



**GAZİOSMANPAŞA
HASTANESİ**

WHAT HAVE WE EXPERIENCED DURING THE COVID-19 PANDEMIC ?

COVID-19 NEWSLETTER

THIS IS AN IN HOUSE PUBLICATION

AUGUST 2020



**WHAT HAPPENED IN OUR HOSPITAL WHILE
OUR COUNTRY WAS IN THE PANDEMIC PROCESS**

**The things that happened in our hospital
during the influential pandemic in the world**

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August 2020



Chest Diseases
Specialist Assoc.

Doç. Dr.
Cüneyt SALTÜRK

Editorial

Dear Readers,

The ongoing COVID-19 pandemic has caused historical changes and unforgettable effects on our lives. In this special issue of our newsletter, which we have interrupted due to the epidemic, we tried to explain to you the process we spent with intensive labor and

cooperation with all units of our hospital through the eyes of our different units and areas of expertise.

All our units worked devotedly in both inpatient and outpatient treatment in March-April period, when the COVID-19 pandemic was most intense in Istanbul. In the inpatient follow-up, we were very relieved with the work discipline, stress management and self-sacrifice of our Professor Fusun Güneşdoğdu under the leadership of Prof. Dr. Kıvanç Şerefhanoglu.

In addition to the chest diseases clinic, our anesthesiologists and reanimation specialists, intensive care unit, and Dr. Ömerul Faruk Aydın and his team in the emergency department had a very busy schedule and tried to convey this process to us with the posts they wrote.

In these busy and stressful days, we need a special thank you to our physicians, nurses and all employees working in the radiology department, which has a high number of scannings and the risk of contamination, as well as our entire team of nurses and staff. In my opinion, the most important article of this issue is Prof. Dr. Fuat Torun's article on "Epidemic and Mental Health". Our professor summarized very well this period when we all had anxiety about contamination and disease.

We thank our professor for reminding us how to protect ourselves spiritually in the next period.

For the first time in our new issue, we placed the QR codes on the front cover, which you can reach our newsletter digitally. You can access our newsletter digitally by scanning the QR code. Let your effort, devoted work, and the trust you create together always continue. We hope to meet you on healthy days.

From the Chief Physician

Dear Gaziosmanpaşa
Hospital Family,

COVID-19, which was detected in Wuhan, China's Hubei province at the end of 2019, spread all over the world in a short time and caused a pandemic, continues to be a very important and very urgent public health problem.

While efforts are being made to treat existing patients and prevent the spread of the virus, new information is acquired, scientific studies are carried out, and diagnosis and treatment approaches are updated. In the light of the data updated almost every hour and the information that is renewed every day, both healthcare professionals and the society have to constantly renew themselves in terms of disease prevention measures.

The COVID-19 pandemic process has been carried out by the Chief Physician within the framework of the Ministry of Health Guidelines. During the epidemic struggle that started in our country on March 11, 2020, the whole-hearted struggle and devotion of our healthcare professionals working in our hospital is above all appreciation. In this war, you are the heroes of Gaziosmanpaşa Hospital, like everyone who is at the front. We owe you gratitude for this struggle. But unfortunately; this epidemic continues. We should continue to protect ourselves, our relatives and colleagues by complying with protection measures both in the hospital environment and in other areas and by keeping in mind that hard times await us and we should be a role model for the society. In our special issue of COVID-19, we wanted to share the measures taken in our hospital, the work done and the dedication of all our employees. We would like to thank each and every one of our employees for their support. As the hospital institution least affected by the COVID-19 epidemic, we hope the epidemic will decrease its speed all over the world and in our country. It should not be forgotten that without the efforts of healthcare professionals, it will not be possible to protect and improve public health. I wish healthy days to our nation and all our healthcare professionals.



Chief Physician
Faculty Member

Dr. Derya BAYIRLI
TURAN



Mehtap MENTEŞ
Employee Health and
Safety Nurse

“ The 3 golden rules are: frequent hand hygiene, maintaining social distance and the correct use of masks. ”

EMPLOYEE HEALTH AND SAFETY AND INFECTION CONTROL MEASURES APPLICATIONS

The management of the pandemic process in our hospital is implemented in line with the guidelines published by the Ministry of Health and the Ministry of Family, Labor and Social Services of Turkish Republic. There is no vaccine found yet to prevent COVID 19. The best way to prevent the spread of the epidemic is to take preventive measures to avoid exposure to the virus. This is possible by applying both measures that each employee must take individually and throughout the hospital. There are 3 golden rules that we hang images in the appropriate areas of our hospital and that our patients and visitors as well as our employees must obey:

‘Frequent hand hygiene, maintaining social distance and using the right mask’.

*For this purpose and in line with the guidelines, I would like to share some of the preventive measures that you, our esteemed managers and employees, have also seen in the field, which we put into practice by prioritizing employee health and safety in line with the decisions of our Hospital Board of Directors, Chief Physician, Infection Control Committee and Occupational Health and Safety Committee.

*Informative trainings of physicians / nurses / intern - intern students and other employees about the process and case management, personal protective measures, use of personal protective equipment etc. during the COVID-19 pandemic continue to be given face to face, in small groups, with distance education and training videos on the desktop computers.

* Information posters and images about COVID-19 have been prepared in a content that can be understood by hospital staff and patients. These posters were placed in areas visible to everyone in our service and diagnosis-treatment units, starting from the entrance of the hospital, including the elevator interiors, and the rules to be followed were defined.

* COVID-19 Polyclinic, COVID-19 Service and COVID-19 ICU areas have been defined. Physicians, nurses, and other

assistant personnel who will work in these departments were determined through risk analyzes, and special measures were taken for the department.

* Hospital entrance and exit doors were separated, hand hygiene was provided at the entrance and fever control was made, and those with symptoms were directed to the COVID-19 polyclinic.

* Visitor restriction has been introduced throughout the entire hospital...

* Waiting areas in polyclinics were rearranged. The gaps between the waiting seats are set to be at least 1-1.5 meters. The chairs of the examination rooms have been reduced to one. Red distance lines were drawn in front of the cash desk and information areas, and the cafeteria service area. Social distance has been maintained by adopting the cross-seating

arrangement in the dining hall and cafeteria. The frequency of cleaning has been increased in frequently used areas.* The Personnel COVID-19 Case Inquiry Form was put into practice in order to inquire about their symptoms at the beginning of work in order to identify employees who are infected or show symptoms. In the presence of symptoms, examination and necessary tests were provided in the COVID-19 polyclinic.

* Our employees and students were followed up with consecutive PCR tests. Our employees diagnosed with COVID-19 were managed according to the COVID-19 Contact Health Worker Tracking algorithm published by the Ministry of Health, and outpatient and inpatient treatments were provided. If hospitalization is not required, the healthcare worker was informed in accordance with the COVID-19 Contact Follow-up (Quarantine) Information and Consent Form. Isolation at home, treatment and rehabilitation, control tests were provided for healthy return to work. Hotel service was provided for our employees who live alone or have family members in other risk groups for their treatment follow-up and for our employees, who are not diagnosed with COVID-19 and want to stay in their homes.





MORAL SUPPORT TO THE KOSOVAN PATIENT BY VEDAT MURIQI

Vedat Muriqi, the famous striker of Fenerbahçe, gave morale to the Kosovan patients who were hospitalized in Yeni Yüzyıl University Private Gaziosmanpaşa Hospital. Muriqi, who connected to the conference hall of the hospital by teleconference to celebrate the father's day and to give morale to the Kosovan patients who are away from their countries for

their treatment, received great interest and love from his fellow countrymen. Vedat Muriqi, who was welcomed by Kosovan patients staying in the hospital during the pandemic process with Fenerbahçe anthems, said: "I cannot be with you right now due to the pandemic process, but I will visit you personally at the first opportunity. Happy Father's Day to all of you."

WE ARE GRATEFUL TO YOU

THANK YOU

to all our healthcare team and employees who gave their dedication to public health and gave us hope during the Covid-19 pandemic process.



**GAZIOSMANPAŞA
HASTANESİ**

**GOP
HASTANESİ**

COMBATING COVID-19



Prof. Dr. Kıvanç
ŞEREFHANOĞLU

Clinical Microbiology and
Infectious Diseases

“ Since the beginning of the pandemic, we held frequent meetings within our team and quickly made effective decisions and implemented them. ”

Since March 11, when the first case was announced, the total number of cases exceeded 240,000 and the loss of life exceeded 5800. In this process, as the "Infection Control Team", which consists of two doctors (I and the Chief Physician of our hospital, Faculty Member Dr. Derya Turan Bayırlı) and two infection control nurses, we have struggled intensely regarding the management of the pandemic process in our hospital and we still continue to do so.

The 'coronavirus epidemic', which originated in Wuhan, China and caused the disease called Covid-19, continues to spread around the world. Since March 11, when the first case was announced, unfortunately the total number of cases exceeded 240,000 and the loss of life exceeded 5800. In this process, as the "Infection Control Team", which consists of two doctors (I and the Chief Physician of our hospital, Faculty Member Dr. Derya Turan Bayırlı) and two infection control nurses, we have struggled intensely regarding the management of the pandemic process in our hospital and we still continue to do so. Since the beginning of the pandemic, we held frequent meetings within our team and quickly made effective decisions and implemented them. We made these decisions according to the scientific literature, especially the 'Ministry of Health Science Board'. We trained all departments, prepared written warnings and instructions. By taking the necessary precautions, we tried not to stop the operation in the hospital. Of course, the fact that a member of our team is also our Chief Physician was an important factor in the successful management of the

process. We reserved the 10th floor as pandemic service for inpatients. While I and Dr. Füsün Güneşdoğdu were on duty here as a physician, an experienced nurse and staff team took part in the service. Especially in the early days, even though there was fear or anxiety in the staff due to the uncertainty caused by the disease, they were always sensitive in performing their duties duly and with dedication. As a responsible physician, my active participation in the treatment processes of the patients by taking the necessary precautions helped to reduce the anxiety of the staff. After a short while, a disciplined and peaceful working environment was created with team awareness. Thanks to this, things worked effectively despite a very fast patient cycle. It is expected that the pandemic will continue for at least another year. During this period, we will continue our work devotedly to ensure patient and staff safety in our hospital. As Yeni Yüzyıl University Gaziosmanpaşa Hospital, I wholeheartedly believe that we will overcome this delicate process with our physicians, nurses and all healthcare personnel and reach healthy and beautiful days together.



COVID-19 SERVICE DAYS

It was not possible not to feel sorry for our lost patients. We were also happy that all of our friends working in our hospital and infected were healed.

With the introduction of SARS-2- CoV-2 into our lives, our lives have changed more or less. Some of us became carriers of this disease, some of us or their relatives got sick, some of us lost their loved ones. During this process, our lives have changed so much that we have understood together how important it is to live freely and at the same time to act in harmony. I spent about two and a half months of the ongoing pandemic process by working in the Covid-19 service of our hospital. Emotions such as stress, anxiety, and fear, which are often found in the medical profession, appeared more intense for all of us in this period. In this pandemic process where we have gained brand new experiences, I have experienced again the importance of working as a team and in harmony, the necessity of job sharing and cooperation, how valuable the work of each healthcare worker in all staff in the clinic is, and that each of them is interconnected and important like the links of a chain. I personally experienced how our nurses were both friends and companions for our patients, and how our healthcare personnel not only did what they

needed, but also strived to provide plasma treatment for one of our most critical patients. We tried our best with all of my teammates to support our patients who experience the feeling of loneliness of having to be alone in a room. During this period, there were times when I had to be separated from my loved ones and family. I always had the fear and anxiety that I would bring diseases to them. So, I went through most of this difficult process away from them. I missed my only daughter the most during this period.

The joy of our patients who recovered and were discharged was well worth all our efforts in this process. It was not possible not to feel sorry for our lost patients. We were also happy that all of our friends working in our hospital and infected were healed.

The pandemic process is not over yet, and like everyone else, I wish this process to end as soon as possible. It is my greatest wish that difficult and stressful days will not be experienced again. It is a fact that it will always be a source of pride for me to have worked at the forefront of this disease that we encountered for the first time.

“I missed my only daughter the most during this period. The joy of our patients who were recovered and discharged was worth all our efforts in this process.”



Faculty Member Dr.
Füsün GÜNEŞDOĞDU
Family Physician



WHAT DID WE EXPERIENCE IN THE PANDEMIC? WHAT ARE WE GOING THROUGH?

We have been in a difficult process for months, and we cannot predict how long this process will continue.



Faculty Member
Dr. Hijran MAMMADOVA
Chest Diseases Specialist

“

Although my older son understood, my little son did not. "Mom why don't you hug me? Why don't you kiss me? Don't you love me?" he kept saying.

”

As in wars and other difficult periods, the story of the pandemic will be written after it is over, and when that story is written, I believe that we doctors, nurses and other healthcare professionals will be remembered as heroes. This process once again showed how important our profession is. I can confidently say that I am proud of my colleagues, my profession, and our professors who educated us. The pandemic period started for us on March 11 and still continues. We worked more intensely in April and May. This is a process in which we learn new information every day, sometimes understand that what we know is right is wrong, and we experience complex emotions. On the one hand, there is fear, anxiety, fatigue, uncertainty, on the other hand the happiness and pride we experience when we see patients recovering. Fighting an infectious and very dangerous disease, the treatment of which was not known exactly, made the process even more difficult. It is very difficult to examine patients using continuous protective equipment and we have a risk of getting the virus despite all protective equipment. It is a process in which I try to protect myself, my patients, and my family. We witnessed very bad cases during the pandemic. Sometimes, during the examination, there are patients who have a coughing attack or faint out of fear and collapse. It is such a bad period that even the relatives of the patients at that time are afraid to touch and approach the patient, but we touch the patients without hesitation by taking risks, and we do all the necessary interventions with heart and soul. I am doing one of the riskiest professions and I have a high risk of infecting my family, children and loved ones. When I enter the house, I go to the room without touching anyone, and I leave my room after being thoroughly cleaned. I lived in a separate room without hugging, smelling, or touching my children during the period when the

pandemic was on the rise. Although my older son understood, my little son did not. "Mom why don't you hug me? Why don't you kiss me? Don't you love me?" he kept saying. This is a situation that hurts people and touches their heart. During the pandemic, many healthcare workers have also been infected and continue to be infected. Unfortunately, along with our patients, we lost our valuable professors, colleagues, nurses and other healthcare professionals in this process. Of course, this situation scared us more, it made us more upset, but it made us stronger against the virus, it made us fight the disease more aggressively, more seriously. Until this process is completely normalized, we will continue to provide the best service and the most accurate information to all our patients who apply to us. This process reminded me how much I love my job and how proud I should be with it. I will continue to practice my profession with these feelings. I believe we will overcome this challenge successfully.



FIRST CONTACT WITH COVID-19



**Faculty Member Dr.
Ömerul Faruk AYDIN
Emergency Medicine
Specialist**

We learned that by washing hands, being clean and living by following the rules, we can save the lives of thousands of people.

The "Coronavirus Infection" that emerged in China at the end of 2019 changed our perspective on life in a short period of time, along with many of our habits. On the one hand, we were waiting for new information and developments regarding the treatment process of the disease. On the other hand, we started to plan measures for our private lives and daily life. The course of the disease and the reports made showed that the treatment and vaccine development steps would take longer than expected and people had to live with this disease for a while. Many of us in the clinic started not meeting our families or even going to our homes. Although we took precautions and protected ourselves, unfortunately, on March 26, one of our physician friends in our clinic was diagnosed with COVID-19 as a result of an examination performed after the complaints of high fever and cough. We hospitalized our friend in the clinic and started the treatment in line with the recommendations of the guidelines. Quick recovery and getting good news day by day was a positive situation for us in this difficult process.

Patient admissions started to increase day by day with possible complaints in terms of COVID-19. People were coming to the emergency room in an anxious manner, either after a positive diagnosis of a person they had come into contact with or a person with whom they lived was sick and "They were waiting for salvation and protection because they were afraid of being sick." The existence of a disease with an unknown treatment on one side and disaster scenarios that the process would be worse on the other side caused a loss of motivation and was worrying from time to time. In the face of the fearful questions of the patients, such as "Am I going to get sick too? Is our patient going to die? Am I going to die?"; we could only share the information that the condition of the patients in the possible risk group could be more severe and we recommended that they

comply with the preventive measures. In fact, we were repeating these questions in our heads as much as they did. However, we did not know exactly the answers to these questions like them. The disease has taught us a lot. In fact, we learned that we can unintentionally cause serious harm to the people closest to us. While we were thinking the opposite, we saw that even our loved ones are safer by staying away from us. As healthcare professionals, we realized that we were in danger while trying to save lives. "In this danger, we have seen health workers who knowingly and willingly fight to save a person's life at the cost of their lives and without expecting anything in return." This is not all, of course, we have also seen how insensitive and selfish people can be towards nature, the world, each other and even themselves.

With a bitter experience, we remembered once again how important it is to obey the rules and live by respecting the right to life of others. We learned that by washing hands, being clean and living by following the rules, we can save the lives of thousands of people. Finally, in these days when the disease is on the rise again, we have learned that what we have learned does not matter unless we apply it in our daily routine and life. Although it is very important to write manuals, make scientific studies, make investments, and establish hospitals, unfortunately, not being able to give people the habit of washing their hands overshadows all that has been done.

We wish to live together in a future where human health is respected and every person in the world has the right to live at least as much as another...





CAME WITH THE DIAGNOSIS OF COVID-19 4 STENTS WERE PLACED IN HEART

Hüseyin Çınar, who had a positive coronavirus test performed at Yeni Yüzyıl University Gaziosmanpaşa Hospital, where he came for a routine health check, was treated. Çınar, whose condition worsened after a while, was taken to the intensive care unit. Hüseyin Çınar, who was treated in intensive care for 13 days, also had a heart attack. Çınar, for whom the stent was placed in four heart veins with the operation, finally defeated both the coronavirus and the heart attack. Çınar was discharged from the hospital where he was treated for about a month, with the applause of healthcare professionals. Hüseyin Çınar thanked the doctors and healthcare professionals who supported him in this process and said: "I had 6-month checks, but I was a little late. I came to the hospital; my doctor saw signs of the virus in my body. They applied the necessary treatments. I was taken to intensive care, but I was not aware of this at all. I had a heart attack. I was discharged after about a month. I'm fine right now."

- "Stent was inserted in four veins"
Yeni Yüzyıl University Gaziosmanpaşa Hospital Infectious Diseases
Specialist Prof. Dr. Kivanç

Şerefhanoglu told reporters about Hüseyin Çınar's illness. Şerefhanoglu, who stated that Çınar had severe chest pain on the 4th day of his hospitalization, said: "We found that our patient had a common heart attack. Our patient was immediately taken to angiography. It was observed that there was an occlusion in his veins. He was already a risky patient because he had diabetes, high blood pressure and previous cardiovascular disease. Here, 4 vessels were stented." Şerefhanoglu, who stated that Çınar's condition was followed in the intensive care unit due to the development of respiratory failure, said: "Our patient stayed in the intensive care unit for a total of 13 days. He spent 11 days of this period as connected to the breathing apparatus. In the meantime, at the end of both heart attack applications and the medications we gave for coronavirus pneumonia, the patient first left the device. Then we took the patient to our service. In our last controls, we saw that the patient recovered completely. Since we have concluded that he can return to daily life, we discharge him with great happiness."

Aslıhan Çınar, who is Hüseyin Çınar's daughter, stated that her father went through a difficult test during this disease process. Aslıhan Çınar said: "It was a very difficult time for us. We went through a bad process. Our doctors supported us every day and thanks to them, my father overcame the disease."





FIRST MEETING WITH BABY ASİL

Baby Asil, who came to Turkey with the special permission of the Ministry of Health despite restrictions on the pandemic period and was operated an hour after the birth, met his family for the first time 27 days later. The baby smelled his mother's scent, enjoyed her lap, and drank the first milk. Baby Asil, who is the first child of Diellza and Agon couple living in Kosovo, regained her health with the operation carried out in Turkey. As a result of the negotiations between the Ministries of Health of Turkey and Kosovo, the mother of Baby Asil was brought to Yeni Yüzyıl University Gaziosmanpaşa Hospital by air ambulance and her labor pains started while on the air ambulance. Baby Asil, whose heart vessels were found to be reversed while in the womb, was immediately taken to the obstetrics department in our hospital by our doctors. For Baby Asil, who was taken to the service before he could even smell his mother, firstly angiography was performed due to the problems in his heart vessels. While the happiness of the baby, who reunited with his mother 27 days after the birth, made tears, CNN Turk TV channel has announced all over Turkey by broadcasting live this moment as special reports. Prof. Dr. M. Gürkan Arıkan, who delivered the baby, said that: 'After international contacts and obtaining permits, we brought the family to our hospital by an air ambulance towards morning. At that time, labor pains had also started. The first intervention was carried out with a good planning that allowed the separation of clean and dirty blood. We mobilized for Baby Asil as obstetrics, intensive care and pediatric surgery and reached a happy end'.

"I WAS 5 MONTHS PREGNANT WHEN I FOUND OUT ABOUT OUR CHILD'S DISEASE"

Diellza Bejtullahu, who was very happy, said: "I was 5 months pregnant when I found out about our first child's illness. I was very sad, but I never thought badly. I hugged

my child for the first time today, I am very happy. The moment I took my child in my arms, all my sorrows and troubles disappeared".

"A DISEASE WHICH IS HIGHLY SEEN IN NEWBORNS"

Yeni Yüzyıl University Gaziosmanpaşa Hospital Pediatric Cardiovascular Surgery Specialist Dr. Faculty Member Özgür Yıldırım said: "Baby Asil was born with a heart anomaly. Reversed heart arteries is a common condition in newborn babies. Baby Asil was taken to the angio laboratory one hour after birth. The hole was widened with a balloon by entering the groin and the child was relieved. We had surgery four days after birth. Baby Asil got her mother in good health after 23 days in intensive care".

"WE NEVER GIVE UP"

Agon Bejtullahu, who is the father of Baby Asil, says: "We never give up. Surgery would not be possible in Kosovo due to corona virus. We worked hard for the baby to be born in Turkey. I thank very much to the Ministries of Turkey and Kosovo. They reached our rescue at the last minute. They took good care of us here. Both doctors and working nurses were mobilized for our child. God bless them".





LITTLE ARDA HELD ON TO THE LIFE THE SECOND TIME

His doctors taking care of Arda, who had her second transplant during the coronavirus epidemic, discharged him in good health 8 months later and sent him to his hometown. The couple Aysel and Hadis Çelik, who lived in a small house with earthen roofs built with the help of the villagers in Aydın village in the Kulp district of Diyarbakır, had 6 children during their 20-year marriage, but only three of their children survived. The first child of the Çelik couple, Yusuf, died in 2001 when he was only 1 year old, due to 'Fanconi Aplastic Anemia', a congenital bone marrow failure. Arda, the fourth child of the family, was diagnosed with bone marrow failure 4 years ago. The treatment of Arda, who is now 8 years old, continued with the support given between Antalya and Diyarbakır. However, when it was said that the young child should have a bone marrow transplant, one of the people who knew the family called AHBAP and Haluk Levent on social media. Haluk Levent and Istanbul Yeni Yüzyıl University Gaziosmanpaşa Hospital were mobilized to treat the young child.

Pediatric Hematology Specialist from the Hospital's Bone Marrow Transplant Center Dr. Barış Malbora said: "It was our first contact with

Arda and his family, thanks to the artist Haluk Levent and the AHBAP Diyarbakır team. Levent and his team asked for support from our hospital for treatment because they need a marrow transplant. When it turned out that it was necessary to have a transplant, we met with our physicians there and took the family here. In early November, we had the first bone marrow transplant from his uncle's son. 24-25 members of his family were examined, but only Mehmet's marrow was fit. Unfortunately, the first transplant failed due to the infection we call cytomegalovirus. In order for the bone marrow transplants to be successful, some immunosuppressive drugs are given to the patient. Therefore, some infections that have no effect on us are very severe for them. Unfortunately, it was the same in Arda. Despite receiving appropriate treatment, he lost his bone marrow".

SECOND CHANCE COMING FROM IZMIR

Prof. Dr. Malbora, who explained that the search for a bone marrow was started for Arda for the second time and that non-family donors were investigated because there were no suitable donors from the family, continued his words as follows: "When the sample of a 21-year-old young girl in Izmir

turned out to be 100% compatible, the donor was reached through TÜRKÖK, and thanks to that, she donated the stem cell and gave Arda a new life. The donor's stem cell was collected in Izmir and delivered to our hospital via TÜRKÖK courier. We successfully performed the second bone marrow transplant to Arda on March 6. In the third month after the transplant, we can send Arda home in good health. Çelik family has been living in Istanbul since November. We not only undertook his treatment, but our institution rented the family here and he was hosted here with his parents and siblings without disturbing the natural family structure. We are all very happy to restore him to his health.



EPIDEMIC AND MENTAL HEALTH



Prof. Dr. Fuat TORUN
Psychiatrist

During the epidemic, significant changes are experienced in eating habits. Weight gain occurs as a result of consuming higher-calorie foods, turning to ready-made foods, irregularity in meals and physical inactivity. This affects both physical and mental health negatively

COVID-19 infection, which emerged with the new year and was not taken seriously at the beginning, has become an epidemic all over the world and the sense of fear, anxiety and helplessness that people experience is increasing after millions of people are infected and hundreds of thousands of people die. One of the most important factors that increase the fear in humans is the ongoing uncertainty regarding the spread and effects of the virus. The fear of getting sick and the possibility of dying in the end has a traumatic effect on individuals. The fact that the epidemic has been going on for months and the uncertainty about how long it will last increase both the severity and impact of the trauma. Certain levels of anxiety are functional and can help people survive. However, an increase in anxiety level can adversely affect mental health. The negative psychological effects of the epidemic on individuals include tension, restlessness, fatigue, unhappiness, sleep and appetite disturbances, palpitations, inability to breathe, aches and physical symptoms at various levels.

In order to cope with the mental symptoms that occur during this period, obtaining information from reliable sources and following the recommendations of health authorities, avoiding information from social media with questionable reliability, and using the media until sufficient information is obtained and then staying away can be listed. Although it is difficult to return to our routine life before the pandemic, approaching our old routine as much as possible can make us feel better and safe. In this period, the support and solidarity

of the social environment can play an important role in overcoming the feeling of loneliness. Engaging in pre-existing hobbies or creating new interests will help to reduce stress.

During the epidemic, significant changes are experienced in eating habits. Weight gain occurs as a result of consuming higher-calorie foods, turning to ready-made foods, irregularity in meals and physical inactivity. This affects both physical and mental health negatively. For this reason, in addition to a balanced and regular diet, exercising can also help to protect mental health. Sleeping habits also change due to reasons such as staying at home for longer periods and working from home. Having regular sleep hours can reduce tension and nervousness during the day and help to think more clearly. In order to cope with the feeling of loneliness and helplessness experienced during this period, it can be comforting to meet with friends and relatives on the phone and social media regularly, to share mutual feelings and to increase solidarity.

Knowing that the epidemic will also come to an end, there may be some difficulties during this period, but that going through difficult times may also have strengthening aspects, turning our thoughts into a positive direction rather than a negative one can make us feel better.

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Certain levels of anxiety are functional and can help people survive. However, an increase in anxiety level can adversely affect mental health.
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OUR COVID-19 INTENSIVE CARE EXPERIENCES

After the Covid-19 disease has been seen in our country at the beginning of March, like the whole world, we have been experiencing together the pandemic process that has been unprecedented until today and we are still in. As intensive care workers who are conditioned to save human lives in all kinds of difficult conditions, we aimed to heal as many patients as possible in these difficult days.

While the joy of every life we won was reflected in our applause, we felt sorry for every "soul" we lost, we discussed how to prevent new losses. The first intensive care patient was taken to our unit on March 21. Previously, the experiences of the states of the world that were affected by the pandemic early were known. Moreover, healthcare workers were affected at a higher rate than in past pandemics and unwanted losses were experienced. In the light of this information, the precautions to be taken were determined with the foresight that our first priority is to protect healthcare workers, but that we can only have a chance to heal patients by protecting them. In addition, the multi-discipline and special-priority patient population of our hospital should also be observed and protected. In this process, the physical structure of the current intensive care units of our hospital has provided us with a great advantage that is not available in other centers. A covid intensive care unit consisting entirely of isolation rooms was created in an area separate from other intensive care areas. Necessary intensive care treatments were continued in separate areas without interruption for patients in need of intensive care for reasons other than Covid. Our current intensive care team was determined as the main element and medical care teams were formed with the support of other department staff of our hospital. We tried to reduce the potential contact-viral load by planning shift changes of our employees both during the day and weekly. Personal protective equipment (PPE) of all intensive care workers were provided on time with the effective support of the hospital management. Both treatment and protection approaches were developed by following the current developments. We also experienced

the 2009 H1N1 pandemic, but this new situation required continuous change and development considering the problems that occurred. Therefore, as in other branches, the intensive care community also shares its experiences with new webinars and virtual meetings, and we try to increase our chances of success by actively participating in our off-hours. We managed to discharge a significant number of patients from the first patient's hospitalization until our covid intensive care unit was closed in mid-June. We experienced difficult processes in terms of moral values as well as the weight of medical processes. We all tried to stay away from our family and loved ones and we are still in a similar situation. Many of our friends did not go to their homes for days and tried to protect their loved ones by staying either in the hospital or in nearby hotels. The Covid pandemic process remains serious and we do not know exactly what course it will take from now on. Our first duty is to comply with mask-distance and hygiene rules more than all members of the society and to ensure that the people around us comply. The importance of being able to breathe healthily should be remembered by everyone, and it should not be forgotten that life is worth all this struggle.



**Faculty Member Dr.
Metin BEKTAŞ
Intensive Care**

“ We managed to discharge a significant number of patients from the first patient's hospitalization until our covid intensive care unit was closed in mid-June. ”



WE SERVED OUR DIALYSIS PATIENTS WITH HIGH PRECAUTIONS DURING THE PANDEMIC PROCESS



Dr. Esra Işıl Erel
Dialysis Center
Responsible Manager

Private Gaziosmanpaşa Dialysis Center, which has been serving since 2002, is one of the biggest two centers with its 84 devices and sessions more than 5000 per month.

P rivate Gaziosmanpaşa Dialysis Center, which has been serving since 2002, is one of the biggest two centers with its 84 devices and sessions more than 5000 per month. In our spacious center with high ceilings, we serve 435 patients at high standards. There are 60 employees in total, including two Nephrologists, one Internal Medicine Specialist, three Dialysis Physicians, Dieticians, Workplace / Infection nurses, 23 dialysis nurses / technicians, auxiliary staff, and drivers. Our staff has been working in a different way in terms of service from many centers for years.

At the beginning of the pandemic in March 2020, The fear of losing our patients, for whom we have been serving for a long time and with whom we have established strong ties, affected us very much due to the high probability of getting the virus. However, with the awareness that the measures we will take will reduce this risk, the most important factor in our successful management of the epidemic process has been that we take intensive and rapid measures as a center with the constant support of the management before the publication of "Recommendations for the Prevention and Control of COVID-19 Related Infections in Dialysis Centers" prepared by the HealthScience Board on 31.03.2020. In line with constantly updated information, trainings given to employees, patients and patient relatives, regular fever follow-ups,

provision and use of protective equipment for employees, increasing the number of service vehicles and carrying patients under 50% of their capacity and regularly disinfecting these vehicles, increasing the frequency of in-center cleaning are some of the measures we have taken. In addition to these measures, hanging educational visuals, planning waiting rooms, staff rest areas and cafeteria in accordance with social distance, making patient entrance and exit from separate doors, increasing the frequency of hand hygiene control of patients and employees, giving personnel meals in disposable

containers and determined

implementation of many similar measures are other factors of the success of our center that may suffer considerable losses.

Some of the measures we have taken, such as "Preventing Patients' Relatives from Entering the Center", "

Eliminating the Delivery of Food During Dialysis" and "The Requirement of Active Use of Face Visors for Patients with Masks" are sometimes reluctantly carried out by patients and their relatives who are overwhelmed by the process and they sometimes react to this, but these have been overcome with the tolerance and effective training of a team that knows the importance of health, and efforts are made to overcome them. I congratulate all our team working with devotion and sense of duty.



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I congratulate all our team working with devotion and sense of duty.

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COVID-19 IN 8 QUESTIONS

What do we know right and wrong about the corona virus and COVID-19, which affect the whole world and cause loss of life? Chest

Diseases Specialist Dr. Hijran

Mammadova gave detailed information about the corona virus:

1. IS THE CORONA VIRUS A NEWLY DETERMINED VIRUS?

No, corona viruses are a large family of viruses that can be found widely in animals and can cause disease among humans. Many infectious diseases related to Corona viruses have been seen in the past and are now seen. It is among the leading causes of the common cold in humans (after rhinovirus, adenovirus).

2. WHAT IS COVID-19?

It is a type of corona virus that has not been previously diagnosed in humans. On December 31, 2019, cases of pneumonia of unknown etiology were reported among employees of the Wuhan South China Seafood City Market (a wholesale fish and livestock market selling different animal species) in Hubei province in Wuhan, China. Fever, cough, shortness of breath and findings compatible with pneumonia in both lungs were detected in the cases. The cause of the pneumonia cluster detected on December 31, 2019 was identified as a new corona virus that was not previously detected in humans until January 7, 2020. The first imported case is a 61-year-old Chinese woman reported from Thailand on January 13, 2020. As the number of countries reporting imported cases gradually increased in the following days, countries with domestic contamination began to emerge at the end of February. As of the beginning of March 2020, cases have been reported in over 100 countries worldwide. The disease has spread rapidly and continues to spread due to its ability to spread from person to person.

3. WHAT ARE THE SYMPTOMS OF THE DISEASE?

Symptoms of the disease vary from person to person, and

the most common symptoms are fever, cough, and shortness of breath. Apart from this, severe weakness, anorexia, fatigue, weight loss can be seen. Some patients may have symptoms such as sore throat, abdominal pain, and diarrhea. In severe cases, pneumonia, severe respiratory failure, kidney failure and death may develop.

4. HOW DOES COVID-19 INFECT US?

COVID-19 is mainly transmitted by droplets and contact. The disease is mostly transmitted by hands. Sick and infected individuals emit droplets by coughing, sneezing, talking, and laughing. This disease is transmitted when other people touch these droplets with their hands and put their hands to the mouth, nose, or eyes.

5. IS COVID-19 TRANSMITTED BY FOOD?

No, Covid-19 is not transmitted by foods (meat, milk, eggs, etc.). There is no data that eating fruits and vegetables with their peels increases the risk of disease. In line with the general cleaning rules, fruits and vegetables can be washed and consumed with their peels.

6. IS THERE A VIRUS RISK IN ORDERED MEALS FROM OUTSIDE?

Yes, there is, unless it is necessary, take away meals and cold dishes (salads, cold sandwiches) should not be ordered, the meals must be cooked. The bag and container of the package coming from outside should be thrown away.

7. WHEN SHOULD WE CONSULT A DOCTOR?

If you have symptoms such as high fever, cough, shortness of breath, you need to go to the nearest health facility by wearing a mask.

8. SHOULD WE USE GLOVES OUTSIDE?

No, it can be a source of contamination by using it incorrectly. Gloves should only be used in hospitals by healthcare professionals caring for patients. We do not recommend our normal citizens to use gloves during the day.

YENİ YÜZYIL UNIVERSITY, GAZİOSMANPAŞA HOSPITAL

IN PRESS

WE GAVE HOPE TO AHMET FROM CYPRUS

Our hospital gave hope to Ahmet from Cyprus, who had physical disabilities due to the accident that took place 3 years ago. Ahmet started walking after 17 months with the surgery performed by our Brain and Nerve Surgery Specialist Assoc. Prof. Dr. Mete Karatay and the physical therapy applications of our Physical Therapy and Rehabilitation Specialist Faculty Member Dr. Hasan Molaali. Happy moments of the family took place in CNN TÜRK.



HE CAME WITH THE DIAGNOSIS OF CORONAVIRUS – 4 STENTS WERE PLACED IN HIS HEART

Hüseyin Çelik, who is 56 years old and a heart and diabetes patient, came to our hospital with the diagnosis of Covid-19. Çelik had a heart attack while receiving treatment in our hospital and 4 more stents were placed and he was taken to intensive care. At the end of the long effort of our esteemed doctors, Hüseyin Çelik regained his health and was discharged from our hospital yesterday.



THE KOSOVAN FAMILY GOT THEIR BABY 27 DAYS LATER

Bejtullahu family living in Kosovo was brought to our hospital with special permission and airplane ambulance. When the mother was five months pregnant, a heart anomaly was detected in her child. Our esteemed doctor Prof. Dr. M. Gürkan Arıkan delivered the baby. Immediately after the birth, our esteemed doctor Pediatric Cardiovascular Specialist Faculty Member Dr. Özgür Yıldırım performed a successful surgery and the newborn baby regained health. The family got their child 27 days later. We witnessed moments of joy and happiness altogether.

FOR THE 8-YEAR-OLD ARDA, MARROW TRANSPLANTATION WAS ADMINISTERED TWO TIMES IN FOUR MONTHS

With the contribution of the AHBAP Association, 8-year-old little Arda, who had congenital bone marrow failure and came to our hospital, recovered. The discharge of little Arda, who recovered from the bone marrow transplant performed by our esteemed doctor Prof. Dr. Barış Malbora, was featured in the media through DHA News Agency, Hürriyet Newspaper and Milliyet Newspaper.



BE CAREFUL WHEN APPLYING DISINFECTANT

In the recent poisoning incident in Arnavutköy, NTV News appealed to the expert opinion of our esteemed doctor Faculty Member Dr. Ömerul Faruk Aydın. Our doctor emphasized that operations such as applying disinfectant should be done by disinfectant companies with corporate certification.



MEANINGFUL SUPPORT FROM VEDAT MURİQİ

The famous Fenerbahçe football player Vedat Muriqi met with our Kosovan patients. The famous football player, who surprised our patients who came to our hospital for treatment from Kosovo, gave morale to our patients by connecting via teleconference. He promised to visit our patients when the pandemic process we are in is over.





Arzu Dikmenli
Hotel Services
Department Head

HOTEL SERVICES IN COMBATING COVID-19

As Yeni Yüzyıl University Gaziosmanpaşa Hospital Hotel Services team, for the COVID-19 (Coronavirus) epidemic that threatens the whole world and our country; We have taken extensive measures from the very first moment to protect our patients, their relatives and healthcare professionals. These measures taken under the decisions of our Infection Control Committee and the Guidelines of the Ministry of Health were meticulously and selflessly presented to the maximum standards during the pandemic with our team of hotel management services. These measures are as follows:

First, entry and exit points have been allocated for the safety of our patients and employees. By placing disinfectant stations and informative signs, information and control were initiated in the first step of entering the hospital. Mask, disinfectant, fever, and symptom controls were carried out regularly by our security and health team at the entry points and are still ongoing.

Covid polyclinic and private waiting areas were arranged so that our patients who were treated in our hospital were not in the same environment with their relatives. Routine plans, in which general cleaning and hygiene are followed at the highest level, have been designed with our team working in these areas. Patient visiting hours were arranged as 18.00-19.00 every day of the week. During this process, we do not accept visitors by showing extra sensitivity to the intensive care unit, but we limit the number of attendants to a fixed person for our inpatients. We are sensitive to their entrances and exits and contact with social areas. As the Hotel Management Services team, we have taken all necessary precautions within the scope of patient and employee safety and continue. We completely stopped the newspaper and magazine service offered to our patients on our inpatient floors. We made necessary arrangements in the areas to maintain a distance of at least one meter between our patients and

employees. We have taken high-level precautions for our cleaning and auxiliary staff, who are in close contact with COVID-19 patients, with the instructions of our occupational safety specialist and we continue these measures with care. Adjustments were made to keep the distance between the seats in the public areas at least one and a half meters, and the number of seats was reduced. The frequency of detailed cleaning has been increased in all areas of our hospital and additional hand disinfectants have been placed in many areas by performing disinfection processes. During the day, all toilets, door handles, stair rails, etc. areas with high hand contact are constantly disinfected. In order to maintain social distance inside the elevators, area labeling was made, cleaning was increased, and it was started to be repeated every half hour. Plans that are important in terms of infection control such as the provision and use of personal protective equipment, accommodation services, shift practice and break times for all our staff have been made. Our employees working in the Dining Hall and Dilek Patisserie were given one-to-one special trainings in the field, and they were informed about what they should do for the safety of themselves and our guests. Table and area disinfections have been increased by making the seating arrangements cross in our dining areas. In these areas, separate departments have been created for our patients and employees. Our meal menus have been revised again in order to increase the satisfaction and immunity of our employees.

Arrangements have been made for our students in our conference hall, distance education areas and cafeteria. All the health measures that should be taken during the treatment of our patients are frequently and carefully followed by our professional team.

As a team, it is our greatest wish to be together in healthier days by taking this sensitive process behind us.



“ In our dining areas, seating arrangements have been arranged crosswise, and table and area disinfections have been increased.

In these areas, separate departments have been created for our patients and employees.

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HUMAN RESOURCES IN COVID-19 PANDEMIC



Semra DEMİROK NURKAN

**Human Resources
and Education
Manager**

“ In our hospital, we have created separate entrance and exit sections for our patients, patient relatives and employees. Before starting work, we have checked the fever of our employees with a non-contact thermometer. We have directed people with fever to the workplace doctor ”

As the Human Resources and Education Department of Yeni Yüzyıl University Gaziosmanpaşa Hospital, we saw that the Covid-19 virus, which originated in Wuhan, China and caused a worldwide pandemic by spreading to many countries in a short time, caused the first case officially announced in our country on 11.03.2020. As of this date, we have provided the necessary follow-up and information in line with the statements issued by the Ministry of Health regarding the Covid-19 virus and the decisions taken by our Infection Committee. First of all, a meeting was held with the Turkish employment agency (İŞKUR). Considering the possible effects of the Corona virus (Covid-19), short-time working application was initiated within the scope of "compelling reason arising from periodic situations caused by external effects". For the health and safety of our employees and their families, we reduced the work hours. During this period, we have adjusted the leaves of our personnel so that one third of our personnel will benefit from short time working application. We made applications for short time working allowance and provided income support for the period they could not work.

* We took our retired and disabled employees on leave to protect their health.

* We continued to conduct online interviews and interviews in digital environment for our candidates who applied for a job.

- In our hospital, we have created separate entrance and exit sections for our patients, patient relatives and employees. Before starting work, we checked the fever of our employees with a non-contact thermometer. We directed people with fever to the workplace doctor. We ensured that this process continues meticulously every

day.

* We provided masks and disinfectants at the entry points through our healthcare team and security guards.

* A suitable working model has been developed in order to maintain the social distance between our employees. Social distance rules determined within the institution have been shared with our managers and staff. At the same time, in order to draw attention to the issue, posters and instructions related to COVID-19 were hanged inside the institution.

* It was ensured that all our staff wear masks and comply with social distance rules within the institution.

* All necessary meetings and trainings were held online. It still continues in the same way.

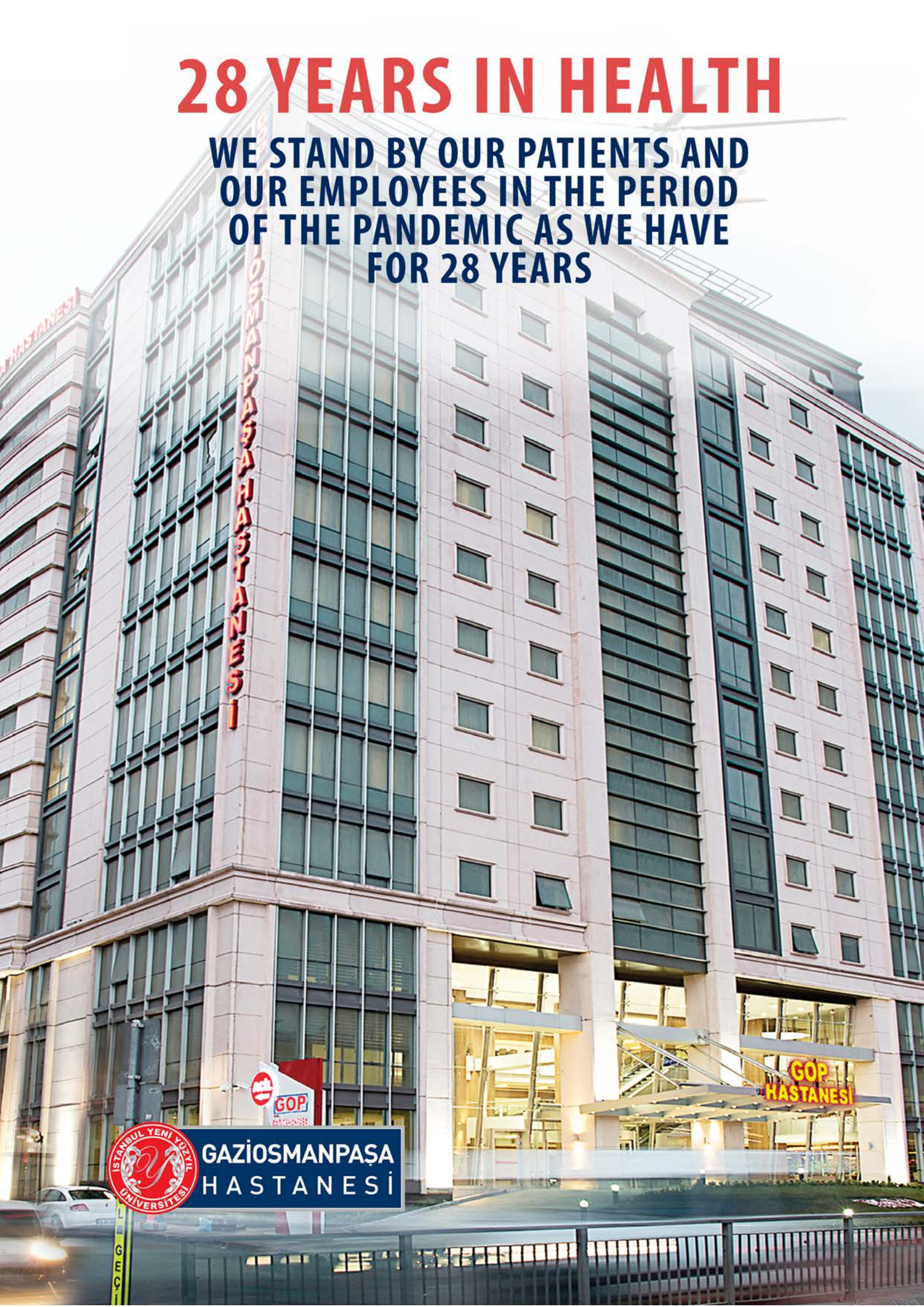
* Sufficient number of cleaning materials are available for our employees to use. The number of hand hygiene disinfectants in common areas has been increased significantly.

* Common areas such as surfaces, work areas, WC, washbasin, toilet, bathroom, stair railings, taps and dining halls, resting areas, dressing rooms and doors are cleaned routinely and in accordance with the hygiene rules by the hotel services. As an institution, we are always ready to do our best as the Human Resources and Training Department regarding the work concentration and compliance of all our employees as well as their health safety. We wholeheartedly believe that we will be together again in healthy days to come.



28 YEARS IN HEALTH

WE STAND BY OUR PATIENTS AND
OUR EMPLOYEES IN THE PERIOD
OF THE PANDEMIC AS WE HAVE
FOR 28 YEARS



GAZIOSMANPAŞA
HASTANESİ



GOP
HASTANESİ