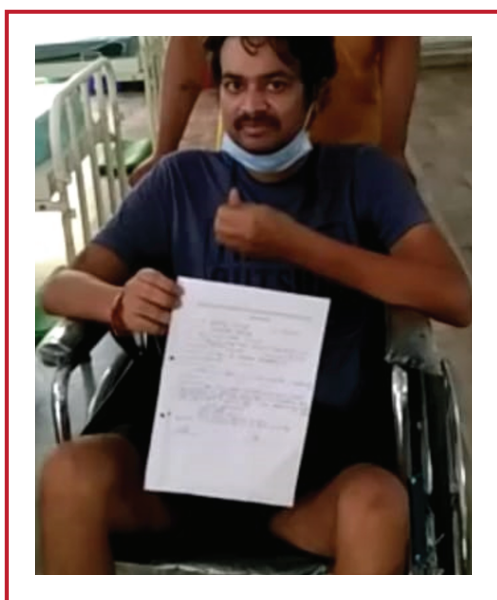




**“
I am Standing on My Feet Again
because of the Care Provided
at the Step-down Unit ”**

– Pankaj Gharge

Pankaj Gharge, aged thirty-seven years, lives at LIG 1, Aadhya Habitat near SOS Khajuri Kala, Piplani in Bhopal, Madhya Pradesh. On being diagnosed as suffering from COVID-19, Pankaj was admitted in a private hospital. When there was no improvement in his oxygen saturation levels, he was referred to AIIMS, Bhopal. He is diabetic, and at the time of admission to the hospital, his oxygen level was below 80 percent, and lungs involvement 75 percent. He was on high flow oxygen support for five days with antibiotics. When he was provided with symptomatic supportive treatment, he started showing improvement. Later, he suffered from balanoposthitis, and couldn't even walk.



He was discharged from AIIMS Bhopal when the required oxygen level reached 85 percent in room air. Then, he was shifted to the Stepdown Unit at Ashoka Garden for supportive therapy. There, he was under continuous observation for one week with intermittent oxygen support, oral medicines, and yoga classes. He also attended mental health and wellness classes to keep his morale high, as he had been under treatment for a long time. The long treatment duration had demotivated and depressed him.

His attendants shared that he was recuperating well and feeling much better in the Step-down unit due to the support provided by the doctors and staff. He appreciated the general ambience of the ward with clean linen, clean washrooms and ward, and the care provided by the doctors. This environment helped him relax mentally and recover faster. He was finally discharged, and his health status is being followed through tele-calling by the doctors.