નિયમાનુસાર હોસ્પિટલમાં ભરવા પાત્ર ડિપોઝીટ જમા કરવાની ફરજ</li> </ul> |
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## ફરિયાદ અને અભિપ્રાય

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| <ul style="list-style-type: none"> <li>હોસ્પિટલની કોઈ પણ સેવા અંગે ફરિયાદ કરવાનો અધિકાર તેમજ ફરિયાદને અનુલક્ષીને શું કાર્યવાહી થઈ તે જાણવાનો અધિકાર</li> </ul> | <ul style="list-style-type: none"> <li>સારવાર તેમજ હોસ્પિટલ વિશેના મૂલ્યવાન સૂચના અને પ્રતિભાવો આપવાની ફરજ</li> </ul> |
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## સાવધાની અને સલામતી

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| <ul style="list-style-type: none"> <li>સારવાર દરમ્યાન કોઈપણ પ્રકારનો મૌખિક કે શારીરિક અભેદ કે અપમાનજનક કે અવગણના પાત્ર વ્યવહાર, હેરાનગતિ, ઘૃણાસ્પદ વર્તન, બિનજરૂરી નિયંત્રણ કે આવી કોઈપણ દરમ્યાનગીરી સામે રક્ષણ મેળવવાનો અધિકાર</li> </ul> | <ul style="list-style-type: none"> <li>સાથે લાવેલી વસ્તુઓ અને કિંમતી સાધન સામગ્રી સાચવવાની ફરજ</li> <li>હોસ્પિટલની મિલકતને કોઈ પણ જાતનું નુકશાન ન કરવાની ફરજ હોસ્પિટલના નિયમો, જેવાકે ધુમ્રપાન નિષેધ, ગંદકી ન કરવી, ગુટખા પાન મસાલા ન ખાવા, શાંતિ જાળવવી વગેરેમાં સહયોગ આપવાની ફરજ</li> </ul> |
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## REGISTRATION PROTOCOL

The patient who is availing healthcare service at AIMS for the first time shall be registered at AIMS. Patient / relative is requested to furnish full and correct demographic details at the time of registration / admission. If patient already has ABHA Id generated, same can be provided at the time of registration, which will enable hospital to fetch the demographic detail as ABHA record. If patient doesn't have a registered ABHA ID, same can be created by registration desk. Upon successful registration patient will be assigned a UHID which is a permanent unique identifier for tracking patient medical records

## ADMISSION PROTOCOL

After completion of registration, in case of admission patient shall be provided an admission specific unique IP No., patient will also be provided with ID band which shall be worn by the patient throughout the hospitalization. For the planned admission, you are requested to confirm the availability of the room and in case of admission for the surgery, we recommend to get admitted a day prior for the smooth patient care and to facilitate all the necessary investigation and medical evaluation. Patients are requested to bring along following documents (if applicable) at the time of admission:

- Past medical documents (investigation reports, consultation papers, past hospitalization records etc.)
- Past and current medication prescriptions
- Required documents for third party administrator (TPA) / Corporate authorization letter / PM JAY Card
- Insurance policies & ID Proof

Our admission officer will allocate the room as per your preference / as per eligibility and as per availability of bed. Following categories of accommodation are available at AIMS

### Categories of Accommodation:

- Premium Economy Ward
- Super Deluxe Room
- Semi Special Room
- Suite Room
- Special Room
- ICCU / CCU / SICU
- Deluxe Room
- Isolation Room

If the bed class or location of your choice and eligibility is not available at the time of admission, you may request to allot the same once available and they will certainly try their best to accommodate your request. Though we cannot promise a change in bed class or location as this depends strictly on bed availability and clinical condition of the patient.

## **BILLING PROTOCOL**

Your billing class depends on the category of accommodation you select. On admission an initial deposit shall be paid as per the schedule and payment types. The amount will differ based on reason for admission, clinical condition of patient and category of accommodation. Our billing officer will update about you about day to day outstanding and will request you to pay further deposits from time to time when last deposited amount is utilized. Payment is accepted in form of Cash / DD / Local Pay Order or through Debit Card / Credit Card / UPI. Cheque is not accepted unless with a reference.

Financial clearance is mandatory before proceeding for surgery, procedure or before shifting the patient to any other facility for any investigation / procedure not in scope AIMS. Financial clearance will be given by the billing department after depositing the required amount as per policy.

The billing department will be open from 8.00 am to 8.00 pm for making deposits and for solving billing related queries. In case if patient is discharged after 8.00 pm, patient will be discharged from the hospital after paying a particular deposit as per provisional bill till date and the final bill will be prepared the following day. There can be significant difference in provisional bill amount and final bill amount, since certain charges are levied at the time of preparing final bill only.

When a patient is transferred to ICU / OT from the room, the room shall be vacated. Room holding by relative is permitted at stipulated room holding charges per day as per schedule of charges. This is subject to availability of rooms. Kindly inquire at the help desk, if relatives need to hold the room.

Hospital charges and deposit schedule are subject to change from time to time.

### **Special Note:**

- Room check out time is 12.00 Noon.
- Bringing bio medical equipment, consumables and medicines from outside the hospital is not permissible.
- All the investigations which are available at the hospital would be done at the hospital only.

## VISITOR POLICY

At the time of admission following passes will be issued to inpatient / relative by the admission department based on room categories.

| Pass Type | Description                                |
|-----------|--|
| A.        | 24 Hrs. Attendant Pass                     |
| B.        | Day Pass (Valid between 7.00 am & 9.00 pm) |

The admission department will not be able to issue extra visitor or attendant pass for any given reason. At any given time, security will not be able to allow visitor to meet the patient without pass. For ICU / CCU / SICU patients, only one pass will be issued to accompanying person for sitting in waiting area. This is to ensure infection control and to avoid the disturbance to patient and treating personnel.

We expect your cooperation to facilitate appropriate visitation and to assure safety of our patients as well as to provide a quiet, restful, healing environment for our patients, cause noise level and visitor borne infection can hinder the recovery of patient.

## DISCHARGE PROTOCOL

The discharge can only be authorized and declared by the treating consultant after his/her visit or by giving discharge instruction to the medical officer on phone. After declaring discharge, it may take minimum 2 hours to complete the entire discharge procedure.

In case you have availed the cashless facility, time taken for discharge will depend upon authorization received from the TPA or insurance company. In such case, time taken for discharge could range from 4 hours to a day depending on the case. After completing discharge formalities, the detail about post discharge care would be explained to you by our medical officer.

You will be provided with discharge summary, all the investigation reports and copy of bills. After settling the total billing, your discharge will be authorized by the billing dept.

# HOSPITAL RULES & PATIENT SAFETY TIPS

- To ensure a safe, clean, and comfortable environment for all patients, visitors are requested to follow the hospital rules and safety instructions mentioned below:
- Maintain silence in patient care areas to support recovery.
- Smoking, alcohol consumption, tobacco chewing, and spitting are strictly prohibited inside hospital premises.
- Do not sit or sleep on patient beds. Attendants should use the designated seating arrangements.
- Keep hospital corridors free from crowding and avoid unnecessary movement in wards.
- Visitors should strictly follow visiting hours and ICU visitation rules.
- Photography/videography is not permitted inside patient care areas without permission.
- Kindly keep your valuables safe. Hospital is not responsible for loss of personal belongings.
- Maintain cleanliness and dispose waste only in designated bins.
- Do not touch or tamper with medical equipment, IV lines, oxygen pipelines, monitors, or infusion pumps.
- Children below 12 years are not allowed in patient areas for their own safety.

## Patient safety tips

Patient safety is our priority. Patients and attendants can support safe care by following these important safety tips:

- Always wear the patient identification band provided at the time of admission.
- Inform the doctor/nurse about any known allergies to medicines, food, or substances.
- Before taking any medicine, confirm with the nurse and avoid self-medication.
- Use the call bell for assistance before getting out of bed, especially after surgery or in case of weakness.
- Prevent falls by using footwear with grip and keeping the floor dry.
- Inform medical / nursing staff immediately if any pain, breathlessness, dizziness, or unusual symptoms occur.
- Do not share medicines with other patients.
- Follow the advised diet and activity restrictions.
- Do not remove cannula, catheter, or dressing without nurse assistance.
- Ensure that the bed rails are kept up for elderly and vulnerable patients.

## INFECTION PREVENTION & HAND HYGIENE

- Hospital acquired infections can be prevented with simple hygiene practices. Patients and visitors are requested to follow these guidelines:
- Wash hands with soap and water or use hand sanitizer before and after meeting the patient.
- Cover mouth and nose with tissue/handkerchief while coughing or sneezing.
- Dispose used tissues in dustbin and sanitize hands after coughing/sneezing.
- Avoid visiting the hospital if you have fever, cough, cold, or other infections.
- Do not sit on patient beds to reduce infection risk.
- Use masks as advised, especially in ICU and high-risk areas.
- Maintain cleanliness of personal belongings and patient surroundings.

## ADULT IMMUNIZATION SERVICE

Vaccination is not only important for children, but also essential for adults. Adult immunization helps protect against serious infections and reduces the risk of complications, especially in elderly individuals and people with chronic diseases. Many vaccine-preventable diseases can cause severe illness in adults, but timely vaccination provides long-term protection.

Our hospital provides guidance and vaccination services as per recommended national and international immunization guidelines.

### Why Adult Vaccination is

#### Adult immunization helps to:

- Strengthen immunity against infections
- Prevent serious complications and hospitalization
- Reduce spread of infections within family and community
- Protect individuals with chronic illnesses
- Ensure better health during pregnancy and old age

### Who Should Take Adult

#### Adult vaccination is especially recommended for:

- Senior citizens (above 60 years)
- People with diabetes, hypertension, asthma, heart disease, kidney disease, or liver disease
- Pregnant women (as advised by doctor)
- Individuals with weak immunity
- Healthcare workers and caregivers
- People travelling to other countries or high-risk areas
- Individuals attending large gatherings (religious events, pilgrimages, etc.)

## Common Adult Vaccines Recommended

Depending on age, medical condition, and lifestyle, the following

**vaccines may be advised:**

- Influenza (Flu Vaccine) – yearly protection against seasonal flu
- Tetanus, Diphtheria & Pertussis (Td/Tdap) – booster protection
- Pneumococcal Vaccine – protection against pneumonia (especially in elderly)
- Hepatitis B Vaccine – protection against liver infection
- Hepatitis A Vaccine – protection from food and water-borne infection
- HPV Vaccine – protection against cervical cancer and other HPV-related diseases
- Shingles (Herpes Zoster) Vaccine – recommended for older adults
- Typhoid Vaccine – recommended in certain cases
- COVID-19 Vaccine / Booster – as per government guidelines

Vaccine schedule depends on doctor's recommendation.

### Important Note

- Vaccines should be taken only after consultation with the doctor.
- Patients must inform the doctor about allergies, pregnancy, or chronic illness before vaccination.
- Vaccination requirements differ between countries and may change over time.
- Always carry vaccination records while travelling.

### For More Information

For adult immunization guidance and vaccination services, please contact the OPD Reception / Patient Relationship Officer.

## DIET AND NUTRITION

Healthy eating is one of the most important steps to maintain good health and prevent lifestyle diseases such as obesity, diabetes, high blood pressure, heart disease, and digestive disorders. A balanced diet helps in maintaining ideal body weight, improves immunity, increases energy levels, and supports overall wellbeing.

Healthy food habits along with regular physical activity can prevent many chronic illnesses and improve quality of life.

## Importance of Healthy Diet:

### A healthy diet helps in:

- Maintaining ideal body weight
- Improving digestion and bowel movement
- Strengthening immunity and reducing infection risk
- Maintaining healthy blood sugar levels
- Controlling cholesterol and blood pressure
- Reducing risk of heart disease and stroke
- Improving bone and muscle strength
- Promoting healthy skin and hair

## Healthy Plate Rule (Easy Daily Practice):

### To maintain good health, follow this plate method:

- ½ plate: vegetables + salad + fruits
- ¼ plate: cereals (roti/rice/millet)
- ¼ plate: protein (dal/pulses/curd/egg/paneer/meat)

This simple method ensures balanced nutrition and helps control weight.

## Maintain Healthy Meal Timings

Healthy eating is also about eating at the right time.

### Good practices:

- Do not skip breakfast
- Eat meals at regular intervals
- Avoid overeating late at night
- Dinner should be taken 2–3 hours before sleeping

Skipping meals can cause acidity, weakness, and overeating later.

## BODY MASS INDEX (BMI) – Know Your Ideal

Maintaining a healthy weight is important for overall wellbeing. One of the easiest ways to assess whether a person is underweight, normal weight, overweight, or obese is by checking BMI (Body Mass Index).

## Why Maintaining Healthy BMI is Important?

Being Underweight may lead to:

- Weak immunity
- Nutritional deficiencies
- Weak bones and muscles
- Fatigue and poor energy

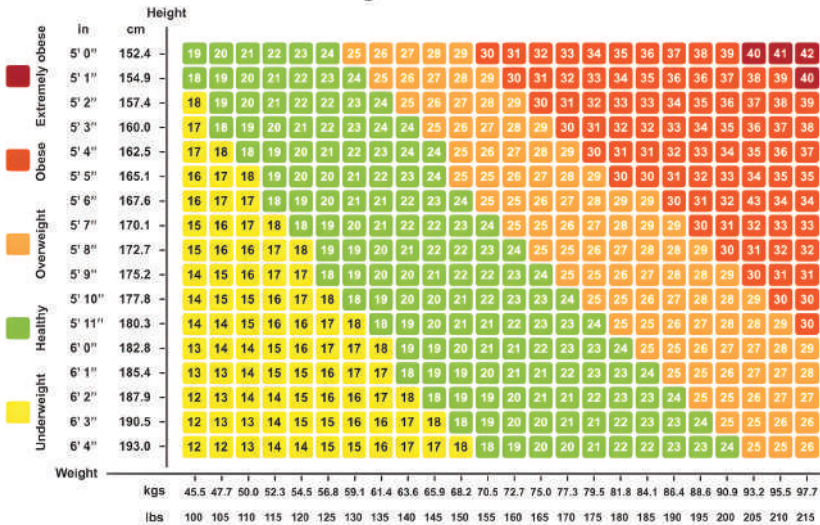
## Being Overweight/Obese may lead to:

- Diabetes
- High blood pressure
- High cholesterol
- Heart disease
- Joint pain and knee problems
- Fatty liver disease
- Breathing problems
- Increased risk of stroke

## BMI Chart (Reference):

This chart helps you identify your BMI based on height and weight. It is a simple tool to understand whether your weight is healthy.

### Body Mass Index Chart



## Tips to Maintain a Healthy BMI

To maintain ideal weight:

- Eat a balanced diet
- Reduce junk and fried foods
- Limit sugar and sugary beverages
- Exercise regularly (walking, cycling, yoga, gym)
- Sleep well (7–8 hours daily)
- Manage stress
- Avoid smoking and alcohol

## When to Consult a Doctor / Dietician

### Seek medical advice if you experience:

- Sudden weight loss or weight gain
- Poor appetite for long duration
- Weakness or fatigue
- Recurrent acidity or indigestion
- Uncontrolled diabetes or blood pressure

## Key Health Message

Healthy eating is a lifelong habit. Choose fresh, balanced, home-cooked food, drink enough water, and stay physically active for a healthy life.

## IMPORTANT EXTENSION NUMBERS

All the rooms are equipped with internal telephone extensions. Following are the extension nos. for any required assistance:

- 9 - Helpdesk
- 121 / 122 - Billing Department
- 119 - TPA Desk
- 108 - PM JAY Desk
- 150 - Medical Store
- 175 - Cafeteria
- 200 - CCU Nursing Station
- 300 - 3rd Floor (E wing) Nursing Station
- 333 - 3rd Floor Nursing Station
- 400 - ICU Nursing Station
- 444 - SICU Nursing Station
- 555 - 5th Floor Nursing Station
- 600 - 6th Floor Nursing Station
- 7878797821 - Patient Relationship Officer
- 7878797824 / 27 - OPD Appointments



## **PATIENT FEEDBACK**

Your feedback is very important for us. Our patient relationship officer will visit you daily to ensure your hospitalization is comfortable and our team is serving you with utmost care. At the time of discharge, our patient relationship officer will give you a feedback form for your comprehensive feedback. Please do take some time out to let us know about your experience with AIMS Hospital and how we can serve you better. If you like our services, please rate our services on Google or you can also write to us on email: [care@aimscare.com](mailto:care@aimscare.com)

**YOUR SUGGESTIONS WILL HELP US TO SERVE YOU BETTER!!  
WISH YOU A SPEEDY RECOVERY!!**

Follow us:    



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