BLK Institute for Digestive & Liver Diseases is one of the Centres of Excellence at BLK Super Speciality Hospital which is the largest stand-alone private sector hospital in Delhi. The Centre offers comprehensive, advanced diagnostic, therapeutic and surgical services for the entire spectrum of Gastrointestinal and Liver Diseases. Equipped with unique state-of-the-art set-up, the centre offers Liver Transplants, GI and Bariatric Surgery under one roof. The Centre has a team of highly qualified, experienced specialists and staff who work in synergy to offer patient-centric, multidisciplinary and personalised treatment services to its patients with Gastrointestinal and Liver Diseases.

Introduction

BLK Institute for Digestive & Liver Diseases provides patient-centric, comprehensive, state-of-the-art care with compassion to patients with GI, Liver, Biliary and Pancreatic diseases under one roof. It is one of the most advanced centres in Northern India with highly qualified and experienced manpower, physicians and surgeons, critical care doctors, interventional radiologists, technicians, nurses, other support staff, all dedicated to Gastroenterology and Hepatology for many decades.

The Centre is equipped with an infrastructure of international standards comprising of dedicated ICU space, well-designed endoscopy lab as per international guidelines, state-of-the-art technology including endoscopes, imaging facilities, critical care monitoring, high-end manometry, GI physiology lab, FMT lab, Elastography / Fibroscan, etc.

The Centre has India’s first dedicated endoscopy suite for endoscopic ultrasound and other advanced endoscopic procedures like ERCP, Stenting, UGIE, Colonoscopy etc. The dedicated endoscopy suites take special care for the sterilisation, safety of the patients. It has a separate recovery room for twelve patients. These endoscopy suites have round-the-clock cover by anaesthetists and are manned by highly trained technical nursing staff. Endoscopy set up is fully geared to take on all diagnostic and advanced, therapeutic procedures linked with pancreaticobiliary diseases, third space endoscopy, etc.

The Centre offers comprehensive and personalised care with a patient-centric approach to ensure the most effective treatment. BLK Institute for Digestive & Liver Diseases is an integrated department which comprises teams of medical, surgical, ICU and interventional radiology.
Gastroenterology

Our Centre has a comprehensive treatment program for patients with gastrointestinal conditions. The gastrointestinal specialists at the Centre are well equipped to handle a variety of procedures for treatment of liver, bowel, pancreatic, bile duct and other gastrointestinal diseases. Having the correct procedure done is the key to successful diagnosis and treatment of gastrointestinal illnesses. Our specialists are trained in many areas to determine the most appropriate treatment for individual needs.

Gastrointestinal Bleeding

Bleeding from anywhere can be life-threatening. Bleeding from GI tract (upper or lower) is a serious matter and requires special attention and facilities. Our experts are well-trained at managing various types of gastrointestinal related bleedings. BLK Institute for Digestive & Liver Diseases is equipped with the most advanced technology and facility which ably compliments our experts in tackling gastrointestinal bleeding cases successfully. Our Centre also has dedicated intensive care, advanced endoscopic suites and radiology intervention which further facilitate the treatment and recovery processes.

Hepatology

BLK Institute for Digestive & Liver Diseases is one of the leading institutes with an extensive program for Hepatology cases. Our Hepatology program targets a broad spectrum of liver-related diseases. The Centre has some of the prominent expert Hepatologists in the country who have deep experience in treating patients with various liver diseases.

The centre apart from offering leading-edge approaches for diagnosis, treatment and effective therapies, also provide patients with personalised support and education to help them cope with long-term illness and treatment. The Hepatology unit is integrated with the interventional radiology and liver transplant team to provide holistic management to all cases of Hepatocellular Carcinoma irrespective of the stage of the disease. Alcohol abuse and related health issues are the most common cause of liver disease in India. We, at BLK hospital have close coordination between Hepatology and De-addiction / Psychotherapy units so that the patients are not only treated for the liver problems but are also committed to long-term abstinence from alcohol.

Advanced Endoscopy

The Centre is equipped with cutting-edge equipment, facility and offers the most advanced endoscopic diagnosis. The specialists at our Centre use an array of advanced diagnostic methods to ascertain the cause of an individual’s problem and determine the degree of severity.

Our Centre efficiently provides the most advanced and accurate diagnostic endoscopies for a wide spectrum of GI related cases including:

- Therapeutic Endoscopy
- Colonoscopy
- Esophagogastroduodenoscopy (EGD)
- Endoscopic Ultrasound
- Endoscopic Retrograde Cholangiopancreatography (ERCP)
- Enteroscopy including Capsule Endoscopy, Single Balloon Enteroscopy
- Advanced Endoscopic procedures (EMR, ESD)
- Cholangioscopy including spyglass, RFA for cholangioma, Ca gall bladder, Laser for large bile duct stones etc.
- Specialised treatments like EVL, injections, clips, APC, Interventional Radiology like embolization, coiling, TIPSS, BORT, etc. from any source

Management of Pancreaticobiliary Disorders and Cancers

The Institute also offers one stop solution management of Cancers affecting the GI tract, gallbladder, biliary tree and or pancreas. We have advanced facilities for early diagnosis of such Cancers. The integrated medical, surgical and radiology service at our Centre provides state-of-the-art clinical care for patients for management of all stages of these disorders. We also have an active oncology unit to meet the needs of chemotherapy or radiotherapy for these patients. Most of the decision making are an outcome of joint tumour meetings which help in designing the personalised treatment for the patient, best suited to the individual.

Manometry in Motility Disorders

BLK Institute for Digestive & Liver Diseases boasts of arguably the best specialist team who are experts in performing Manometry in patients with motility disorders. Our specialists use Manometry to evaluate motility disorders like reflux esophagitis, achalasia cardia, constipation, etc.
Gastrointestinal Surgery

Surgical Gastroenterology is a major thrust area of BLK Institute for Digestive & Liver Diseases. Quaternary level surgical care for patients with Gastroenterological diseases is provided by the Gastro Intestinal Surgery Team (GIST). The team has exceptionally talented and motivated GI surgeons delivering advanced minimally Invasive Laparoscopic, Robotic and conventional operations for treating GI cancers, weight loss and other complex diseases of the abdomen. The Minimally Invasive Laparoscopic and Robotic surgery approach means safer operations with less pain, less wound infections, shorter hospital stay and early return to work and productive life.

Gastro Intestinal Surgery Team combines advanced skill-sets to deliver comprehensive treatment for many complex abdominal operations.

The Centre is recognised as a Centre Of Excellence for surgery of:

- Cancers of Esophagus and Stomach
- Pancreatic Cancer
- Gall Bladder Cancer
- Colo Rectal Cancer
- Inflammatory Bowel Disease
- Portal Hypertension
- Re-operative / Revision Surgery
- Enterocutaneous Fistulas
- Weight loss (Bariatric) Surgery

In order to retain its identity as a leading unit of excellence for providing cutting edge GI surgical care to patients, the Gastro Intestinal Surgery Team invests heavily in academics and research.

It is the only Institute in Northern India to be recognized by the National Board of Medical Examinations for conducting two post graduate courses- a two-year fellowship in advanced Minimal Access Surgery and a three year super specialization degree course in Surgical Gastroenterology.

Members of the Gastro Intestinal Surgery Team have published research in many indexed journals and have been invited to deliver lectures and talks at National and International forums.

Liver Transplantation

The Liver Transplant and Hepato-Pancreato Biliary Surgery Department is a state-of-the-art facility with the best equipment and the latest infrastructure. The facility has the best and most well equipped Liver Transplant ICU in the country with a separate AHU for each bed, reducing the risk of infection to the minimum. The Centre has one of the most experienced and trained transplant teams in the region and offers deceased donor as well as living donor liver transplantation under one roof.

Acute Liver Failure Unit

Our Centre is one of the few Centres in the country to have a specialised Acute Liver Failure Unit. This well-equipped unit manned by trained professionals offer effective treatment to patients with Acute Liver Failure (ALF). At least half the patients of ALF can be cured by medical management without a Liver Transplant. Identifying those who will improve with medical management alone is critical in deciding the treatment options for these patients. Those who don’t improve on medical treatment need an early listing for Liver Transplant. We, at, BLK hospital believe that prevention of infection and appropriate use of renal replacement can save many patients of ALF with or without a transplant.

Core strengths of BLK’s Acute Liver Failure Unit:

- Separate Acute Liver Failure ICU
- Dedicated medical and paramedical staff well trained in handling ALF patients
- Liver Dialysis
- Isolation of ALF patients from other liver disease patients (to prevent cross infection)
- State-of-the-art medical care, to manage more than half of all ALF patients without transplant
- Enables timely decision of Liver Transplant
- Rapid evaluation within 24-48 hours for those who require transplant
- More than 90% success rate of transplant in ALF cases
We, at BLK Institute for Digestive & Liver Diseases firmly believe that the only way to a dynamic unit is focus on research. We endeavour to find new and better ways of practising medicine. Science is a body of evidence, which is subject to change. All faculty and students at our Institute are deeply engaged in research. We have innovated multiple endoscopic procedures, treatment of complex diseases like IBD, alcoholic hepatitis, hepatitis B and CMV. Our published work has been accepted across the world and has lead to change in clinical practices. All our research is patient-centric with an ultimate aim to improve the patient care while decreasing the cost of treatment. We are also responsible for bringing out national guidelines for the treatment of various liver and GI related disorders.

Centre for Obesity & Metabolic Surgery

Centre for Obesity and Metabolic Surgery (COMS) is a Centre Of Excellence for Obesity Surgery in India. Consistently rated amongst the top Bariatric surgery centres in many national surveys, the Centre is especially sought for its excellent results, unique personalised experience and guidance not only during surgery but also throughout the entire weight loss journey and beyond.

A comprehensive team of surgeons, endocrinologists, anaesthetists, intensivists, physiotherapists, dietitians and support staff including counsellors and physiologists strive to deliver quality care and provide constant support with empathy and passion. Regular obesity support group meetings in the community is just one example of numerous steps we take to make the person feel always supported through the entire process. It is also an opportunity for individuals to compare and learn from each other’s experiences. For those contemplating Bariatric Surgery, it is an opportunity to clear their apprehensions and take hope and confidence from the incredible experiences of those who have undergone this life changing surgery.

With a vast experience of Bariatric Surgery operations, the team has a very comprehensive program of data capturing, follow-up and research. It is making significant contributions to the science of obesity and metabolic diseases. As an example, the impact of Bariatric Surgery for not only resulting in impressive weight reduction but also for the remarkable control of blood sugar levels in Diabetes Mellitus and curing snoring due to life threatening Obstructive Sleep Apnea has been extensively studied in the Centre and papers presented in journals and conferences in India and internationally.

The comprehensive team at the Centre covers all aspects of care of the obese individual and makes the whole experience of weight loss and Bariatric Surgery predictable, seamless and safe.

Interventional Radiology

Not all GI related problems require surgical interventions. Proper and accurate diagnosis can help in finding more appropriate and effective treatment that does not involve surgery. BLK Institute for Digestive & Liver Diseases is at the forefront of providing multidisciplinary treatment services to deal with various GI problems which can be managed without surgery and covers the following procedures:

- Tumour Ablation – Radiofrequency Ablation (RFA)
- GI Bleed Management – Angioembolization
- TACE (Transcatheter Arterial Chemoembolization)
- TARE (Radioembolization)
- TIPSS (Transjugular Intrahepatic Porto-Systemic Stenting)
- BRTO (Balloon-Occluded Retrograde Transvenous Obliteration)
- Non-surgical drainage of Liver Abscesses and Cysts

Focus on Research

We, at BLK Institute for Digestive & Liver Diseases firmly believes that the only way to a dynamic unit is focus on research. We endeavour to find new and better ways of practising medicine. Science is a body of evidence, which is subject to change. All faculty and students at our Institute are deeply engaged in research. We have innovated multiple endoscopic procedures, treatment of complex diseases like IBD, alcoholic hepatitis, hepatitis B and CMV. Our published work has been accepted across the world and has lead to change in clinical practices. All our research is patient-centric with an ultimate aim to improve the patient care while decreasing the cost of treatment. We are also responsible for bringing out national guidelines for the treatment of various liver and GI related disorders.
Where passion meets healing