

INFORMATION SHEET

MEDICAL FACILITIES AT NAVAL MEDICAL CENTRE (NMC) INS INDIA

In its continued drive for providing better living for Naval fraternity at Delhi area, INS India is providing following services and facilities at Naval Medical Centre (NMC), INS India:-

(a) **Lab facilities.**

- i) Haematology:- Complete blood count
- ii) Biochemistry:- Cholesterol, Sugar, Liver function test, Kidney function test, Serum electrolytes.
- iii) Urine analysis: - for routine urine examination.

(b) **X-Ray (100mA).** Most of the X-rays can be taken except those of Thoracic spine, Lumbo Sacral Spine, Skull, Pelvis and KUB.

(c) **Ultrasonography.** By appointment

(d) **Physiotherapy.**

- i) **Shortwave Diathermy.** - for acute post traumatic and infective conditions, sprains, contusions, repectures, haematoma.
- ii) **Combo therapy unit (Ultrasound therapy + IFT+ TENS).** Relieves pain, reduces swelling, repairs tissues, promotes healing, restores functions etc.
- iii) **Ultrasound Massager.** Musculoskeletal and Neuromuscular diseases, Osteoarthritis, Calcific deposits, Radiculitis etc.

(e) Full body therapeutic massage facility.

(f) **Consultants/Specialists OPDs.**

- i) Medical OPD - Daily (Mon-Fri)
- ii) Following consultants/Specialists would be available for seeking opinion on appointment basis. The appointment for the same would be routed through Help Desk, NMC on tele: 23010301 and Pax. 3046.
 - aa) Urologist
 - ab) Gynaecologist, in addition to Tues/ Sat regular OPD (0900 – 1000 hr)
 - ac) Psychiatrist
 - ad) Paediatrician
 - ae) Radiologist

2. It will be our endeavor to provide the best possible medical care to serving Naval community at Delhi area. However these facilities would take sometime to stabilize with the existing constraints of manpower and space at INS India.

3. **OTHER NAVAL MEDICAL CENTERS / FACILITIES AT DELHI AREA AT A GLANCE**

(a) **Family Clinic and Family Welfare Centre, NSB-I Chanakyapuri (Mon-Sat)**

- (i) General OPD.
- (ii) Ante Natal Care and follow up.
- (iii) Vaccination/Pulse Polio Programme.
- (iv) Gynaecology OPD every Thursday by a qualified Lady Gynecologist.
- (v) Paediatric OPD, every alternate Saturday by qualified Paediatrician.

(b) **Family Clinic, NSB-II, Naraina (Mon-Sat)**

- (i) General OPD
- (ii) Ante Natal Care and follow up.
- (iii) Vaccination/Pulse Polio Programme.

(c) **Family Clinic, NSB-III, Palam (Mon-Sat)**

- (i) General OPD/ Gynaecology OPD
- (ii) Ante Natal Care and follow up.
- (iii) Vaccination/Pulse Polio Programme
- (iv) Paediatric OPD every alternate Saturday by a qualified Pediatrician.

(d) **Resident Medical Assistant (RMA) at NSBs**

There is one medical assistant detailed as RMA at each of the Naval residential areas for sailors viz at Chanakyapuri, Naraina and Palam respectively. He is available daily during off working hours to assist residents in case of any medical emergencies.

4. **Ambulance on call Service**

Kapoor Medical Services –Tel - 25791387, 9810077777 for transporting acute medical emergencies requiring genuine medical support during transit from the place of occurrence / residence to the nearest military / civil hospital (if the distance of military hospital is more than the civil hospital, endangering life of the patient due to longer transit period) .The charges for the same would be paid/ reimbursed by CO, INS India.

5. **Important Telephone numbers** of Armed Forces Medical establishments at Delhi are:

- a) Armed Forces Clinics, Dalhousie Road - 23019405 / 06
- b) Armed Forces Dental Clinic, Tyagraja Marg - 23019401
- c) Army Hospital R & R (AH, R&R), Dhaula Kuan - 23338199, 23338032
- d) Base Hospital, Delhi Cantt. (BHDC) - 23337195, 23337199
- e) Army Dental Centre, AH R&R Campus, Dhaula Kuan - 23338465